



Allergen Foods

Milk

Cheddar cheese	☐ ☐ ☐
Cottage cheese	☐ ☐ ☐
Cow's milk	☐ ☐ ☐
Mozzarella cheese	☐ ☐ ☐
Parmesan cheese	☐ ☐ ☐
Ricotta cheese	☐ ☐ ☐
Yogurt	☐ ☐ ☐

Egg

Egg yolk	☐ ☐ ☐
Egg white	☐ ☐ ☐
Whole egg	☐ ☐ ☐

Tree nut

Almond	☐ ☐ ☐
Cashew	☐ ☐ ☐
Chestnut	☐ ☐ ☐
Peanut	☐ ☐ ☐
Pecan	☐ ☐ ☐
Pine nut	☐ ☐ ☐
Pistachio	☐ ☐ ☐
Walnut	☐ ☐ ☐

Peanut

Peanut	☐ ☐ ☐
--------	---

Soybeans

Edamame	☐ ☐ ☐
Soy milk	☐ ☐ ☐
Tofu	☐ ☐ ☐

Wheat

Bread	☐ ☐ ☐
Pasta	☐ ☐ ☐
Tortilla	☐ ☐ ☐

Fish

Salmon	☐ ☐ ☐
Tuna	☐ ☐ ☐
White fish	☐ ☐ ☐

Shellfish

Clam	☐ ☐ ☐
Crab	☐ ☐ ☐
Lobster	☐ ☐ ☐
Shrimp	☐ ☐ ☐

Sesame

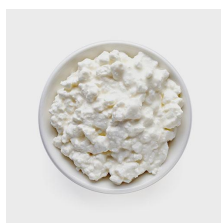
Sesame seeds	☐ ☐ ☐
Sesame oil	☐ ☐ ☐

This list is created for your information only. Please consult with your pediatricians if any concerns arise.

Allergen Foods



Cheddar cheese



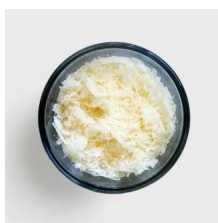
Cottage cheese



Milk*



Mozzarella



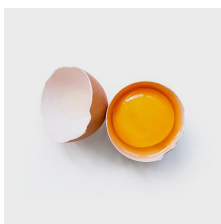
Parmesan cheese



Ricotta cheese



Yogurt



Egg yolk



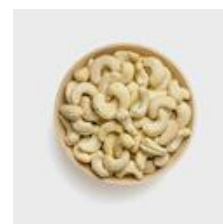
Egg white



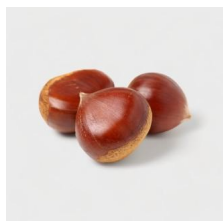
Whole egg



Almond



Cashew



Chestnut



Peanut



Pecan



Pine nut



Pistachio



Walnut



Sesame oil



Sesame seeds



Clam



Crab



Lobster



Shrimp



Salmon



Tuna



White fish



Bread



Pasta



Tortilla



Edamame



Soy milk



Tofu

This list is created for your information only. Please consult with your pediatricians if any concerns arise.

* Offer cow's milk after 12 months.