

MILK



Foods*: Milk, Yogurt, Whipped Butter Individual Package, all types of Cheese, Ice Cream, all Ensure, Glucerna, and Boost Oral Supplement, Special K Protein Drink (chocolate and vanilla), Margarine, Country Gravy, Italian Baked Chicken, Plain Pita Bread, Blueberry Muffin, Cream Puff, Pudding (chocolate and vanilla), Pureed Foods (French Toast, Broccoli, Carrots, Chicken, Egg Omelet, Fish, Green Beans, Peas, Waffle), Soup of all consistencies (Chicken Noodle, Cream of Chicken, Cream of Mushroom, Italian Wedding, Mexican Tortilla, Individually Canned Tomato Soup, Mediterranean Vegetable)

Label Reading:** look out for ingredients such as Milk, Buttermilk, Malted Milk, Milk Derivative, Milk Protein, Sweetened Condensed Milk, Casein, Caseinates, Protein Hydrolysate, Lactalbumin, Recaldent, Rennet, Whey.¹

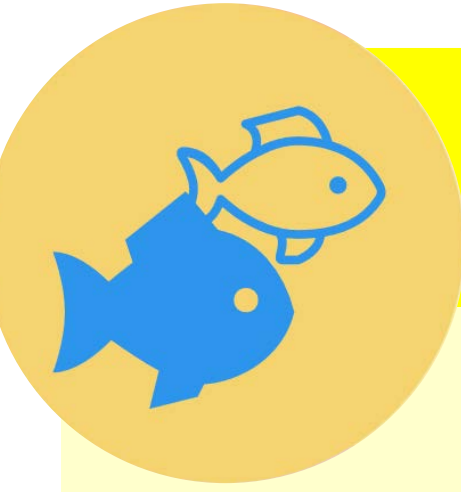
EGGS



Foods: Eggs, Mayonnaise, Beef Meatballs, Gluten Free White Bread, Baked Italian Chicken, Savory Meatloaf, Blueberry Muffin, Cream Puff, Vanilla Pudding, Pureed Foods (French Toast, Broccoli, Carrots, Chicken, Corn, Egg Omelet, Fish, Green Beans, Peas, Sausage Pork Link, Waffle), Chicken Salad, Tuna Salad, Tartar Sauce, Soup of all consistencies (Chicken Noodle, Italian Wedding, Mexican Tortilla, Individually Canned Tomato Soup, Mediterranean Vegetable)

Label Reading: Albumin, Apovitellin, Egg White, Egg Yolk, Egg Wash, Powdered eggs, Fat Substitutes, Globulin, Livetin, Lysozyme, Meringue, Ovalbumin, Ovoglobulin, Ovomucin, Ovomuroid, Ovotransferrin, Ovovitelia, Ovovitellin, Silici albuminate, Simplesse, Surimi, Trailblazer, Vitellin.¹

FISH



Foods: Cod, Salmon, Tuna
Label Reading: look out for Ingredients such as Fish Sauce, Caesar Dressing, Barbeque Sauce.²

PEANUTS



Foods: Peanut Butter Individual Packet (Breakfast Box; Peanut Butter and SF Jelly Sandwich)
Label Reading: look out for ingredients such as cereals, pastries, crackers, and look out for the word “peanut”, as well as the following ingredients: Arachic oil, Arachis, Artificial Nuts, Beer Nuts, Hydrolyzed Peanut Protein, Hydrolyzed Vegetable Protein.¹

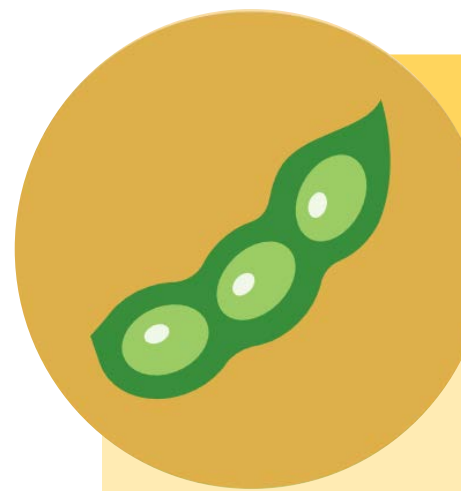
CRUSTACEAN SHELLFISH



Foods: Shrimp, Lobster, Prawns, Crab (Scripps Health only serves shellfish to the cafeteria and not to patients)
Label Reading: look out for ingredients such as Barnacle, Crawfish, Crayfish.³

