Hidden Holiday FOOD ALLERGENS

Holidays that revolve around food can truly be challenges for families raising children with food allergies. Here are some common allergens found in traditional family meals.

**HOLIDAY COOKIES**
wheat, nuts, dairy, eggs

**SELF-BASTING TURKEY**
soy, wheat, dairy

**GREEN BEAN CASSEROLE**
dairy, wheat

**SAUCES & SALAD DRESSINGS**
fish, shellfish, eggs

**SWEET POTATO CASSEROLE**
dairy, nuts

**PIES**
dairy, wheat, nuts

---

**6 TIPS TO PREVENT FOOD ALLERGY ISSUES**

1. Tell the host about food allergies in advance
2. Offer to bring an allergen-safe dish
3. Offer to show recipes to guests with food allergies
4. Keep food packaging for guests to review
5. Avoid cross-contamination during food preparation and serving
6. Always have epinephrine with you at meals

njhealth.org
1.877.CALL NJH (1.877.225.5654)

© National Jewish Health, 2019