

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

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Learn more:
minneapolismn.gov/food-allergens



Emergency
Call 911