THE 8 MAJOR FOOD ALLERGENS, Allergen-Containing Foods in CBORD, and Common Allergen-Containing Ingredients

SOY BEANS



Foods: Soy Milk, Tofu, Soy Sauce, Teriyaki Sauce, White Bread, Wheat/White Bun, Vegan Burger Patty, Cream of Wheat, Chicken Stir Fry, Non-Dairy Liquid Mocha Mix Creamer, Light Lemonade Drink from each Individual Package, Special K Protein Drink (chocolate and vanilla), Scrambled Eggs, Baked Cod, Grilled Salmon, Country Gravy, Savory Meatloaf, Peanut Butter Individual Packet (Breakfast Box; Peanut Butter and SF Jelly Sandwich), Mashed Sweet Potato, Pureed Foods (French Toast, Roast Beef, Broccoli, Carrots, Chicken, Egg Omelet, Fish, Green Beans, Peas, Pork Chop, Sausage Pork Link), Tuna Salad, Stir Fry Sauce, Turkey Sausage, Sorbet (strawberry and orange), Chicken Noodle Soup (all consistencies), Cream of Chicken Soup (all consistencies), Cream of Mushroom Soup (all consistencies), Italian Wedding Soup (all consistencies), Flour Tortilla

Label Reading: Look out for ingredients such as Soy, Soy Lecithin/Lecithin, Soy Protein, Teriyaki Sauce, Textured Vegetable Protein (TVP), and Margarine.^{1,4}

WHEAT

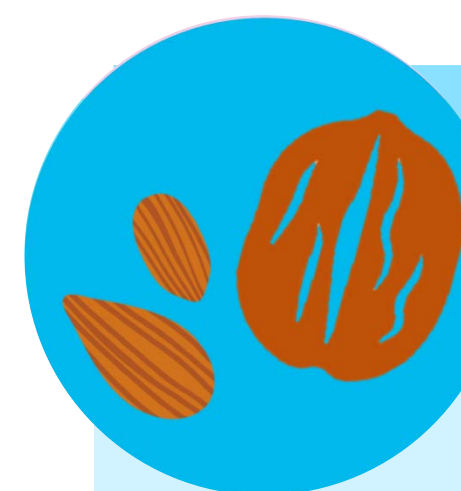


Food: Plain Pita Bread, Rye Bread, Sourdough Bread, Wheat/White Bread, Wheat/White Bun, Vegan Burger Patty, Beef Meatballs, Cream of Wheat, Baked Italian Chicken, Chicken Stir Fry, Stir Fry Sauce, Teriyaki Sauce Glaze, Country Gravy, Savory Meatloaf, Blueberry Muffin, Wheat/White Muffin, Cream Puff, Pureed French Toast, Pureed Sausage Pork Link, Pureed Waffle, Soup of all consistencies (Chicken Noodle, Cream of Chicken, Cream of Mushroom, Italian Wedding, Tomato Basil, Individually Canned Tomato Soup), Flour Tortilla

Label Reading: any type of wheat/white bread will contain wheat, as well as bread crumbs. Also look out for the word “wheat” in foods such as cereals, pastries, and crackers, as well as other ingredients including All-Purpose Flour (bread, bromated, cake, enriched, high gluten, high protein, instant pastry, phosphated, plain, soft wheat, steel ground, stone ground, self-rising, unbleached, white, whole wheat), Bulgur Cereal Extract, Couscous, Cracker Meal, Einkorn, Emmer/Farro, Farina Flour, Gluten, Malt, Malt Extract, Noodles, Pasta, Seitan, Semolina, Spelt, Tabbouleh, Triticale, Triticum Wheat, Wheat Germ, Wheat Germ Oil, Wheat Protein Isolate, Wheat Starch, Wheat Sprouts, Sprouted Wheat Wheatgrass.

