

Food Ingredients that may cause Allergies

Milk and Milk By-products

butter, butter fat, butter oil, buttermilk, artificial butter flavor, casein, caseinates (ammonium, calcium, magnesium, potassium, sodium) cheese, cream, cottage cheese, curds, custard, Ghee, Half & Half, hydrolysates (casein, milk protein, protein, whey, whey protein), lactalbumin, lactalbumin phosphate, lactoglobulin, lactose, lactulose, milk (derivative powder, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, milkfat, non-fat, skimmed, and goat's milk), nougat, pudding, rennet casein, sour cream, sour cream solids, whey (in all forms including sweet, delactosed, protein concentrate), yogurt, malted milk. The following may contain milk products - flavorings (natural and artificial), luncheon meat, hot dogs, sausages, high protein flour, margarine, Simplese ®

Eggs

albumin, egg (white, yolk, dried, powdered, solids), egg substitutes, eggnog, globulin, livetin, vitellin, lysozyme, mayonnaise, meringue, ovalbumin, ovoglobulin, ovomucoid, ovomucin, ovotransferrin, ovovitellin, Simplese ®, surimi. The following may contain eggs - lecithin, marzipan, marshmallows, pasta, and natural and artificial egg flavors. A shiny glaze or yellow colored baked goods may indicate the presence of eggs.

Peanuts

beer nuts, cold pressed, expelled, or extruded peanut oil, ground nuts, mixed nuts, monkey nuts, Nu-Nuts ® flavored nuts, nut pieces, peanut, peanut butter, peanut flour, peanut protein, hydrolyzed peanut protein. The following foods may indicate the presence of peanut protein - African, Chinese, Indonesian, Thai, and Vietnamese dishes, baked goods (pastries, cookies, etc), candy, chili, chocolate, (candies, candy bars), egg rolls, marzipan, natural and artificial flavorings, nougat, sunflower seeds. Artificial nuts can be peanuts that have been decaffeinated and recaffeinated with a nut, like pecan, walnut, or almond. Mandelonas are peanuts soaked in almond flavoring.

Soy

hydrolyzed soy protein, miso, shoyu sauce, soy (albumin, flour, grits, nuts, milk, sprouts), soya, soybean (granules, curd), soy protein (concentrate, isolate), soy sauce, Tamari, Tempeh, textured vegetable protein (TVP), tofu. The following ingredients may indicate the presence of soy protein - hydrolyzed protein, natural and artificial flavoring, vegetable broth, vegetable gum, vegetable starch, lecithin, or soy lecithin.

Tree Nuts

almonds, Brazil nuts, caponata, cashews, chestnuts, filbert/hazelnut, gianduja (a creamy mixture of chocolate and chopped toasted nuts found in premium and imported chocolates), hickory nuts, macadamia nuts, marzipan/almond paste, nougat, Nu-Nuts, nut butters i.e. cashew butter, nut meal, nut oil, nut paste i.e. almond paste, nut pieces, pecans (Mashuga nuts), pesto, pine nuts (pinyon nuts), pistachios, walnuts. In addition: Mortadella may contain pistachios, tree nuts may be included in many foods including barbecue sauce, cereals, crackers, and ice cream.

Wheat

bran, bread crumbs, bulgur, cereal extract, couscous, cracker meal, durum, durum flour, enriched flour, farina, flour (all-purpose, enriched, graham, high gluten, high protein, pastry, soft wheat), gluten, kamut, seitan, semolina, spelt, vital gluten, wheat (bran, germ, gluten, malt, starch), whole wheat berries, whole wheat flour. The following may indicate the presence of wheat protein - natural and artificial flavoring, hydrolyzed protein, soy sauce, starch (gelatinized, modified, modified food starch), surimi, vegetable gum.

Fish

freshwater or saltwater finfish, octopus, squid

Crustaceans and Shellfish

crab, crawfish, lobster, (langouste, langoustine, scampo, coral, tomalley), prawns, shrimp (crevette), snails (escargot), abalone, clams, muscles, oysters, scallops

The following may indicate the presence of fish or seafood protein: bouillabaisse, fish stock, natural and artificial flavoring, seafood flavoring (such as crab or clam extract), surimi.

Food Allergens

A Guide for Food Service Establishments

Have a plan in place to deal with a food allergic customer.

- ❖ Listen to the customer. Take their concerns seriously.
- ❖ Make sure all the employees involved in preparing and serving the meal are aware of the situation and understand what they must do.
- ❖ Identify and avoid cross-contamination from: shared grills or other cooking equipment, cutting boards, utensils, serving trays, food prep counters, employee hands.
- ❖ If an error is made in an order, always remake the item instead of removing the obvious allergen.
- ❖ Check labels carefully.
- ❖ It's okay to say "I don't know" if you can't verify all the ingredients in a menu item.
- ❖ Assist the customer by guiding them to a menu item you know to be allergen free.
- ❖ In case of a severe allergic emergency, call 911 or your local emergency services number and state that someone is having a severe allergic reaction.