



If you're 21 or older, the parties you attend may now have alcohol. There are some key food allergy considerations to keep in mind when alcohol is involved.

### Allergens in Drinks

- The U.S. Food and Drug Administration does not regulate alcohol, so the law requiring labels on food products does not apply to alcohol bottles.
- Avoid mixed drinks if you did not mix them yourself and have not checked into allergens for every ingredient.
  - Specialty drinks could have milk, nuts, or other allergens mixed in.
  - Mixed drinks could be mixed using equipment that was not thoroughly washed after a previous drink was made.
  - Some hard liquors are made from or contain wheat and tree nuts.
  - Maraschino cherries used for garnish can be flavored with almond extract.
- Some wines use dairy, fish, shellfish, nut, and/or egg ingredients in the fining process (when sediments are filtered out).
- Beers can contain numerous allergens.
  - Beers generally are made from wheat ingredients.
  - Some specialty beers are brewed with tree nuts and peanuts.
- Do NOT share drinks! You never know what someone ate that day or whether they have an allergen in their own drink.

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### Effects of Alcohol

- Alcohol impairs judgement. When you are out, drink responsibly.
- ALWAYS carry two epinephrine auto-injectors!
  - Epinephrine is the only medication that can stop a food allergy reaction in case of an emergency.
- Make sure that you are carrying the [Allergy & Anaphylaxis Emergency Plan](#) provided by your board-certified allergist with your epinephrine auto-injectors.
- Ensure at least one friend at the party knows where you are carrying your epinephrine auto-injectors and Allergy & Anaphylaxis Emergency Plan so they can help you in case of an emergency.

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Visit [Best Allergy Sites](#) to learn more about alcoholic beverages that contain some of the top eight allergens.

<http://www.BestAllergySites.com/alcoholic-beverages-that-contain-top-allergens/>