



British Columbia FOODSAFE Secretariat

FOOD ALLERGIES & FOODSERVICES

FOOD ALLERGIES & INTOLERANCE

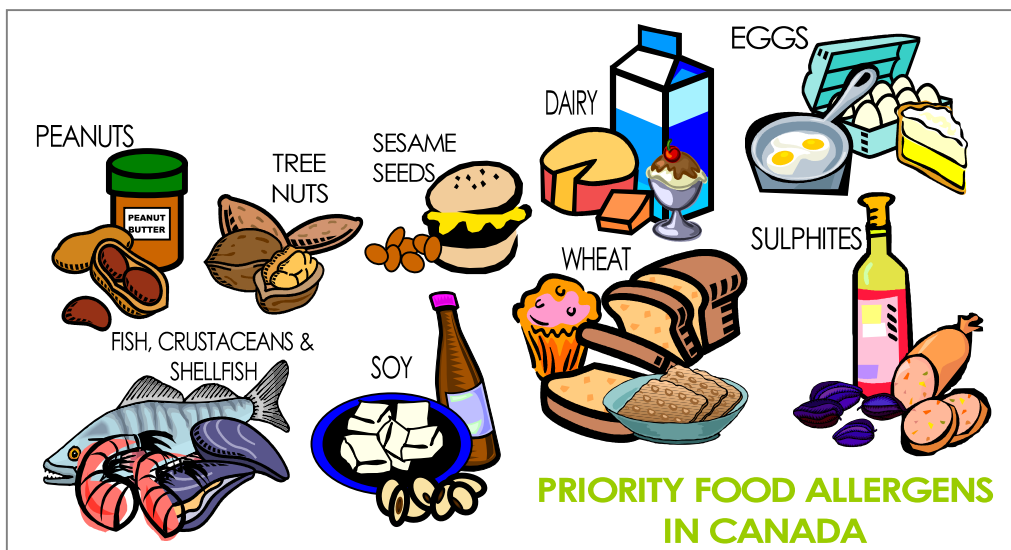
A food allergy is any abnormal reaction by the body's disease-fighting immune system to an otherwise harmless food or component of food. Allergic reactions to foods most often involve the skin, the stomach and intestines, and the mouth and airways. A life-threatening reaction (anaphylactic shock) may involve all parts of the body including the cardiovascular system. Symptoms may appear within minutes or as long as several hours after eating the allergy-provoking food.

When a reaction to a food occurs that does not involve the body's immune system, it is called food intolerance. This is not a food allergy. Food intolerance stems from problems with digestion or metabolism. While food intolerance can be unpleasant, it's rarely dangerous.

Adapted from: Food Allergies & Intolerance, Your Medical Source
http://www.yourmedicalsource.com/library/foodallergies/FA_what.html

PRIORITY FOOD ALLERGENS

All foods can potentially cause allergic reactions, but certain foods are most commonly associated with food allergies. The following illustration and list give the priority allergens provided by different sources.



Source: Food Allergens, Canadian Food Inspection Agency (CFIA), June 4, 2005
<http://www.inspection.gc.ca/english/fssa/labeti/allerge.shtml>

Priority Food Allergens

CANADA	UNITED KINGDOM	UNITED STATES	
Peanuts	Peanuts/Groundnuts	Adults:	Children:
Tree nuts	Other Nuts	Shrimp	Eggs
Sesame Seeds	Fish	Lobster	Milk [and Other Dairy]
Milk [and Other Dairy]	Shellfish	Crab	Peanuts
Eggs	Sesame Seeds	Other Shellfish	Soy
Fish, Crustaceans & Shellfish	Eggs	Peanuts	Wheat
Soy	Milk [and Other Dairy]	Tree Nuts	
Wheat	Soya	Fish	
Sulphites		Eggs	
Source: Food Allergens, Canadian Food Inspection Agency http://www.inspection.gc.ca/english/fssa/labeti/allerge.shtml	Source: Advice for Caterers On Allergy and Intolerance, Food Standards Agency http://www.food.gov.uk/safer_eating/allergyintol/caterers	Source: Food Allergies: When Food Becomes the Enemy, US Food and Drug Administration http://www.fda.gov/fdac/features/2001/401_food.html	

FOOD ALLERGIES AND FOODSERVICES

“Three-quarters of deaths from food allergies involve food prepared in restaurants, cafes and other commercial outlets, say experts.”

