

### **OBJECTIVES**

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- Attendees will be knowledgeable of the most common food allergens and adverse reactions from consumption.
- Attendees will understand the differences between food allergies and intolerances.
- •Attendees will understand the differences between cross-contact and cross-contamination, and be able to apply safe food practices in their institutions.

### Food Allergies on the Rise

- 2013 CDC Study Food allergies among children <18 yrs increased between 1997 and 2011
   Food allergies result in more than 300,000 ambulatory-care visits a year among youth <18 yrs</li>
   Food allergy is the leading cause of anaphylaxis outside the hospital setting
   Approximately 30% of children with food allergies are allergic to more than one food
   V forduition from food allorgane occur outside the home

- ½ fatalities from food allergens occur outside the home
  Food allergen training for employees required by food operators in Rhode Island and Massachusetts

\*Sources cdc.gov.gov, fda.gov, foodallergy.org, fsis.usda.gov

. Food allergies are on the rise in developed countries worldwide >17 million Europeans have a food allergy

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**Food Allergies** vs. **Food Intolerances** 







- Body's response to a particular protein in food
- Allergen attacks the immune system which releases histamine causing reaction
  - Immune system makes too much of an antibody called immunoglobulin E (IgE) • IgE antibodies fight the "threatening" food allergens by releasing histamine and other chemicals
- Chemical release causes the symptoms of an allergic reaction
- Reaction can be immediate or within a few hours of food consumption Most common treatment => Epinephrine (adrenaline)
- 1st line of defense
- Seek emergency medical attention; call 911
- · Failure to treat may result in fatality

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- No cure for a food allergy Some outgrown
- Prevention an allergic reaction is to avoid the food causing reaction

### Symptoms of Allergic Reactions Gastrointestinal Swelling and/or problems itching: face, eyes, mouth, throat, scalp, •Nausea Vomiting and/or hands or feet diarrhea Abdominal pain •Wheezing, shortness of breath • Tightening of the throat Hives or itchy Loss of consciousness and death rashes

### Food Allergy – Risk Factors and Related Diseases

- Food allergies do not discriminate
   affect children and adults of all races and ethnicity
  - can begin at any age
- Teenagers and young adults with food allergies = highest risk of fatal food-induced anaphylaxis
- Risk=higher if parent has any allergic disease (asthma, eczema, food allergies, or environmental allergies, i.e., hay fever)

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- Children with food allergy are 2-4 times more likely to have other related conditions such as asthma and other allergies
- Food allergies may be a trigger for, or associated with, other allergic conditions, such as atopic dermatitis (eczema) and gastrointestinal diseases

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 What is a Food Intolerance?

 Beaction that affects digestive system or not munne- based in nature

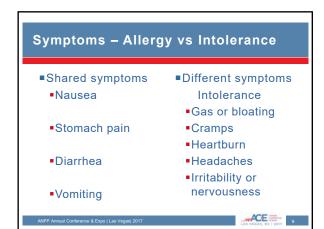
 • Iness or discomfort surious foods

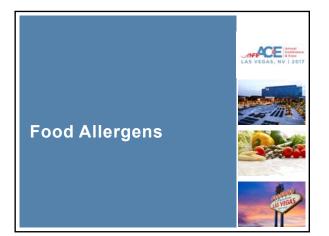
 • Interse or discomfort surious foods

 • Symptoms gradual

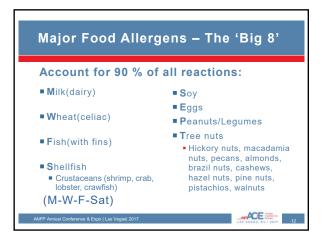
 • Agy only occur when cating a lot of the food self-reported food self-reported food self-reported food confirmed

 • Any be misinterpreted as aself-reported food self-reported food subjective can trigger asthma attack or headache or other symptoms









### Less Common Allergens for Adults

### Rice

• Rice flour, rice starch, rice syrup, rice noodles, rice bran

### Corn

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- Corn sweeteners, corn starch, commercially prepared foods
   In many processed foods and must be listed on the labels
- Alternative sweeteners, thickeners and leavening agents for this diet include fruit juices, beet or cane sugar, maple syrup, honey, aspartame, wheat starch, potato starch, rice starch, tapioca, baking soda and cream of tartar

### Less Common Allergens for Adults

- Soy and bean "allergies" are commonly reported and often resulting in inappropriate diet orders in corrections
- Soy and beans are popular menu/food ingredients.
  - •Soy allergies are common in children, but rarely occur in adults
- Legume (bean) allergies very rare but do exist
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### Can You Outgrow a Food Allergy?

