

PEANUTS: Although classified as a legume, peanuts are usually considered separately in allergic reactions. They are contained in a variety of foods and food products and are the most common cause of severe allergy attacks.



TREE NUTS: Tree nuts include almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, walnuts, pistachio and pecans



LEGUMES: Beans are the most common variety of legumes. These include black beans, soybeans, fava beans, garbanzo beans (chickpeas), kidney and lima beans. Also in this category are sesame seeds, lupine seeds and lentils.



SEAFOOD: Seafood includes tuna, salmon, shellfish (shrimp, crab, lobster, scallops, clams and squid).



EGGS: Ingested alone or in foods containing egg or egg products.