Source: Eating Out Poses Allergy Risk, BBC News
<http://news.bbc.co.uk/1/hi/health/2245860.stm>

Foodservice operators should:

1. Make sure your servers and cooks/chefs are aware of the food allergy issue and how it could affect your customers.
2. If your servers are questioned about ingredients in a menu item, have them ask the customer what type of food they are allergic to. The server should then verify with the cook/chef whether or not that food is an ingredient in the menu item being considered. The customer must be told if the server cannot verify with certainty. A wrong assumption on the server's part could lead to disastrous consequences for the customer.
3. A good idea is to supply “crib sheets” for your servers that list all the ingredients for the various menu items. Keep the “crib sheets” current.
4. If changes in ingredients are made to a menu item, be sure these changes are communicated to all staff.
5. If leftover or pre-prepared foods are ingredients in other menu items, pay extra attention to what foods are used in these menu items. Make sure the cooks/chefs are aware of all ingredients that may have been added to a particular menu item.
6. Be careful that your cooks/chefs don't transfer even minute quantities of one menu item to another menu item. Make sure that surfaces, utensils, food containers, pots, etc. are washed well between different menu items.

Adapted from: Food Allergies: Preventing an “Allergic Incident”
<http://www.foodsafe.ca/FSArticle06Allergies.htm>

Food servers should:

1. Know the ingredients of menu items. If you don't know ask the chef or manager.
2. Be aware that even trace amounts of allergens may cause fatal reactions. As little as one-five-thousandth of a teaspoon of allergens has caused someone to die.
3. Get medical treatment immediately for people experiencing severe reactions.
4. Prevent cross-contamination of known allergens with other foods.

Adapted from: FOODSAFE Level 1 Student Workbook

ABOUT FOOD ALLERGIES

- Food Allergens, Canadian Food Inspection Agency, Food Safety Directorate, Bureau of Food Safety and Consumer Protection
<http://www.inspection.gc.ca/english/fssa/labeti/allerge.shtml>
 - Eggs <http://www.inspection.gc.ca/english/fssa/labeti/allerg/eggoue.shtml>
 - Fish <http://www.inspection.gc.ca/english/fssa/labeti/allerg/fispoie.shtml>
 - Milk <http://www.inspection.gc.ca/english/fssa/labeti/allerg/milklaite.shtml>
 - Peanuts <http://www.inspection.gc.ca/english/fssa/labeti/allerg/peaarae.shtml>
 - Sesame Seeds <http://www.inspection.gc.ca/english/fssa/labeti/allerg/sese.shtml>
 - Soy <http://www.inspection.gc.ca/english/fssa/labeti/allerg/soye.shtml>
 - Sulphates <http://www.inspection.gc.ca/english/fssa/labeti/allerg/sulphe.shtml>
 - Tree Nuts <http://www.inspection.gc.ca/english/fssa/labeti/allerg/nutnoie.shtml>
 - Wheat <http://www.inspection.gc.ca/english/fssa/labeti/allerg/wheblee.shtml>
- Food Allergies and Reactions, The American Academy of Allergy, Asthma and Immunology http://www.aaaai.org/patients/resources/easy_reader/food.pdf
 - Food Allergies: When Food Becomes the Enemy, US Food and Drug Administration http://www.fda.gov/fdac/features/2001/401_food.html
 - Food Allergy, Medline Plus <http://www.nlm.nih.gov/medlineplus/foodallergy.html>
 - Food Allergy: An Overview, National Institute of Allergy and Infectious Diseases <http://www.niaid.nih.gov/publications/pdf/foodallergy.pdf>

ALLERGY ALERTS

"Being informed about food recalls is helpful, practical and in some cases, can be life-saving!"