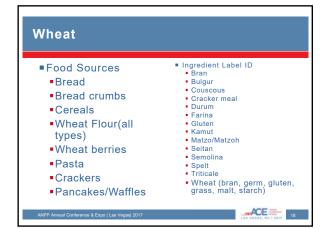
- Peanut and tree nut allergies develop in childhood → usually lifelong
- Fish and shellfish allergies ➡ lifelong
- >6.5 million adults are allergic to finned fish and shellfish
   The earlier a child's first
- reaction, the more likely that child was to outgrow the allergy

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- Cow's milk, egg, wheat and soy allergies → typically begin in childhood eventually
- may be outgrown • In the past, most children
  - outgrew these allergies by school age
- More children are taking longer to outgrow milk and egg allergies majority are allergy-free by age 16



Milk and Dairy	
<ul> <li>Food Sources</li> <li>Milk</li> <li>Half n half</li> <li>Cream</li> <li>Cheese</li> <li>Yogurt</li> <li>Ice cream</li> </ul>	<ul> <li>Ingredient Label ID</li> <li>Casein</li> <li>Whey</li> <li>Rennet</li> <li>Caseinates</li> <li>Ghee</li> <li>Lactalbumin</li> <li>Lactoferrin</li> <li>Lactulose rennet casein</li> </ul>
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# Gluten Intolerance and Celiac Disease

- Gluten is the protein found in wheat, rye and barley
- Can develop intolerance to gluten
- Hard to diagnose d/t varying symptoms; More common than past

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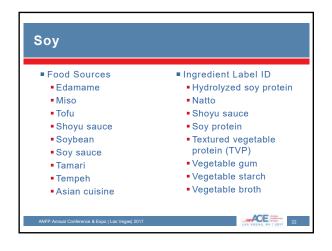
Celiac Disease
Triggered by gluten
consumption
<ul> <li>Autoimmune disease that</li> </ul>
damages small intestine

- Interferes with absorption of food
- Symptoms and tolerances vary in digestive tract or
- Treatment strict gluten-free diet

<ul> <li>Food Sources</li> <li>Sushi</li> <li>Calamari/Squid</li> <li>Crab</li> <li>Crawfish/Crayfish</li> <li>Escargot/Snails*</li> <li>Langouste/Langoustine</li> <li>Lobster</li> <li>Mussels</li> <li>Octopus*</li> <li>Oysters*/Clams*</li> <li>Scallops*</li> <li>Prawns/Scampi/Shrimp</li> <li>Bouillabaisse</li> <li>Cuttlefish* ink</li> <li>Glucosamine</li> <li>Fish stock</li> <li>Surimi</li> </ul>	<ul> <li>Ingredient Label ID         <ul> <li>Abalone</li> <li>Caracoles</li> <li>Cockle</li> <li>Crevette</li> <li>Mollusk(mollusc)*</li> <li>Seafood flavoring (e.g., crab or clam extract)</li> </ul> </li> <li>It is important to note that mollusks are not considered major allergens under <u>FALCPA</u> and may not be fully disclosed on a product label.</li> </ul>





