

Food Allergy

information manual



Adapted from the Syracuse
University Food Allergy
Information Manual



RESTAURANT & CATERING GROUP

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University Food Allergy
Information Manual

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The information contained in this manual is for educational purposes only. Information in this manual should not be considered as medical advice. Please contact your doctor about identifying and managing your food allergies.

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Sensitivity? Allergy? Intolerance?

Food Sensitivity

Food sensitivity is an umbrella term that refers to either food allergies, food intolerances, or other adverse reactions to food.

Food Allergy

A food allergy generally refers to any adverse reaction to a specific food or a component in the food in which the immune system is demonstrably involved. The immune system takes over to fight off the offending substance, similar to the ways it would fight off infections. It is extremely important to identify food allergies early because they may lead to serious symptoms, or death. A board-certified allergist can diagnose a food allergy.

Signs and Symptoms

- Hives, rash, itching
- Swelling of the lips, face, tongue, and/or throat
- Wheezing, nasal congestion or trouble breathing, asthma
- Upset stomach, cramps, bloating, or diarrhea
- Dizziness, light-headedness, or fainting
- Anaphylactic shock - a life-threatening, body reaction requiring emergency care. Can result in death if untreated.

did you know?

2 to 3 percent of the adult population has a food allergy.
3 percent of children have food allergies.

Food Allergen

The component in food that triggers a food allergy reaction. An allergen is usually a protein. An allergen is not broken down by heat, cooking, by stomach acids or enzymes (compounds that facilitate chemical reactions in the body).

Food Intolerance

Describes adverse reactions to a food substance or additive involving digestion or metabolism. Food intolerance generally does not involve the immune system. Symptoms are temporary and may be uncomfortable but are rarely life threatening.

Signs and Symptoms

- Gas, bloating
- Stomach pain, diarrhea
- Nausea
- Headache, migraine

Most Common Food Allergies

Peanuts
Wheat
Eggs
Milk
Tree nuts

Soybean
Fish
Shellfish
Corn

Common Food Intolerances

Lactose
Monosodium glutamate (MSG)
Sulfites
Red wine

Chocolate
Food colors

did you know?

It only takes one bite of the offending food to trigger a reaction in a person with a food allergy.

Allergies

did you know?

“One person’s food is another person’s poison.”

--Hippocrates

Peanut Allergy

A PEANUT IS NEITHER A NUT NOR A PEA. Peanuts grow from the ground and are actually considered legumes (beans). Peanuts are not the same as tree nuts (walnuts, almonds, cashews, chestnuts, pistachios, etc.) Be careful to distinguish between a peanut allergy and a tree nut allergy. Peanut allergies are one of the most potentially dangerous food allergies. Peanut proteins are often found in unexpected food sources. Peanuts can be found in Asian foods, candy, chili, soups, baked goods, marzipan and other sweets. Some individuals may also develop a reaction simply by inhaling the aroma of peanuts.

Remember to prevent cross-contamination by thoroughly cleaning counters, utensils, and pans that have been used in preparing and cooking peanuts or foods containing peanuts.

Watch out for the following when reading ingredient lists and labels on food packages. If you have a peanut allergy, please keep in mind that this is not a complete list.

Arachis oil
Ground nuts, ground peanuts
Imitation walnuts
Imitation almonds
Mixed nuts (may contain peanuts)
Mixed nut butters
Nut butters (may contain peanuts)
Nut extracts (may contain peanuts)
Nut flavoring (may contain peanuts)
Peanuts

Peanut butter
Peanut butter chips
Peanut extract
Peanut flavoring (may contain peanuts)
Peanut flour
Peanut oil, ground nut oil
Peanut syrup
Satay sauce (may contain peanuts)



Most commercial oils such as peanut oil are highly refined (hot solvent extraction process), which removes the protein from the product. Since it is the protein in allergenic foods that triggers a food allergy reaction, there is some evidence that suggests that highly refined oils are non-allergenic. However, cold pressed oils and some gourmet oils may contain allergenic proteins

Wheat Allergy

WHEAT IS A COMMON INGREDIENT in many prepared foods and may be difficult to avoid. Individuals with gluten sensitivity (Celiac disease) need to avoid gluten, the protein in wheat. Look at ingredient lists for foods containing wheat or gluten. If you have a wheat allergy, please keep in mind that this is not a complete list.

