

# 9 major food allergens



Eggs



Fish



Milk



Peanuts



Sesame



Shellfish



Soy



Tree nuts



Wheat

## Be alert to severe allergic reaction symptoms

- Difficult breathing
- Loss of consciousness
- Rapid pulse
- Repetitive vomiting
- Swelling: face or mouth
- Wheezing

Learn more:  
[minneapolismn.gov/food-allergens](https://minneapolismn.gov/food-allergens)



Emergency  
Call 911