The 9 major food allergens

US law (FALCPA, and the FASTER Act for sesame from January 1, 2023) requires packaged food labels to declare these nine, in the ingredient list or a Contains line.



Milk

Milk from cows, goats, sheep and other animals.
Found in: Butter, cheese, cream, yogurt, whey, casein, baked goods, sauces.



Eggs

Eggs from chickens, ducks, quail and other birds.
Found in: Mayonnaise, baked goods, fresh pasta, meringue, batters and glazes.



Fish

Such as bass, cod, flounder, salmon and tuna.
Found in: Caesar dressing, Worcestershire sauce, fish sauce, some stocks.



Crustacean shellfish

Crab, lobster, shrimp and crawfish.
Found in: Shrimp paste, seafood stock, bisques.



Tree nuts

Such as almonds, cashews, walnuts, pecans, pistachios and pine nuts.
Found in: Pesto, marzipan, nut butters and oils, baked goods, granola.



Peanuts

Found in: Peanut butter, satay sauce, some curries and sauces, baked goods, candy.



Wheat

Including spelt, durum, semolina and farina.
Found in: Bread, pasta, couscous, batter, breadcrumbs, soy sauce, thickened sauces.



Soybeans

Found in: Tofu, edamame, miso, soy sauce, soy flour, many processed foods.



Sesame

Found in: Tahini, hummus, sesame oil, seeded buns, some spice blends.

- Labels must name the type: the tree nut (almond, pecan), the fish (cod) and the shellfish (shrimp).
- Mollusks, such as clams, mussels and oysters, are not on the US list, but some people react to them too.



Not sure? Say so.

If you cannot confirm a dish leaves an allergen out, tell the customer. Never guess. Restaurant rules vary by state and city.



Buying packaged food? PlatePal scans the barcode and checks it for all 9 of these allergens, and more. Allergen alerts are always free.

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