

Food Allergies List

Name: David Rose

Allergen List

Peanuts:	Shellfish	Fish	Less Common Allergens
<input type="checkbox"/> Chestnuts <input type="checkbox"/> Tree Nuts <input type="checkbox"/> Almonds <input type="checkbox"/> Walnuts <input type="checkbox"/> Cashews <input type="checkbox"/> Hazelnuts (also known as filberts) <input type="checkbox"/> Pistachios <input type="checkbox"/> Brazil nuts <input type="checkbox"/> Pecans <input type="checkbox"/> Macadamia nuts <input type="checkbox"/> Pine nuts (also known as pignoli nuts) <input checked="" type="checkbox"/> Other: Ginkgo nuts, pili nuts, hickory nuts	<input checked="" type="checkbox"/> Shrimp <input checked="" type="checkbox"/> Crab <input checked="" type="checkbox"/> Lobster <input type="checkbox"/> Crawfish (also known as crayfish) <input checked="" type="checkbox"/> Clams <input type="checkbox"/> Mussels <input checked="" type="checkbox"/> Oysters <input checked="" type="checkbox"/> Scallops <input type="checkbox"/> Squid (calamari) <input type="checkbox"/> Octopus <input type="checkbox"/> Others:	<input type="checkbox"/> Salmon <input type="checkbox"/> Tuna <input type="checkbox"/> Cod <input type="checkbox"/> Trout <input type="checkbox"/> Halibut <input type="checkbox"/> Sole <input type="checkbox"/> Flounder <input type="checkbox"/> Haddock <input type="checkbox"/> Bass <input type="checkbox"/> Sardines <input type="checkbox"/> Anchovies <input type="checkbox"/> Others:	<input type="checkbox"/> Celery <input type="checkbox"/> Sulfites (found in certain wines, dried fruits, and processed foods) <input type="checkbox"/> Corn <input type="checkbox"/> Coconut <input type="checkbox"/> Avocado <input type="checkbox"/> Kiwi <input type="checkbox"/> Pineapple <input type="checkbox"/> Mango <input type="checkbox"/> Papaya <input type="checkbox"/> Cherry

Other Common Allergens

- Milk
- Eggs Soy
- Wheat
- Sesame Seeds
- Mustard

Additional Notes

Educate the patient:

- Strict avoidance of all shellfish and shellfish-derived products is imperative to prevent accidental exposure. This includes not only whole shrimp but also any dishes, sauces, or condiments containing shellfish extracts or flavorings.
- Eat chicken, turkey, beef..
- Make sure to inform server and/or kitchen when eating out. Avoid dishes made with utensils that were also used to prepare shellfish.
- Read labels when available.
- Hidden allergens: food additives, preservatives, flavorings, seasonings