Canadian Food Inspection Agency

Allergy Alert Web Sites

- Canadian Food Inspection Agency (CFIA): Food Recalls and Allergy Alerts
<http://www.inspection.gc.ca/english/corpaffr/recarapp/recaltoce.shtml>
- The Food Allergy & Anaphylaxis Network (FAAN): Special Allergy Alerts
<http://www.foodallergy.org/alerts.html>
- Product Alerts, Anaphylaxis Canada
http://www.anaphylaxis.org/content/whatsnew/product_alerts.asp
- US Food and Drug Administration: Recalls, Market Withdrawals and Safety Alerts
<http://www.fda.gov/opacom/7alerts.html>

Sample Alerts

- Allergy Alert for Consumers Allergic to Pistachio Nuts, Kraft Foods, April 11, 2005
<http://www.kraft.com/specialreport/Jell%2DO>

- Improperly Declared Wheat in Cappola Sopressata Salami, Canadian Food Inspection Agency (CFIA), April 7, 2005
<http://www.inspection.gc.ca/english/corpaffr/recarapp/2005/20050407ce.shtml>
- Undeclared Peanut Butter in Thrifty Foods Chocolate Chip Cookies, Canadian Food Inspection Agency (CFIA), April 7 and 9, 2005
<http://www.inspection.gc.ca/english/corpaffr/recarapp/2005/20050407be.shtml>
<http://www.inspection.gc.ca/english/corpaffr/recarapp/2005/20050409be.shtml>

Sample News Stories

- Coroner Calls for Stricter Allergy Measures in High Schools, CBC News, September 23, 2004 – “Sabrina ate french fries at her high school cafeteria. It's believed the food was cross-contaminated with cheese, to which she was severely allergic. Her parents said Sabrina had made sure the fries were cooked in vegetable oil before eating them, but that wasn't enough. Within a short time, Sabrina collapsed and became unconscious. Her heart and lungs collapsed and she died the next day.”
http://www.cbc.ca/story/science/national/2004/09/22/allergies_fatal040922.html

Ontario Passes Allergy Law For Schools, CBC News, May 17, 2005 – “Ontario has become the first Canadian province requiring public school teachers to be trained to recognize the symptoms of acute allergic reactions and know how to treat them. Called "Sabrina's Law," the legislation means publicly funded schools must also educate students about anaphylactic shock from allergies and establish response procedures, including how to use epinephrine injectors.”
<http://www.cbc.ca/story/science/national/2005/05/17/sabrina-law050517.html>

- Eating Out Poses Allergy Risk, BBC News, September 9, 2002 – “Three-quarters of deaths from food allergies involve food prepared in restaurants, cafes and other commercial outlets, say experts.” <http://news.bbc.co.uk/1/hi/health/2245860.stm>
- Mother Speaks Out on Peanut Allergy, News 14 Carolina, April 12, 2005 – “Sanda Price's daughter's death seems senseless. The 14-year-old, who suffered from a severe peanut allergy, died after eating an egg roll in the food court of a local mall. Now, the Concord mother is speaking out.”
<http://www.news14charlotte.com/content/headlines/?ArID=89855&SecID=41>

