

- Loss of consciousness.

The most severe reactions may even result in death.

## Common allergens

Many different foods can cause an allergic reaction, however; the majority of food allergies are caused by:

- Peanuts,
- Soybeans,
- Milk,
- Eggs,
- Fish,
- Wheat,
- Shellfish (e.g., shrimp, crab, lobster), and
- Tree nuts (e.g., almonds, walnuts, pecans, cashews).



For sensitive individuals, the presence of allergens in food is potentially life-threatening. Currently, there is no cure for food allergies. The only way to treat food allergies is to avoid foods that trigger reactions.

## Prevention is the key

Most food companies are aware of how serious food allergies can be, and as a result, have made changes in their manufacturing and labeling practices. Unfortunately, food allergens can still contaminate products by improper:

- Use of ingredients,
- Scheduling of product runs,
- Use of rework, or
- Clean-up or sanitation of equipment.