

AVOID A REACTION BY TAKING ACTION

FoodSafetyMonth.com

WEEK

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The Big 8 and Cross-Contact

A food allergy results when the immune system mistakenly attacks a food protein (food allergen). While more than 160 food items can cause allergic reactions, just 8 of those account for 90% of all reactions. These 8 food items are known as the “Big 8.”



MILK



SOYBEANS



PEANUTS



SHELLFISH



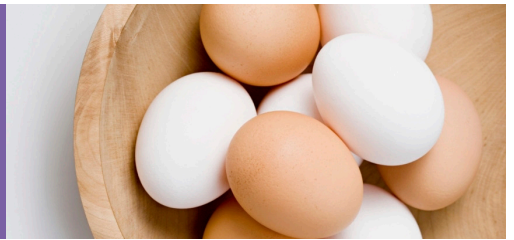
FISH



TREE NUTS



EGGS



WHEAT



CROSS-CONTACT: The transfer of an allergen from a food containing the allergen to a food that does not contain the allergen.



One of the most important ways you can keep guests with food allergies safe is by preventing cross-contact.



FOR EXAMPLE

DON'T fry shrimp and breaded chicken in the same fryer oil.



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