



Food Allergens

Food allergy is a serious medical condition affecting up to 15 million people in the United States, including 1 in 13 children.

Learn to recognize food allergens.

The top 8 food allergens account for 90% of all food allergic reactions, and are the food sources from which many other ingredients are derived.

Beware of ingredients of ingredients. For example, nutmeg is a spice but also a tree nut.

Look for allergens marked on food labels.

The name of the food source of a major food allergen may appear:

"lecithin (soy)," "flour (wheat)," "whey (milk)"

OR

"Contains Wheat, Milk, and Soy."

When a guest informs you of a food allergy, check with the chef, manager, or person in charge for preparation procedures, ingredients, and potential cross-contact.

Symptoms of an Allergic Reaction

- Hives (red welts on skin)
- Itching, tingling mouth
- Diarrhea
- Cramps or Stomach Ache
- Swelling of face, lips, tongue, throat, or body
- Trouble swallowing or breathing
- Vomiting
- Loss of consciousness

Always call 911 and notify management if someone is experiencing an allergic reaction.

M W F SEPT

(as in Monday, Wednesday, Friday
and September)

M = Milk

W = Wheat

F = Fish

S = Shellfish & Soybeans

E = Eggs

P = Peanuts

T = Tree Nuts

Top 8 Food Allergens



Cross-Contact

Cross-contact happens when one food comes into contact with another food. If an allergen comes into contact with a non-allergenic food, the non-allergenic food is contaminated and dangerous.

Tips to avoid cross-contact:

- Check ingredients and labels on packaged foods.
- Always wash hands, change gloves, and work with a clean surface.
- Consider using separate utensils and dishes for making and serving safe foods.
- Keep the safe foods covered and away from other foods that may splatter.
- Never attempt to pick out allergens and re-serve a food item.
- Never use cooking oil, utensils, or equipment that were used to prepare other foods.

Additional Resources:

www.FDA.gov/food
www.foodallergy.org
www.ccbh.net

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BOARD OF HEALTH
YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION

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