



## EGG ALLERGY

You have just been diagnosed with an egg allergy. You may not eat egg or anything that contains egg, egg white, or egg yolk – even small amounts. Read ingredient lists, tell your friends, carry your epinephrine auto-injector and have fun as you learn more about living with food allergies.

### Possible Sources of Egg

- Baked goods
  - Muffins
  - Donuts
  - Breads
  - Pretzels
- Battered/fried foods
- Candy, chocolate
- Creamy salad dressings, spreads, sauces
- Desserts
- Egg/fat substitutes
- Fish mixtures
- Icing, glazes
- Meat mixtures
  - Hamburgers
  - Hot dogs
  - Meatballs
  - Meatloaf
- Pasta
- Pies and cakes
- Quiche, soufflé
- Soups, broths, bouillons

\*Some people with egg allergy can eat dishes where egg is baked (e.g. muffins)

### Your Challenge:

1. Choose a pen, marker, or other object and designate it as your epinephrine auto-injector (i.e. EpiPen®). It must be with you at all times.
2. Check for your allergen on the ingredient list of everything you eat. **Remember** – it is not okay to eat something that says “may contain”.
3. Tell your friends about your new allergy and ask them to not share food.
4. When ordering food, make sure that it does not contain your allergen.
5. Wash your hands before and after eating.
6. If baking or cooking, try to find a substitute for your allergen.
7. If you accidentally eat what you’re allergic to, read the anaphylaxis information sheet to learn how a real emergency would be handled.



## MILK ALLERGY

You have just been diagnosed with a milk allergy. You may not eat or drink any dairy products - even small amounts. Read ingredient lists, tell your friends, carry your epinephrine auto-injector and have fun as you learn more about living with food allergies.

### Possible Sources of Milk

- Butter, margarine
- Baked goods, baking mixes
- Caramel colouring/flavouring
- Casseroles/frozen foods
- Cereals, cookies, crackers
- Cheese
- Cream, dips, dressings
- Chocolate
- Desserts
- Glazes
- Gravy, sauces
- Meats
  - Deli meats
  - Hot dogs
  - Sausages
- Pizza
- Instant/mashed potatoes
- Seasonings
- Snack foods
- Soups, soup mixes
- Soy cheese

\*Some people with milk allergy can eat dishes where milk is baked (e.g. muffins)

### Your Challenge:

1. Choose a pen, marker, or other object and designate it as your epinephrine auto-injector (i.e. EpiPen®). It must be with you at all times.
2. Check for your allergen on the ingredient list of everything you eat. **Remember** – it is not okay to eat something that says “may contain”.
3. Tell your friends about your new allergy and ask them to not share food.
4. When ordering food, make sure that it does not contain your allergen.
5. Wash your hands before and after eating.
6. If baking or cooking, try to find a substitute for your allergen.
7. If you accidentally eat what you’re allergic to, read the anaphylaxis information sheet to learn how a real emergency would be handled.



## PEANUT ALLERGY

You have just been diagnosed with a peanut allergy. You may not eat peanuts or anything that contains peanuts – even small amounts. Read ingredient lists, tell your friends, carry your epinephrine auto-injector and have fun as you learn more about living with food allergies.

### Possible Sources of Peanuts

- Almond & hazelnut pastes
- Baked goods
  - Cakes
  - Cookies
  - Donuts
  - Energy bars
  - Granola bars
  - Pastries
- Cereals
- Chili
- Ice cream, frozen desserts
- Dried salad dressing, soup mixes
- Spreads (almond butter)
- Ethnic foods
  - Thai
  - Vietnamese
  - Chinese
  - Curries
  - Egg rolls
  - Satays
- Snack foods
  - Candy
  - Chocolate
  - Dried fruits
  - Trail mixes, seeds, tree nut packages
  - Popcorn, chips

### Your Challenge:

1. Choose a pen, marker, or other object and designate it as your epinephrine auto-injector (i.e. EpiPen®). It must be with you at all times.
2. Check for your allergen on the ingredient list of everything you eat.  
**Remember** – it is not okay to eat something that says “may contain”.
3. Tell your friends about your new allergy and ask them to not share food.
4. When ordering food, make sure that it does not contain your allergen.
5. Wash your hands before and after eating.
6. If baking or cooking, try to find a substitute for your allergen.
7. If you accidentally eat what you’re allergic to, read the anaphylaxis information sheet to learn how a real emergency would be handled.



