

Top 8 Common FOOD ALLERGENS

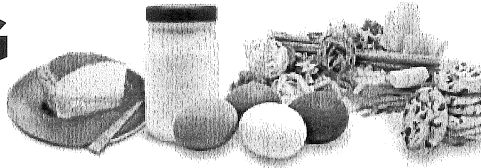


FOOD ALLERGY SYMPTOMS

- Difficulty breathing
- Swelling
- Hives or rash
- Itching
- Diarrhea
- Loss of consciousness
- Wheezing

If a customer experiences any of these symptoms, call 911!

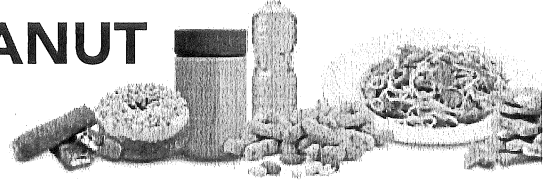
EGG



Potential Food Sources*:

- Albumin
- Baked goods
- Custard
- Dressings
- Eggs (whites, yolks, dried, powdered, solids)
- Egg substitute
- Fried rice
- Mayonnaise
- Meringue
- Pasta
- Simplesse
- Specialty coffee foam

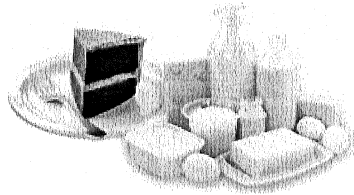
PEANUT



Potential Food Sources*:

- African, Asian dishes
- Baked goods
- Beer nuts
- Chili
- Chocolate candy
- Peanut oil (cold-pressed, expelled, or expressed)
- Ground nuts
- Mandelonas
- Mixed nuts
- Nougat
- Nu-nuts flavored nuts
- Peanut butter
- Peanut flour

MILK



Potential Food Sources*:

- Artificial butter flavor
- Bread
- Cake
- Casein
- Chocolate
- Cream
- Custard
- Half & half
- Margarine
- Non-dairy creamer
- Nougat
- Pudding
- Sauces/gravies
- Whey

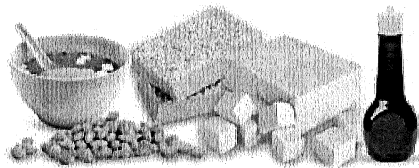
TREE NUTS



Potential Food Sources*:

- Almonds
- Artificial nuts
- Baked goods
- Cashews
- Filberts/hazelnuts
- Hickory nuts
- Ice cream
- Macadamia nuts
- Marzipan
- Mortadella
- Natural extracts
- Pecans
- Pine nuts
- Pistachios
- Walnuts

SOY



Potential Food Sources*:

- Cereal
- Crackers
- Edamame
- Miso
- Sauces/gravies
- Shoyu sauce
- Snack bars
- Soy sauce
- Tamari
- Tempeh
- Textured vegetable protein (TVP)
- Tofu

FISH



Potential Food Sources*:

- Anchovies
- Asian dishes
- Caesar dressing
- Caponata
- Caviar
- Fish sticks
- Fish tacos
- Fumet
- Mahi mahi
- Perch
- Salmon
- Surimi
- Sushi
- Tilapia
- Worcestershire sauce

WHEAT



Potential Food Sources*:

- Baked goods
- Bran
- Bulgur
- Couscous
- Enriched flour
- Farina
- Lunch meats
- Pasta
- Snack foods
- Seitan
- Semolina
- Soy sauce
- Spelt
- Whole-wheat berries
- Whole-wheat flour

SHELLFISH (CRUSTACEAN)



Potential Food Sources*:

- Bisques
- Bouillabasse
- Chowders
- Crab/crab cakes
- Crawfish
- Gumbo
- Imitation crab or lobster
- Prawns
- Shrimp
- Surimi

*Not an all-inclusive list of potential food sources. The United States Food and Drug Administration (FDA) requires all of the top 8 food allergens to be stated in simple terms on ingredient labels.

Understanding Food Allergies

What is a food allergy?

- a reaction of the body's immune system to something in a food or an ingredient in a food, usually a protein.

What are common food allergies?

- milk
- eggs
- peanuts
- soy
- wheat
- tree nuts (e.g. walnuts and cashews)
- fish
- crustacean shellfish (such as shrimp)

What are the symptoms of food allergies?

Symptoms can vary between people and times of exposure and may include:

- rashes / hives, nausea, vomiting, shortness of breath, itchy eyes, diarrhea, coughing, sneezing, and in severe cases, anaphylaxis may occur.

What is anaphylaxis (severe food allergy)?

- It is the most serious allergic reaction and involves the entire body.
- Anaphylaxis may result in death.
- The symptoms are swelling of the throat, lower blood pressure, difficulty breathing and unconsciousness.
- The symptoms may appear within minutes and should be treated promptly.
- Allergens most likely to trigger anaphylaxis are tree nuts, eggs, peanuts, and shellfish. However, anaphylaxis may result with any allergen and must be considered with serious precaution.

What is food intolerance?

- It is an adverse reaction to a food substance or additive that involves digestion but does not involve the immune system. Food intolerance is not fatal.
 - e.g.: Lactose (Milk) Intolerance

Is there a cure for food allergies?

- Currently a medication is not available to cure food allergies. The only way to prevent a reaction is to completely avoid eating food containing allergenic ingredients. Even a very small amount can trigger an adverse reaction. However, many children do outgrow their allergies to egg, milk, soy, or wheat through long-term diligence of removing the allergen completely from the diet.