Bleached all-purpose flour	Grain-based coffee substitutes
Bran	Graham crackers, graham flour
Bread, bread crumbs	Hydrolyzed protein
Buckwheat	Hydrolyzed vegetable protein
Bulgur wheat, Durum wheat	Instant soup stock
Cake and pastry flour	Modified food starch
Cereal extracts, cereal binder,	MSG (Monosodium glutamate)
Cereal filler, cereal protein	Pasta, noodles
Cracker meal	Puddings, wheat thickeners
Cream of Wheat®	Soy sauce
Couscous	Spelt, Triticale
Durum	Vegetable starch
Enriched flour, bread flour (white or wheat)	Vitamin E pills (some)
Farina	Wheat flour and wheat bran
Flour, granary flour	Wheat germ, wheat starch
Gliadin	Wheat gluten, gluten flour
Gluten	Wheat semolina, semolina flour
	White (grain) vinegar

Stabilizers and emulsifiers may also indicate the presence of wheat

Some alcoholic beverages (whisky, beer, gin) may cause allergic reactions in individuals with wheat allergies.



The following may also cause problems for people with gluten sensitivity:

- Oats
- Barley
- Rye
- Triticale
- Spelt

Substitutions for wheat products:

- Rice flour
- Tapioca Flour
- Corn Starch
- Potato starch flour
- Soy bean flour
- Arrowroot
- Cornmeal
- Corn Flour

Gluten free mix:

6 cups of rice flour, 2 cups of potato starch flour, 1 cup of tapioca flour.
Combine, store in a cool, dry place for use as needed. Makes 9 cups.

did you know?

For more information on wheat allergies
and gluten sensitivity:
Celiac Disease Foundation - www.celiac.org

Egg Allergy

EGGS ARE FOUND IN MANY FOODS such as grain products, baked products, custards, ice creams and frozen yogurts. Eggs may also be used in the processing of foods such as root beer, some wines and some coffees. Egg whites are often used to give baked products such as pretzels, breads, rolls, bagels, pies and cakes a shiny outer finish. These egg whites may not be included in the list of ingredients. The following terms indicate the presence of eggs. If you have an egg allergy, please keep in mind that this is not a complete list.

Albumin	Lysozyme
Apovitellin	Marzipan
Batter	Mayonnaise
Cholesterol-free eggs	Meringue
Custard	Mousse
Dried egg	Ovalbumin
Egg, egg glazes	Ovamucoid/ovamucin
Egg noodles	Ovovitellin/vitellin
Egg white solids	Powdered or liquid eggs
Egg yolks	Pudding
Globulin	Quiche
Lecithin (but could also be derived from soy)	Simplese
Livetin	Souffle

Substitutions for Eggs

For each egg in a recipe try one of the following substitutions:

- 1 packet of plain gelatin mixed with 2 tbsp. warm water. Mix in immediately before it thickens.



- 1 tsp. baking powder, 1 tbsp. vinegar
- 1 tsp. yeast dissolved in 1/4 cup warm water
- 1 tbsp. apricot puree
- 1-1/2 tbsp water, 1-1/2 tbsp. cooking oil, 1 tsp. baking powder
- Egg Replacer, such as Ener-G[®] (see instructions for amount to use)

Milk Allergy

FOLLOWING A MILK-FREE DIET can be tricky! Milk and milk products can show up on a label under many different names. The list below may help you identify milk products in a food label, but bear in mind that this is not a complete list.

Bechamel sauce	Ice cream, ice milk
Butter, butter solids	Lacrate solids
Butter fat	Lactoglobulin, lactalbumin
Butter flavor	Lactose
Buttermilk	Malted milk
Casein	Margarine
Caseinates	Milk, any kind (not soy)
Cheese, any kind	Milk protein
Cottage cheese	Milk solids
Cream	Non-fat dry milk
Curds	Nougat
Custard	Pudding
Dried milk solids	Sodium casein
Evaporated milk	Sour or whipping cream
Ghee	Whey
Half-and-half	Yogurt, any kind (not soy)
High protein flour	

Substitutions for milk products

- Baked goods containing soy, rice, or almond milks
- Cornstarch puddings made with fruit juice
- Frozen tofu desserts
- Milk-free margarine, salad dressings (almond milk)
- Milk-free sherbets, ices, and sorbets
- Milk-free or soy milk shakes
- Nut, soy, or rice milks
- Soy cheese, soy yogurt
- Some non-dairy creamers

Non-dairy may not mean milk free! The term "non-dairy" means that no fresh milk products have been added.





Tree Nut Allergy

TREE NUTS ARE CLASSIFIED as nuts that grow on trees! These include such nuts as walnuts, almonds, cashews, chestnuts, and pistachios to name a few. Tree nuts are used in many foods including barbecue sauces, cereals, crackers and ice cream. Artificial nuts can be peanuts that have been de-flavored and re-flavored with a nut, like pecan or walnut. Avoid natural extracts such as pure almond extract because they may also trigger allergic reactions. Instead try imitation or artificial flavored extracts, Craving nuts? Watch out for these if you have a nut allergy. Keep in mind that this is not a complete list.

