

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

