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.

- **Self-basting turkey:** soy, wheat, dairy
- **Green bean casserole:** dairy, gluten, wheat fillers
- **Sauces and salad dressings:** fish, shellfish, eggs
- **Holiday cookies:** gluten, nuts, dairy, eggs