## TREE NUT ALLERGY

You have just been diagnosed with a tree nut allergy. You may not eat tree nuts or anything that contains nuts – even small amounts. This includes almonds, Brazil nuts, cashews, hazelnuts, hickory nuts, macadamia nuts, pecans, pine nuts, pistachios, shea nuts and walnuts.

Read ingredient lists, tell your friends, carry your epinephrine auto-injector and have fun as you learn more about living with food allergies.

### Possible Sources of Tree Nuts

- Baked goods
  - Cakes
  - Cereal bars
  - Cookies/crackers
  - Donuts
  - Energy/granola bars
- Barbecue sauces
- Cereals, muesli
- Ice cream, frozen desserts
- Marzipan
- Spreads (peanut butter)
- Main course dishes
  - Almond chicken
  - Pad thai
  - Satay
- Pesto
- Salads
- Snack food
  - Candy/chocolate
  - Popcorn
  - Trail mixes
  - Seeds
- Spreads, Nutella

### Your Challenge:

1. Choose a pen, marker, or other object and designate it as your epinephrine auto-injector (i.e. EpiPen®). It must be with you at all times.
2. Check for your allergen on the ingredient list of everything you eat.  
**Remember** – it is not okay to eat something that says “may contain”.
3. Tell your friends about your new allergy and ask them to not share food.
4. When ordering food, make sure that it does not contain your allergen.
5. Wash your hands before and after eating.
6. If baking or cooking, try to find a substitute for your allergen.
7. If you accidentally eat what you’re allergic to, read the anaphylaxis information sheet to learn how a real emergency would be handled.



## WHEAT ALLERGY



You have just been diagnosed with a wheat allergy. You may not eat wheat, barley, gluten, rye or anything that contains wheat – even small amounts. Read ingredient lists, tell your friends, carry your epinephrine auto-injector and have fun as you learn more about living with food allergies.

### Possible Sources of Wheat

- Baked goods
  - Breads
  - Breadcrumbs
  - Cakes
  - Cereals
  - Cookies
  - Crackers
  - Donuts
  - Muffins
  - Pasta
- Batter fried foods
- Beer
- Candy, candy bars
- Chicken and beef broth
- Falafel
- Gravy mixes
- Ice cream
- Pie fillings, puddings
- Processed meat
  - Hot dogs
  - Poultry products
  - Fish products
- Salad dressings
- Sauces, seasonings

### Your Challenge:

1. Choose a pen, marker, or other object and designate it as your epinephrine auto-injector (i.e. EpiPen). It must be with you at all times.
2. Check for your allergen on the ingredient list of everything you eat.  
**Remember** – it is not okay to eat something that says “may contain”.
3. Tell your friends about your new allergy and ask them to not share food.
4. When ordering food, make sure that it does not contain your allergen.
5. Wash your hands before and after eating.
6. If baking or cooking, try to find a substitute for your allergen.
7. If you accidentally eat what you’re allergic to, read the anaphylaxis information sheet to learn how a real emergency would be handled.



## SEAFOOD ALLERGY (Fish, Crustaceans and Shellfish)



You have just been diagnosed with a seafood allergy. You may not eat fish, shellfish or anything that contains seafood – even small amounts. This includes anchovy, cod, crab, halibut, lobster, salmon, scallops, sole, shrimp, tuna etc.

Read ingredient lists, tell your friends, carry your epinephrine auto-injector and have fun as you learn more about living with food allergies.

