

What Are Major Food Allergens?

While more than 160 foods can cause allergic reactions in people with food allergies, the FDA Food Code identifies the eight most common allergenic foods. These foods account for 90 percent of food allergic reactions and are the food sources for which many other ingredients are derived.

The eight foods identified by the FDA Food Code are

1. Milk
2. Eggs
3. Fish (e.g., bass, flounder, cod)
4. Crustacean shellfish (e.g., crab, lobster, shrimp)
5. Tree nuts (e.g., almonds, walnuts, pecans)
6. Peanuts
7. Wheat
8. Soybeans

These eight foods, and any ingredient that contains protein derived from one or more of them, are designated as “major” food allergens.