RESOURCES FOR FOODSERVICES & CONSUMERS

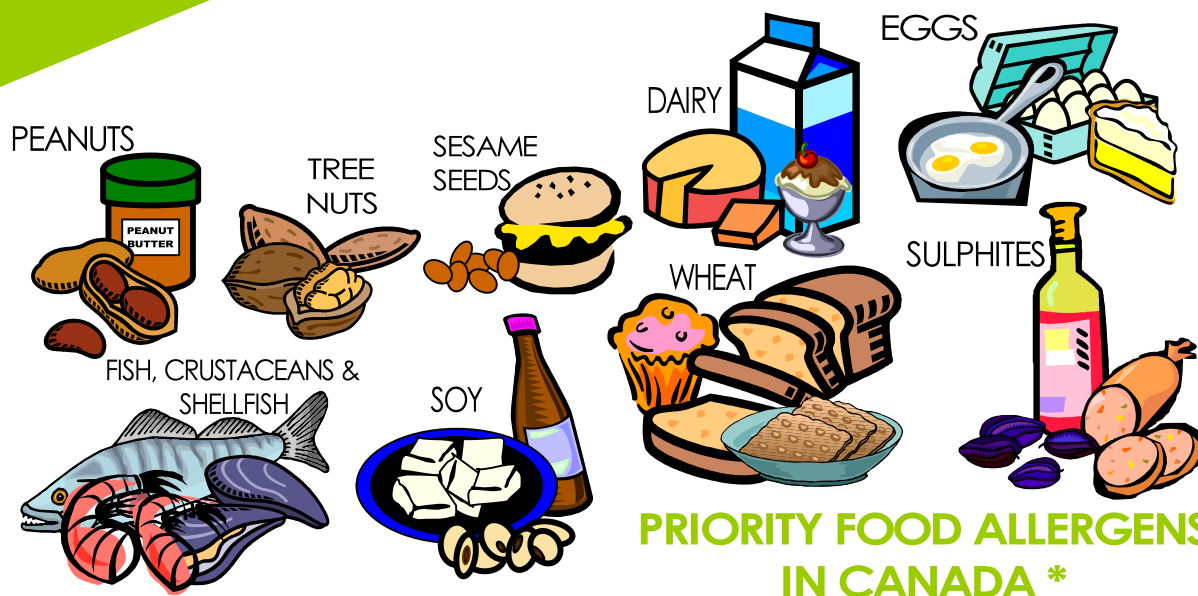
- Take Food Allergies Seriously, FOODSAFE – Poster on page 6 of this document
<http://www.foodsafe.ca/downloadfiles/FSB19-PosterAllergies.pdf>
- Food Allergies: Preventing an “Allergic Incident,” by Lynn Wilcott, BC Centre for Disease Control, published in BC Restaurant News, June 2004 – Article with tips for food service operators
<http://www.foodsafe.ca/FSArticle06Allergies.htm>
<http://www.foodsafe.ca/downloadfiles/FSArticle06Allergies.pdf>

- Food Allergies and the Foodservice Industry, Canadian Restaurant and Foodservices Association (CRFA)
 - o Booklet – View online or order from CRFA
http://www.crfa.ca/resourcecentre/foodallergies_guide.asp
<http://www.crfa.ca/catalogue/default.asp#foodallergies>
 - o Video (includes a copy of the booklet) – Order from CRFA
<http://www.crfa.ca/catalogue/default.asp#foodallergiesvideo>
- Advice for Caterers On Allergy and Intolerance, Food Standards Agency
<http://www.food.gov.uk/safereating/allergyintol/caterers>
- Be Allergy Aware: Advice for Catering Establishments, Food Standards Agency
 Leaflet – <http://www.food.gov.uk/multimedia/pdfs/allergyleaflet.pdf>
 Poster – <http://www.food.gov.uk/multimedia/pdfs/allergyposter.pdf>
- Food Allergens (PowerPoint Presentation), National Restaurant Association –
 Located on the Massachusetts Restaurant Association's Web site
<http://www.marestaurantassoc.org/documents/allergens.ppt>
- Food Allergies Nothing To Sneeze At, Nation's Restaurant News, September 20, 2004
 – Article reprinted on Find Articles
http://www.findarticles.com/p/articles/mi_m3190/is_38_38/ai_n6207235
- Food Allergies: Speak Up When Dining Out, Mayo Clinic
<http://www.mayoclinic.com/invoke.cfm?id=HQ00709>
- Food Allergies: What You Need to Know – Poster for foodservices operations
 available for sale from FAAN <http://www.foodallergy.org/shopwelcome.html>
- Food Allergy Buddy (FAB) Dining Card – Free, personalized ingredient card that
 restaurant patrons can present to servers and chefs detailing and easily
 communicating their food allergies <http://www.foodallergybuddy.com>
- Food Allergy Training Program for Restaurants and Food Services (Video and
 Manual), Food Allergy Initiative, compiled by the National Restaurant Association
 (NRA) and the Food Allergy & Anaphylaxis Network (FAAN) – Order from FAAN
http://www.foodallergyinitiative.org/section_home.cfm?section_id=6&sub_section_id=4
- Food-Allergy Awareness, Restaurants USA Online
<http://www.restaurant.org/rusa/magarticle.cfm?articleID=736>
- New Food Allergies Law in New Jersey, January 26, 2005
 Summary: <http://www.foodallergy.org/Advocacy/restaurants.html>
 Act: http://www.njleg.state.nj.us/2004/Bills/PL05/26_.HTM

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PREVENT ALLERGIC REACTIONS TO FOOD

TAKE FOOD ALLERGIES SERIOUSLY



Food servers should: **

1. Know the ingredients of menu items. If you don't know ask the chef or manager.
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