### Possible Sources of Seafood

- Caviar and roe
- Deli meats
- Dips, spreads
- Imitation crab meat
- Ethnic foods
  - Fried rice
  - Paella
  - Spring rolls
- Gelatin, marshmallows
- Hot dogs
- Lox
- Pizza toppings
- Salad dressings
- Sauces (Worcestershire and barbeque sauces)
- Soups
- Sushi

### Your Challenge:

1. Choose a pen, marker, or other object and designate it as your epinephrine auto-injector (i.e. EpiPen®). It must be with you at all times.
2. Check for your allergen on the ingredient list of everything you eat.  
**Remember** – it is not okay to eat something that says “may contain”.
3. Tell your friends about your new allergy and ask them to not share food.
4. When ordering food, make sure that it does not contain your allergen.
5. Wash your hands before and after eating.
6. If baking or cooking, try to find a substitute for your allergen.
7. If you accidentally eat what you’re allergic to, read the anaphylaxis information sheet to learn how a real emergency would be handled.



## SOY ALLERGY

You have just been diagnosed with a soy allergy. You may not eat soy or anything that contains soy – even small amounts. Read ingredient lists, tell your friends, carry your epinephrine auto-injector and have fun as you learn more about living with food allergies.

### Possible Sources of Soy

- Baked goods
  - Breads
  - Cereals
  - Cookies
- Breaded foods
- Bean sprouts
- Beverage mixes
- Chili, pastas, stews
- Canned tuna, minced hams
- Chewing gum
- Cooking spray, margarine, vegetable shortening/oil
- Diet drinks,
- Dressings, gravies
- Frozen desserts
- Hydrolyzed plant/soy/vegetable protein
- Lecithin (from soy)
- Processed deli meats
- Vegetarian meat substitutes
- Sauces, e.g. Soy, teriyaki and Worcestershire
- Snack foods
- Soy cheese
- Soups, broths, mixes
- Spreads, dips

### Your Challenge:

1. Choose a pen, marker, or other object and designate it as your epinephrine auto-injector (i.e. EpiPen®). It must be with you at all times.
2. Check for your allergen on the ingredient list of everything you eat.  
**Remember** – it is not okay to eat something that says “may contain”.
3. Tell your friends about your new allergy and ask them to not share food.
4. When ordering food, make sure that it does not contain your allergen.
5. Wash your hands before and after eating.
6. If baking or cooking, try to find a substitute for your allergen.
7. If you accidentally eat what you’re allergic to, read the anaphylaxis information sheet to learn how a real emergency would be handled.



## SESAME ALLERGY

You have just been diagnosed with a sesame allergy. You may not eat sesame or anything that contains sesame – even small amounts. Read ingredient lists, tell your friends, carry your epinephrine auto-injector and have fun as you learn more about living with food allergies.

### Possible Sources of Sesame

- Baked goods
  - Bread
  - Hamburger buns
  - Multi-grain bagels
- Dressings, gravies
- Ethnic food
  - Flavoured rice
  - Noodles
  - Shish kebabs
  - Stews, stir fry
- Hummus, dips and spreads
- Margarine
- Processed meats, sausages
- Risotto
- Sesame oil, sesame salt
- Salads, sauces, soups
- Snack foods
  - Bagel chips
  - Crackers
  - Pita chips
  - Pretzels
  - Rice cakes
  - Sesame snap bars
  - Candy
- Tahini
- Vegetarian burgers

### Your Challenge:

1. Choose a pen, marker, or other object and designate it as your epinephrine auto-injector (i.e. EpiPen®). It must be with you at all times.
2. Check for your allergen on the ingredient list of everything you eat.  
**Remember** – it is not okay to eat something that says “may contain”.
3. Tell your friends about your new allergy and ask them to not share food.
4. When ordering food, make sure that it does not contain your allergen.
5. Wash your hands before and after eating.
6. If baking or cooking, try to find a substitute for your allergen.
7. If you accidentally eat what you’re allergic to, read the anaphylaxis information sheet to learn how a real emergency would be handled.