

# 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:**  
gluten, nuts, dairy, eggs

**Self-basting turkey:**  
soy, wheat, dairy

**Green bean casserole:**  
dairy, gluten, wheat fillers

**Sauces and salad dressings:**  
fish, shellfish, eggs

