



The BIG 8 Food Allergens

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A growing health issue

Allergic to 1 or more foods:

- 15 million Americans
- Can begin at any age
- 50% increase between 1997 and 2011 – not sure why
- Affect subset inmate population



1 in 25
adults

1 in 13 children

Sources: *Craig B. Focus on Allergens, Food Safety Magazine, Aug/Sept. 2012*; U.S. Centers for Disease Control; *Ajala. A. et. al. Food allergens: Knowledge and practice of food handlers in restaurants, Food Control 21 (2010) 1318-1321* ; National Restaurant Association food allergen white paper; FARE <http://www.foodallergy.org/facts-and-stats>; Anaphylaxis & Food Allergy Association of Minnesota



***Are you concerned about
food allergies?***



Michael Saffioti



<http://www.youtube.com/watch?v=G8fMr5jgdOk>



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Here's what we'll discuss ...

- Need to know information about food allergies
- Reading and understanding food labels
- Training / resources



I am trained and skilled in managing food allergens.

1. Yes, attended workshops and classes
2. Yes and I train others on the subject
3. Somewhat, know the basics
4. No training



***I am confident that I can serve
an allergen-free meal.***

- A. Agree
- B. Unsure
- C. Disagree



A food intolerance and food allergy are the same medical condition?

A. True

B. **False**



Pair Share

- What is the difference between a food allergy and food intolerance?



What is a Food Allergy?

- **Immune-mediated** adverse reaction to specific food **protein**
- Human body reacts, mistakenly thinks the food is harmful
- The body rapidly releases chemicals to fight the food's harmful effects
- Symptoms vary from person to person
 - range from mild to severe



What is a Food Intolerance?

- Adverse reaction to food ***not*** involving the immune system
- More common than food allergies
- Lack a specific chemical to break down and process a certain food
- Causes problems with digestion

Lactose intolerance - the body does not produce the enzyme lactase needed to break down the lactose in milk



Know the Most Common Food Allergens

Individual Activity

- Write down the 'BIG 8' foods responsible for 90% of food allergic reactions.
- Write a menu item for each of the 'BIG 8' (whole food or ingredient in a recipe).



The Big '8'

Big 8

1. Peanuts
2. Tree nuts
3. Fish
4. Shellfish
5. Milk
6. Egg
7. Soy
8. Wheat

Common in...

1. Ethnic dishes, baked goods
2. Pesto, cereals, baked goods
3. Worcestershire, imitation crab, Caesar dressing
4. Oysters, crab, lobster, shrimp
5. Margarine, nondairy w/ milk protein casein, whey
6. Marshmallows, mayo
7. Season salt, soy sauce
8. Pasta, soy sauce



Those with food allergies can safely consume the offending food...

- A. If they only eat a small amount
- B. If they take antihistamine first
- C. **Never**
- D. If they eat the food and drink a glass of water to dilute it



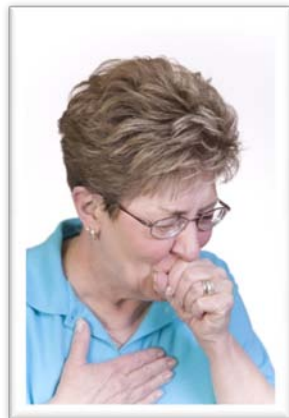
Food allergic reactions occur within what time period after ingestion?

- A. Within minutes
- B. From 2 minutes to 12 hours
- C. Within seconds to 2 hours
- D. Within 2 days



Symptoms

- Hives (raised red spots on skin)
- Rash
- Tingling or itching in the mouth
- Swelling of the face, lips, tongue
- Coughing or wheezing
- Difficulty breathing
- Abdominal cramps
- Vomiting or diarrhea
- Dizziness or light headedness
- Loss of consciousness



Anaphylaxis (an-uh-fil-LAX-is)

- A severe, life-threatening allergic reaction
- Rapid onset
- Swelling of body tissues (throat) and a sudden drop in blood pressure
- Treated with epinephrine to reverse symptoms
 - must be administered promptly
 - delays can result in death in as little as 30 minutes

Source: Food Allergy Research & Education



Cross-contamination vs Cross-contact

- *Cross-contamination* - a food product is unwholesome and unsafe for consumption
- *Cross-contact* – An allergen comes in contact with a food product; the product remains wholesome, however, it may be unsafe to eat for those who are allergic



Preparation of Allergenic Foods Standard Operating Procedure

- What procedures (SOPs) do you have in place to protect food and food contact surfaces from cross-contact during the flow of food through your facility?



Purchasing and Receiving

- Obtain a fully disclosed ingredient list
- Read labels for allergens
 - every label, every time
- Food manufacturers change ingredient lists often



Storage

- Separate BIG 8 foods/ingredients from other food
- Store on bottom shelves to avoid spills
- ID w/ an 'allergen' tag or Icon

<http://www.foodprotection.org/resources/food-allergen-icons/>



Preparation – ‘Start Fresh’

- Standardized recipes - no altering
- Before prepping food - wash hands, change gloves, clean apron, pot holders, etc.
- Prep non allergen food first
- Wash food contact surfaces w/ detergent to remove protein residues
- Dedicate separate utensils or equipment to allergenic products



Food Allergy Reaction Response:

- Train staff as to their role should a food allergy reaction occur
- Epinephrine first line of defense
 - Don't delay and wait to see if symptoms improve
- Contact emergency medical services
- Keep person seated or in recumbent position; do not stand
- Refer to *Clinical Practice Guidelines, Appendix 5.*