Almonds
Brazil nuts
Cashews
Chestnuts
Filberts/hazelnuts
Gianduja*
Hickory nuts
Macadamia nuts
Marzipan/almond paste
Nougat
Nu-Nuts® artificial nuts

Nut butters (cashew butter)
Nut milks (almond milk)
Nut oil
Nut paste (almond paste)
Pecans (Mashuga nuts)
Pine nuts
Pistachios
Pralines
Pure almond or other nut extract
Walnuts

**Gianduja is a creamy mixture of chocolate and chopped roasted nuts found in premium or imported chocolate.*

did you know?

To call a product “mixed nuts” you must have at least FIVE nut items in the mix. Traditionally, this includes almonds, cashews, pecans, Brazil nuts, and filberts. If a supplier uses peanuts as one of the five ingredients, the label must clearly state “mixed nuts with peanuts.”

Soy Allergy

SOY IS ALSO REFERRED TO AS SOYA, soy bean, or Glycine max. In the United States, approximately 79 percent of all edible oils consumed is soybean oil. It is the most commonly used oil in food manufacturing and food service operations. This is why soybean oil and other soy products are so important to the food service industry. If you have a soy allergy, avoid the following ingredients. Keep in mind that this is not a complete list.

Edamame soy bean	Soy milk, soy ice cream
Hydrolyzed soy protein	Soy nuts
Lecithin	Soy oil
Miso	Soy protein concentrate
Modified food starch	Soy protein isolate
Natto	Soy sauce
Shoyu sauce	Soy sprouts
Soy Albumin	Soy yogurt
Soy beans (curds, granules)	Tamari
Soy concentrate	Tempeh
Soy cheese	Textured soy protein (TSP)
Soy flour	Textured vegetable protein (TVP)
Soy oils	Tofu
Soy meat, soy meal	

The following are label ingredients that may contain the presence of soy protein:

- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Natural Flavoring
- Vegetable broth
- Vegetable gum
- Vegetable starch

*Many gluten-free products contain soy.
Please read the product label.*

did you know?

35 to 38 percent of the calories in soybeans come from protein, compared to about 20 to 30 in other beans. The soy bean has an extremely short growth period that is only 15 weeks from sowing to harvest.

Fish Allergy/Shellfish Allergy

MANY PEOPLE ARE ALLERGIC to fish and shellfish, and for some, even smelling the scents from cooking fish can trigger allergic reactions. If you have an allergy to fish or shellfish, please use this list as a guide, but bear in mind that it is not a complete list.

Abalone

Clams (cherry stone, littleneck, pismo, quahog)

Cockle (periwinkle, sea urchin)

Crab

Crawfish (crayfish, ecrevisse)

Fish oil capsules

Fish broth or stock

Lobster (langoustine, langoustine, coral, tomalley)

Mollusks

Mussels

Worcestershire sauce (May contain anchovies)

Octopus

Oysters

Prawns

Scallops

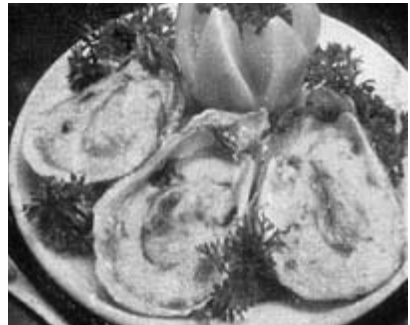
Scampi

Shrimp

Snail

Squid (calamari)

Sushi



The following ingredients **may** indicate the presence of shellfish protein:

- Bouillabaisse
- Fish stock
- Seafood flavoring (crab or clam extract)
- Surimi

did you know?

A study among food allergy sufferers revealed that almost half of the patients carried date-expired epinephrine devices with them. If you suffer from a food allergy, make sure you carry appropriate and up-to-date medication.

Corn Allergy

CORN ALLERGIES ARE DIFFICULT to detect. Symptoms may vary from person to person. To find out whether corn is the culprit in your diet, see your physician for a supervised elimination diet. Corn oil contains very little protein, which is the substance that provokes a response. However some sufferers report problems with corn oil consumption as well. Below are some foods that may contain corn. Keep in mind that this is not a complete list.