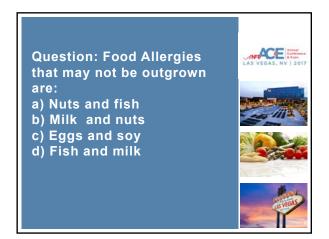


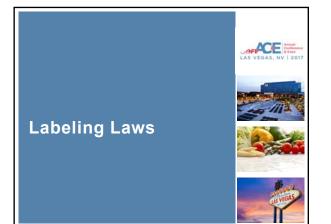
Eggs	
<ul> <li>Food Sources</li> <li>Egg (dried, powdersd, objective, white, yold)</li> <li>Mayonnaise</li> <li>Egg nog</li> <li>Meringue</li> <li>Egg noodles</li> <li>Marshmallows</li> <li>Lecithin</li> <li>Marzipan</li> <li>Nougat</li> <li>Toppings on drinks</li> <li>Baked goods</li> <li>Cake</li> <li>Cookies</li> <li>Brownies</li> </ul>	<ul> <li>Ingredient Label ID</li> <li>Egg (dried, powdered, solids, white, yolk)</li> <li>Ovalbumin</li> <li>Ovomucoid</li> <li>Ovalbumin</li> <li>Albumin/Albumen</li> <li>Lysozyme</li> <li>Surimi (imitation crab/lobster) – also listed in fish allergen</li> </ul>

Peanuts	
<ul> <li>Food Sources</li> <li>Whole peanuts</li> <li>Peanut butter</li> <li>Peanut flour</li> <li>Cold pressed, expeller pressed or extruded peanut oil</li> </ul>	<ul> <li>Ingredient Label ID</li> <li>Nuts</li> <li>Arachis</li> <li>Arachis oil</li> <li>Peanut protein hydrolysate</li> <li>Mandelonas (peanuts soaked in almond flavoring)</li> <li>Marzipan</li> <li>Nougat</li> </ul>
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Peanuts	
<ul> <li>Peanuts tree nuts</li> <li>Legume family – lentils, peas, beans and soybeans</li> <li>Grow underground</li> </ul>	If allergic to peanuts, no greater chance of being allergic to another legume, including soy than any other food
<ul> <li>Trace amounts can cause allergic reaction</li> <li>ANPP Annual Conference &amp; Expo   Las Vegael 2017</li> </ul>	<ul> <li>Approx 25 – 40% who are allergic to peanuts are allergic to tree nuts</li> </ul>

Tree Nuts	
<ul> <li>Food Sources <ul> <li>Almonds</li> <li>Brazil nuts</li> <li>Cashews</li> <li>Chestnuts</li> <li>Filbert</li> <li>Hazelnut</li> <li>Hickory nuts</li> <li>Macadamia nuts</li> <li>Pecans</li> <li>Pine nuts</li> <li>Pistachios</li> <li>Walnuts</li> </ul></li></ul>	<ul> <li>Ingredient Label ID <ul> <li>Caponata</li> <li>Gianduja</li> <li>Marzipan</li> <li>Almond paste</li> <li>Nougat</li> <li>Nut butter</li> <li>Nut meal</li> <li>Nutmeat</li> <li>Nut oil</li> <li>Nut paste</li> <li>Nut pieces</li> <li>Pesto</li> <li>Pralines</li> </ul></li></ul>
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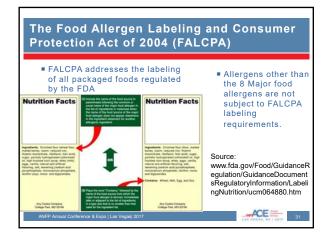
## Food Allergen Labeling Voluntary

 Manufacturers may voluntarily place an advisory or precautionary allergen labeling, statement on food products to notify consumers about the possible presence of food allergen(s), such as 'produced in, packages at...

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 FDA guidance for the food industry states that food allergen advisory statements, e.g., "may contain [allergen]", "produced in a facility that also uses [allergen]", etc. should not be used as a substitute for current good manufacturing practices and must be truthful and not misleading

 FDA is considering ways to best manage the use of these types of statements by manufacturers to better inform consumers.





Question – Artificial coloring is required on a food label as an allergen? True or False



Cross-Contact vs. Cross-Contamination: Safe Food Handling <u>Practi</u>ces



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### **Cross-Contact**

- Occurs when residue or trace amount of an allergenic food is unintentionally incorporated into, or comes in contact with, another food
- People can be the source of cross-contact
- Can be direct or indirect
   Placing cheese on a sandwich with meat (direct)
  - Touching a muffin containing nuts, then picking up a nut-free muffin (indirect)
  - muffin (indirect) • A trace amount of allergen may be enough to cause an allergic reaction
- Personal hygiene practices can lead to cross-contact
   Always wash hands correctly and then maintain them properly
  - Use of gloves

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Follow work attire guidelines per your facility procedures as clothes can be a source of cross-contact

