



常见食物过敏源



Milk



Egg



Shellfish



Fish



Tree Nuts



Wheat



Peanut



Soybean

怎样记住过敏原：牛奶、小麦、鱼肉的英文首字母是 MWF（星期一、星期三、星期五的英文缩写） 贝类、大豆、鸡蛋、花生、树坚果的英文首字母是 SSEPT（九月的英文缩写）

- Milk (butter, buttermilk, cheese, cottage cheese, cream, curds, custard, lactose, milk, pudding, sour cream, yogurt, etc.)
奶制品（黄油，白脱牛奶，奶酪，农家干酪，奶油，凝乳，奶黄，乳糖，牛奶，布丁，酸奶油，酸奶等）
- Wheat (e.g. soy sauce, starch, ale, bread crumbs, cereal extract, flour, pasta, wheat bran, wheat grass, wheat germ, wheat protein isolate, spelt, baked goods, potato chips, rice cakes, hot dogs, ice cream, etc.)
小麦（例如：酱油，淀粉，麦芽酒，面包渣，谷物提取物，面粉，意大利面，麦麸，小麦草，小麦胚芽，小麦蛋白，斯佩尔特小麦，烘焙食品，薯片，米糕，热狗，冰淇淋等）
- Fish (e.g., anchovies, bass, catfish, cod, flounder, grouper, haddock, hake, halibut, herring, mahi mahi, perch, pike, Pollock, salmon, scrod, swordfish, sole, snapper, tilapia, trout, tuna, Caesar dressing, Worcestershire sauce, bouillabaisse, barbecue sauce, etc.)
鱼肉（例如凤尾鱼、海鲈鱼、鲈鱼、鳕鱼、比目鱼、石斑鱼、黑线鳕、无须鳕、大比目鱼、鲱鱼、鲱鳕鱼、河鲈鱼、梭鱼、狭鳕鱼、三文鱼、幼鳕鱼、剑鱼、鲷鱼、鲷鱼、罗非鱼、鳟鱼、金枪鱼、凯撒酱、伍斯特郡酱，海鲜汤，烧烤酱等）
- Crustacean Shellfish (e.g. crab, lobster, shrimp, crawfish, krill, prawns, barnacle, Glucosamine, etc.)
甲壳类水生动物（例如螃蟹、龙虾、虾、小龙虾、磷虾、大虾、藤壶、氨基葡萄糖等）
- Soy (e.g. soy milk, soy protein, miso, edamame, natto, tamari, soy sauce, tofu, textured vegetable protein, asian cuisine, vegetable gum, vegetable starch, vegetable broth, baked goods, cereals, etc.)
大豆（例如豆浆、大豆蛋白、味噌、毛豆、纳豆、日本酱油、酱油，豆腐、组织化植物蛋白制品、亚洲美食、植物胶、植物淀粉、蔬菜汤、烘焙食品、谷物等）

- Egg (e.g. baked goods, egg substitutes, macaroni, marzipan, marshmallows, nougat, pasta, egg wash on pretzels, topping for coffee drinks, etc.)
鸡蛋（例如烘焙食品、蛋代用品、通心粉、杏仁蛋白软糖、棉花糖、牛乳糖、意大利面、椒盐卷饼上的蛋液、咖啡饮品的顶部配料）
- Peanuts (e.g. beer nuts, goobers, peanut butter, peanut flour, egg rolls, enchilada sauce, nougat, candies, baked goods, chili, mole sauce, marzipan, glazes and marinade, pancakes, etc.)
花生（例如就啤酒坚果、落花生、花生酱、花生粉、蛋卷、墨西哥菜酱、牛乳糖、糖果、烘焙食品、辣豆酱、墨西哥巧克力酱、杏仁蛋白软糖、食用釉料和腌料、煎饼等）
- Tree Nuts (e.g. almonds, beech nut, brazil nut, butternut, cashew, chestnut, chinquapin, coconut, hazelnut, ginkgo nut, hickory nut, lichee nut, macadamia nut, pecan, pine nut, pili nut, pistachio, sheanut, walnut, etc.)
树坚果（例如杏仁、山毛榉坚果、巴西胡桃、灰胡桃、腰果、栗子、北美栗子、椰子、榛子、银杏、山核桃、荔枝核、夏威夷果、美洲山核桃、松子、霹雳果、开心果、乳木果、核桃、等等。）

*（建议附原文，许多食品没有统一固定中文名称，给与中英文对照，以免歧义，保障用户安全）

据估计，美国每年食物过敏（危及生命的过敏反应）可导致 30,000 次急诊室就诊、2,000 次住院和 150 人死亡

症状通常在进食后几分钟到两小时内出现，可能危及生命

Sources:

U.S. Food and Drug Administration (Food Allergies: What You Need to Know), 09/02/2015 <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079311.htm>

U.S. Food and Drug Administration, 01/16/2015 <http://www.fda.gov/ForIndustry/FDABasicsforIndustry/ucm238807.htm>

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<https://www.foodallergy.org/allergens/>

<https://www.foodallergy.org/treating-an-allergic-reaction>