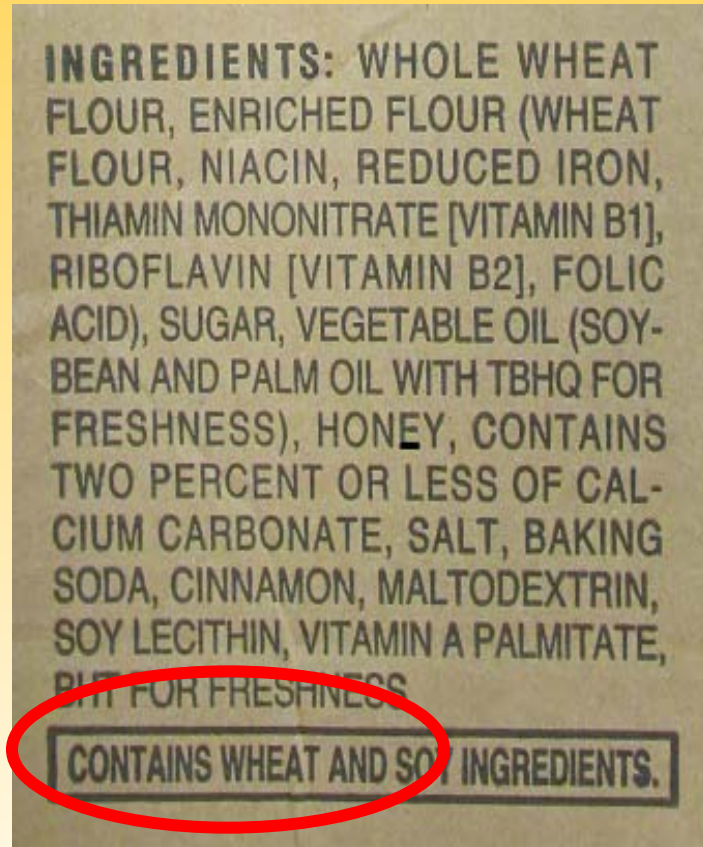
Food Allergen Labeling and Consumer Protection Act (FALCPA)

- Food labels must declare major food allergens in plain language: milk, eggs, fish, shellfish, peanuts, tree nuts, soy, wheat
- Either in the ingredient list or listed after the ingredient list with the word “contains”.
 - **Parenthetical statement in the list of ingredients**
Example: “albumin (egg)”
 - **“Contains” followed by the name**
Example: “Contains: milk and wheat”



Label Samples

Contains...



Parenthesis...



Recall Notifications

- Subscribe to food allergy recall notices and have a system to take action if you serve the product being recalled



www.foodsafety.gov



Precautionary Labeling

- **Not regulated**
- **Not safe for people with known food allergies**



- **“May Contain” statement**
- **“..made on equipment or made in a facility ...”**

ALLERGY INFORMATION: This product contains wheat, soy and milk. It is made on equipment that also makes products containing eggs and tree nuts.



Label Reading Activity

- Look at the menu items and discuss whether you think it would be safe for a person with the assigned allergy to eat that food item.
- Mark the chart for the item(s) you think a person with the assigned allergy would NOT be able to eat.
- Sharing



What do food service employees know/believe about food allergens?

- 25% “believed an individual experiencing a reaction should drink water to dilute the allergen”
- 23% said “consuming a small amount of an allergen is safe”
- 21% thought removal of allergen from a finished meal would make it safe

Sources: *Bailey et al., Jaffe Food Allergy Institute, 2011; Ajala. A. et. al. Food allergens: Knowledge and practice of food handlers in restaurants, Food Control 21 (2010) 1318-1321*



Resources

- <http://www.foodallergy.org/>
- BOP *Management of Food Allergies, Clinical Practice Guidelines*, September 2012, www.bop.gov

Click on Resources/Employees/Health Mgmt/
Management of Food Allergies





Food Safety



The Food Safety team provides education to consumers and the food service industry to support healthy, sustainable, and safe food at home and away.

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Canning, freezing, drying, pickling, safe meals, storage, jams and jellies, fruits, vegetables and herbs, tomatoes and salsa, meat and fish, eggs and dairy, [more](#)

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Ensuring safer food, from farm to fork

Learn how Extension helps companies implement food safety practices that prevent outbreaks of foodborne illnesses. [Source Article](#)



Storing and Preserving Apples

Crunch your way through National apple month with delicious Minnesota apples. Learn how to store and preserve apples safely. [More](#).



Cool soup quickly so you don't make someone sick!

Fall is a great time to make a large kettle of soup to enjoy for lunches or quick evening meals. Preparing a large batch of soup can present a food safety challenge: cooling!

Tweets

UMN Food Safety @umnfoodsafety 55s
#Fightbac has Halloween Food Safety tips so pathogens don't scare you gut and make you sick! bit.ly/Htrt7l #foodsafety

UMN Food Safety @umnfoodsafety 4h
Guilty Pleas in Outbreak of Listeria-contaminated cantaloupes that killed 33 people nyti.ms/1dm2y1u
[Show Summary](#)

UMN Food Safety @umnfoodsafety 25 Oct

In Summary...

- Identify menu items that contain the BIG 8 (additional foods in your facility)
- Have SOPs in place for the management of the flow of food allergens through your facility
- Make label reading a priority
- Prepare for a food allergic reaction and if one occurs, respond quickly
- Educate everyone



***I am confident that I can serve
an allergen-free meal.***

- A. Agree
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- C. Disagree

Thank You!!