Wheat can also be found in: Artificial flavoring, Natural Flavoring, Caramel Color, Dextrin, Glucose Syrup, Hydrolyzed Vegetable Protein (HVP), Maltodextrin, Monosodium Glutamate, MSG, Oats, Shoyu, Tamari, Surimi, Textured Vegetable Protein, Vegetable Gum.¹

TREE NUTS



Foods: Walnuts, Almonds (Beans Green Almondine, Asian Chicken Salad, Asian Tofu Salad),

Label Reading: closely examine the ingredient list for cereals, pastries, and crackers. Look out for the word “Nut” in the ingredient lists, as well as the following ingredients: Argan oil, Artificial nuts, Beechnut, Chinquapin, Filberts, Ginkgo Nut, Litchi/lichee/lychee nut, Nut extracts, Nut Distillates, Nut Butters (almond, cashew, hazelnut), Nut Meal, Nut Paste, Nutella, Nutmeat, Walnut Hull Extract.¹

WHAT IS A FOOD ALLERGY?

A food allergy is a body’s immune response towards certain food (usually referred to as an allergen).⁵ This response can be harmful to the body.⁵

SYMPTOMS OF A FOOD ALLERGY

The symptoms of a food allergy can come very quickly after the ingestion of the allergen (within minutes or hours).⁵ Symptoms of a food allergy include the following:^{5,6}

- Skin rash, or hives
- Wheezing
- Swelling of the tongue or throat leading to difficulty talking and breathing
- Itching or tingling in the mouth and throat
- Stomach cramps, nausea, diarrhea, and/or vomiting
- Dizziness, loss of consciousness, or fainting
- Death

HOW TO FIND FOOD ALLERGENS?

INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, CANOLA OIL, WHOLE GRAIN ROLLED OATS, SEMI-SWEET CHOCOLATE (SUGAR, CHOCOLATE, DEXTROSE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), WHOLE GRAIN RYE FLOUR, COCOA PROCESSED WITH ALKALI, BAKING SODA, DISODIUM PYROPHOSPHATE, SALT, SOY LECITHIN, NATURAL FLAVOR, DATEM, FERRIC ORTHOPHOSPHATE (IRON), NACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1).
CONTAINS: WHEAT, SOY.
DISTRIBUTED BY: MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA

According to the U.S. Food and Drug Administration (FDA), food labels have to include the names of all of the major food allergens that the food contains by law.⁷

One of the most common ways to highlight the allergens on a food label is to include a “contains” statement specifying the allergen.⁷ For example, the above food label has a “contains” statement (circled in red).

However, FDA also mentioned that “if the common or usual name of an ingredient (e.g., buttermilk) that is a major food allergen already identifies that allergen’s food source name (i.e., milk)”, then a “contains” statement is not required.⁷ This can make it hard for people to realize the existence of allergens in food. Therefore, it is still important to read through food labels to identify possible allergens. The “Labeling” section in each of the major allergen boxes in this poster listed out common allergen-containing ingredients that might be easy to miss.

REFERENCES

***Foods:** refers to allergen-containing foods included on the menu for In-Room Café.
****Label Reading:** this section listed out examples of common ingredients that contain the specific allergens. Not all of these ingredients are used at Scripps Health

1. Living with food allergies. Kids with Food Allergies Web site. <http://www.kidswithfoodallergies.org/page/top-food-allergens.aspx>. Updated 2017. Accessed 4/16, 2017.
2. Fish allergy. Food Allergy Research & Education Web site. <https://www.foodallergy.org/allergens/fish-allergy>. Updated 2017. Accessed 4/16, 2017.
3. National Food Service Management Institute. Shellfish allergies. Food Allergy Fact Sheet Web site. <http://www.nfsmi.org/documentlibraryfiles/PDF/20140912035026.pdf>. Updated 2014. Accessed 4/16, 2017.
4. Soy allergy. Food Allergy Research & Education Web site. <https://www.foodallergy.org/allergens/soy-allergy>. Updated 2017. Accessed 4/16, 2017.
5. National Food Service Management Institute. Overview of food allergies. Food Allergy Fact Sheet Web site. <http://www.nfsmi.org/documentlibraryfiles/PDF/20140912033916.pdf>. Updated 2014. Accessed 4/16, 2017.
6. Food allergy. Mayo Clinic Web site. <http://www.mayoclinic.org/diseases-conditions/food-allergy/basics/symptoms/con-20019293>. Updated 2017. Accessed 4/16, 2017.
7. U.S. Food and Drug Administration. Food allergies: What you need to know. U.S. Food and Drug Administration Web site. <https://www.fda.gov/food/food-allergies/what-you-need-to-know>. Updated 2017. Accessed 4/16, 2017.
8. Allergens. Food Allergy Research & Education Web site. <https://www.foodallergy.org/allergens>. Updated 2017. Accessed 4/16, 2017.