Baking powder*

Caramel

Cereals

Confectioner's (powdered) sugar (may contain corn starch)

Corn-ANYTHING

Dextrin or maltodextrin

Dextrose, glucose or fructose

Golden syrup (treacle)

Glucona delta lactone

High-fructose corn syrup

Hominy, grits

Invert sugar, invert syrup

Malt, malt syrup, malt extract

Modified food starch (maybe be corn)

mono and di-glycerides

Monosodium glutamate (MSG)

Polenta

Sorbitol

Starch, food starch

Sucrose (May derive from corn)

Vanilla extract

Vegetable (may be corn)

Xanthan gum

Zein (protein from corn, sometimes used in time-released medications)

**Baking powder should not be confused with baking soda.*

Baking powder contains a mixture of leavening agents and a moisture-absorber such as cornstarch.

Substitutions for Corn

- Featherweight® baking powder
- Arrowroot



did you know?

True succotash is made of beans, corn and squash, also known to Native Americans as "The Three Sisters." These crops have traditionally been grown and eaten together. According to modern scientist, the three combined foods form a complete protein, further proof that these early Americans had good nutritional sense

food

Intolerance



What you need to know about food intolerance

LACTOSE IS THE MOST COMMON FOOD INTOLERANCE. Lactose intolerance results when the body cannot make enough lactase, the enzyme that breaks down lactose. Too much undigested lactose may cause gas or diarrhea. However, some dairy products, like cheese and yogurt, have less lactose in them and might be less problematic.



Monosodium glutamate, also known as MSG, is a common flavor additive and meat tenderizer. Intolerance to MSG is uncommon and the symptoms are usually mild. The FDA requires food manufacturers to list it on their labels as “monosodium glutamate.”

Sulfites are sulfur-containing additives that are used as preservatives in dried fruit, wines and other products. If you are sulfite sensitive, read the label and avoid these ingredients: sulfur dioxide, sodium sulfite, sodium or potassium bisulfite, and sodium or potassium meta-bisulfite. Although it is considered a food intolerance, individuals with sulfite induced asthma may have life-threatening symptoms.



Red wine contains phenolic flavonoids, substances naturally occurring in the grape skins. Some individuals are intolerant to these substances and therefore avoid drinking red wine. White wine contains fewer phenolic flavonoids than red wine.

Chocolate may contain traces of nuts, corn syrup, or soybeans, as well as milk, some of the common allergens. There is not enough conclusive research to ascertain whether these ingredients or others in chocolate are triggers for some individuals.

Food colors can cause itching or hives in some individuals. Yellow food coloring, called tartrazine or Yellow dye no. 5, found in food, drugs, and cosmetics, is always listed in the ingredient label since it may be the cause of some triggers.

did you know?

The Mayans first discovered chocolate in the jungles of the Yucatan.

The United States ranks 11th in annual world chocolate consumption with 10 pounds per capita.

Protect yourself...and others

HOW ALLERGENS GET INTO FOOD

Cross-contamination

- Using the same frying oil for more than one food
- Using the same bread crumbs for more than one food
- Using the same equipment (cutting boards, utensils, containers, spoons, spatulas, knives) for more than one food without properly cleaning them between each use
- Leakage/spillage into other foods in the refrigerator or storage
- Foods touching other foods in storage, serving pans or plates
- Splatter or steam from cooking foods coming in contact with other foods
- Improper hand washing and not changing gloves when touching foods with potential allergens
- Reusing foods in other recipes

Mistakes

- Labeling errors and mistakes in label reading
- Preparation errors and oversights
- Using utensils for more than one food item when in a hurry
- Forgetting to ask cooks about ingredients of concern

Uninformed food service staff

- “Secret” Ingredients that no one else knows the cook uses
- Not learning about menu items and their ingredients
- Ingredient substitution without notification

Adapted from “Allergens in Food Service” in Today’s Dietitian, May 2000.

did you know?

Cross-contamination refers to the physical movement or transfer of any unwanted ingredient, from one food, person, object or place to another.

For WKU Restaurant & Catering Group food service employees

- Use this guide as a resource to recognize potential allergens in food
- Know how to read food labels to find specific ingredients
- Prevent cross contamination by thoroughly cleaning all surfaces and utensils in contact with foods
- Consult with management staff and WKU Restaurant & Catering Group's Registered Dietitian when customers inquire about food ingredients

What the consumer needs to know

In general

- Read the label. Ingredients on a product's label are listed in descending order of weight.
- Increase your awareness and knowledge of what you are eating.
- Ask food service management staff if you are unsure what is in your food
- If you are not sure of a food or food substance, AVOID IT.
- Ask your doctor.
- Be careful of butters, as the risk for cross contamination is high.
- Ask the restaurant manager.
- Know what to do in case of an emergency.
- Ask WKU Restaurant & Catering Group's registered dietitian.

