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.

Scan the code with your phone camera, or visit tryplatepal.com

PlatePal printable. An information aid, not legal or medical advice. Check current guidance from your local food authority. Free to print and copy for your kitchen, school or business.