### Cross-Contact in the Kitchen

Cooking oils, splatter

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- Steam from cooking foods
- Airborne dust
- Flour
- Contaminated utensils, pans and equipment
- spoons, knives, spatulas, tongs, whips. etc.
  cutting boards, bowls and hotel pans
- Sheet pans, pots, pans, fryers and grills

When any of these items come into contact with food all ergens, all must be washed thoroughly in hot, soapy water and sanitized

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### Cross-Contact Awareness and Prevention

### Protect residents/customers:

- Food service employees must know menu item contents/allergen ingredients — ASK, if unsure
- Suggest alternate food choices, if unsure
- Monitor that tableware and utensils are allergenfree including latex-based products

# Communication – Restaurant/Dining Setting

- Always let the guest make their own informed decision
- When a guest alerts that someone in their group has a food allergy, follow the four R's:
  - Refer the food allergy concern to the chef/cook, FS manager or person in charge.
  - **Review** the food allergy with the guest and check ingredient labels.
  - **Remember** to check the preparation procedure for potential cross-contact.

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• Respond to the guest and inform them of your findings.

### **General -Tips to Avoid Cross-Contact**

- Wash hands, change gloves and work with clean/sanitized surface
- Check package labels and ingredients

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- Consider using separate/special utensils for making and serving safe foods
- Keep safe foods covered and away from potential allergenic foods that may splatter
- Never remove allergen food and re-serve food
- Never use cooking oil, utensils or equipment that were used to prepare other foods
- Cooking does not make an allergen food safe for someone with a food allergy

## Tips to Avoid Cross-Contact - Storage

- Store food in separate containers and label accordingly
- Confirm storage containers are sealed (lid, plastic wrap, foil)
- Store allergen-free/special items in designated area separate from other potential allergen foods.
- Clean storage areas regularly
- Label and store utensils and equipment as being safe for allergen-free/special items once cleaned

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### Tips to Avoid Cross-Contact – Cleaning and Sanitizing

### Minimize potential food allergen contact surfaces:

- Change cleaning cloths and properly wash buckets as needed to avoid spreading allergen proteins through the cloth or the bucket.
- Use separate spray bottles for cleaner/soap, rinse water and sanitizer solution.
- Use disposable paper towels.

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 Wipe/clean tables, seating and anything on tables including condiments, menus, drink menus when notified that guest has a food allergy.

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### **Cross-Contamination**

Transfer of disease-causing organisms (pathogens), i.e., bacteria or viruses, from one surface or food, to another

### Examples:

- Washing chicken in sink then washing lettuce in the same sink area
- Dicing beef for stew, then cutting cabbage for cole slaw on same cutting board and/or with same knife

### Cross-Contact/Contamination Reactions

Cross-Contact

- Allergic reaction and associated symptoms
- Anaphylaxis
- Death
- Cross-Contamination
  - Foodborne illness and associated symptoms
  - Death

Question – Croutons on a salad is an example of: a) cross-contact b) cross-contamination











## Definitions

- All regan
   Any sources that causes an allergic reaction.
   All regic reaction
   All regic reaction
- Symptome or un-analyzer. Lactoes intolerance A reaction to a food that does not involve the immune system. Lactose-intolerant people lack an enzyme that is needed to digest mill sugar. When they eat milk products, symptoms such as gas, bloating, and abdominal pain may occur. Lactose intolerance is more common in addits than in young children.

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### **Resources 2017**

- <u>https://celiac.org/celiac-disease/understanding-celiac-disease-</u> 2/non-celiac-gluten-sensitivity-2/
- www.cdc.gov
- www.tdc.gov
   www.tda.gov/Food/GuidanceRegulation/GuidanceDocum entsRegulatoryInformation/LabelingNutrition/ucm064880.htm
   https://www.foodallergy.org/file/field-guide.pdf
- https://www.foodallergy.org/file/hospital-food-training-faan.pdf https://www.foodallergy.org/file/hospital-food-training-faan.pdf https://www.foodallergy.org/file/facts-stats.pdf https://www.foodallergy.org/allergens/peanut-allergy

- www.fsis.usda.gov http://blog.foodallergy.org/2013/09/13/who-is-likely-to-outgrow-a-food-allergy/

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