Frequently Asked Questions

- Q. What happens to my body during a food-allergic reaction?
- A. The immune system attacks an offending substance in an attempt to protect the body. The body's reaction is to release large amounts of histamines, chemicals that can affect the respiratory, gastrointestinal, and cardiovascular system, as well as the skin.
- Q. What is the best treatment for food allergies?
- A. There is no cure for a food allergy. The only treatment is to avoid that particular food. Read labels and educate yourself about your allergy.
- Q. What is the connection between latex and food allergies?
- A. Studies suggest that people with latex allergies may also have allergies to some foods containing proteins similar to those in natural rubber, such as some fruits and vegetables.
- Q. Where can I go for more information?
- A. Always consult with your physician for further information about managing and living with a food allergy. Page 20 of this publication contains credible web sites you can review.
- Q. Is there any risk with getting a vaccine if I have a food allergy?
- A. At this time, many vaccines (mumps, flu, and measles, to name a few) may contain egg byproducts. Talk to your physician before getting a vaccine if you have allergies.
- Q. Does MSG promote hypertension?
- A. A teaspoon of MSG has less sodium than a teaspoon of salt. The chance that MSG will raise your blood pressure is low. Ask your physician about the effects of MSG, if you suffer from hypertension.
- Q. What is EpiPen®?
- A. EpiPen® is a pen-sized, pre-measured injection of epinephrine, the drug used to treat shock associated with food and other severe allergies.
- Q. Should I carry an EpiPen® at all times?
- A. Once prescribed, carry an EpiPen® at all times. Although a single dose does the job in most cases, it is best to seek treatment at the nearest emergency room with every food allergy episode.

Resources

American Academy of Allergy, Asthma
and Immunology
www.aaaaai.org
1-800-822-ASMA

American Academy of Pediatrics
www.aap.org
1-800-433-9016

American College of Allergy, Asthma,
and Immunology
www.allergy.mcg.edu
1-800-842-7777

American Dietetic Association
www.eatright.org
1-800-877-1600

Asthma and Allergy Foundation of
America
www.aafa.org
1-800-7-ASTHMA

The food Allergy & Anaphylaxis Network
www.foodallergy.org
1-800-929-4040

Food allergies and Food Intolerance
By Jonathan Brostoff and Linda Gamlin

Gluten Intolerance Group
www.gluten.net
206-246-6652

International Food Information Council
Foundation
www.ific.org

National Institute of Allergy and Infectious
Diseases
www.niaid.nih.gov

National Restaurant Association
www.restaurant.org

On the WKU Campus

- Contact Western Kentucky University Health Services and alert health professionals about your food allergies.
- Contact WKU Restaurant & Catering Group's Registered Dietitian for help in managing your food allergy at the various campus dining location.
- Alert food service management staff about the potential severity of your allergies.
- Question food service management staff carefully about food ingredients and additives.
- Always carry allergy medications.
- In case of an on-campus emergency, dial 911 from a campus phone or 745-2548 from your cell phone.

Information about Weight Management programs and services:

The Health & Fitness Lab and the WKU Employee Wellness program offer several programs and services designed to help people attain/maintain a healthy weight through exercise and healthy nutrition. Programs and services include:



- Suit up for Spring Break
- Fall into Fitness
- WeightWatchers at Western
- Personal Training
- Fitness Assessment and Exercise Prescription services
- Big Red Bootcamp
- Fitness & Instructional Programs

Students are encouraged to visit www.mypyramid.gov for information relating to healthy eating. Effective, long term weight management can only be attained through combining healthy eating practices and regular physical activity into your lifestyle. Visit our website: www.wku.edu/healthfitnesslab, call us at (270) 745-6531 or stop by our office in the Preston Center for more information.



WKU Health Services has information through the Clinical Staff and the Health Education & Promotion Office related to allergies and food allergies. For information on this topic and others, please contact Kathryn Steward, Health Education Coordinator at 270-745-5033 or email at: kathryn.steward@wku.edu

Health Services also offers care for persons who have an exposure or mild allergic reaction. If there is a severe allergic reaction please visit the nearest emergency room or call 911.

WKU Health Services office hours are: 8:00am-4:30pm Monday – Thursday and 10:00am-4:30pm on Fridays.

Our office line is: 745-5641.

For more information, please contact

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1906 College Heights Blvd.
DUC Room 124
Bowling Green, KY 42101
Bonnie Holt, RD, LD
Registered Dietitian
270-745-3122 or www.wkudining.com

Kathryn Steward, Health Education Coordinator
at: 270-745-5033 or email at: kathryn.steward@wku.edu

or Danita S. Kelley, Ph.D., R.D.
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