CDHS Partnership Project 2015

Title: Navigating Food Selections in The Campus Environment for EC DSS Students With Food Allergies – Part I & II

Dr. Lori L. Till, Associate Professor
Buffalo State, The State University of New York
Food Safety Plus @ www.foodsafetyplus.org

Food Allergies Are…

Body's <u>negative reaction</u> to a particular <u>food protein</u>

An <u>overreaction</u> of the immune system

Food Allergies…

Reaction may be <u>immediate</u>

or

<u>several hours later</u>

Physical Symptoms of Food Allergies…

* Itching in & around the mouth, face scalp
* Tightening in throat, coughing, runny nose
* Wheezing or shortness of breath
* Skin reaction such as hives or eczema
* Eye reactions

Physical Symptom Food Allergies…

* Swelling of face, lip, tongue, hands, eyes, feet
* Stomach and intestional symptoms such as abdominal pain nausea, diarrhea, vomiting
* Loss of consciousness
* Death

Physical Symptoms of Food Allergies…

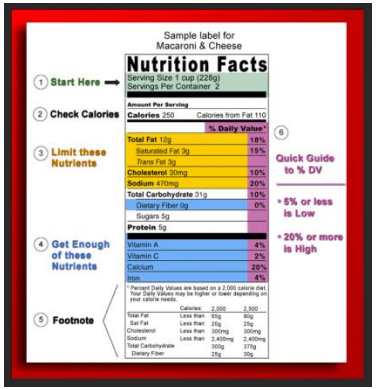
Can cause a severe, potentially fatal, allergic reaction called anaphylaxis

Food Allergy Protection…

- **Severe, potentially fatal reactions can be reversed through an injection of an epinephrine (adrenaline) auto-injector**
- **Often individuals will carry an epinephrine auto-injector**

Individuals with Food Allergies MUST…

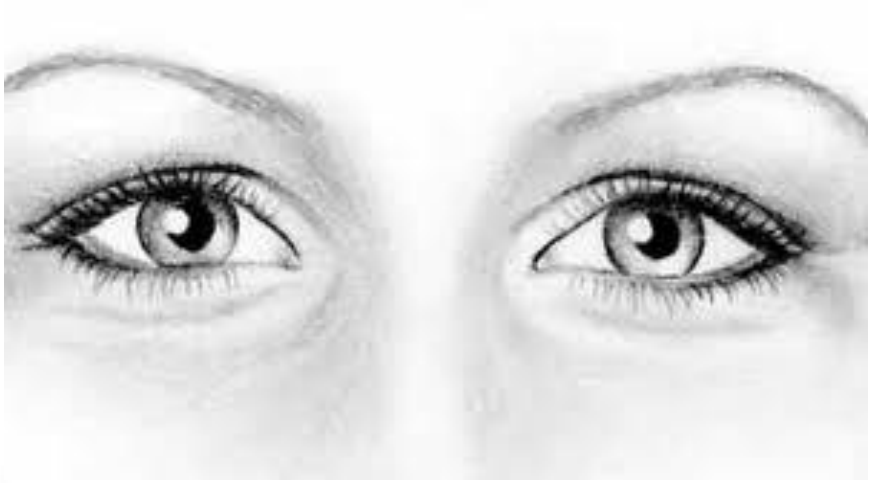
* **Read** ingredient labels



* **Ask** about food ingredients or food preparation techniques

Individuals with Food Allergies MUST…

* **<u>Watch</u> for foods that may touch food contact surfaces**



Four of the Eight Most Common Food Allergens

1. Peanuts
2. Tree nuts
3. Shellfish
4. Fish

Food Allergen #1: PEANUT

- **One of the most common food allergies. (peanuts are legumes and grow underground)**
- **Symptoms can occur immediately**
  - **OR within a few minutes**
  - **OR as long as two hours**

Food Allergen #1: PEANUT

- **One of the most common food allergies. (peanuts are legumes and grow underground)**
- **1.4% of the United States population is allergic to peanuts**

Food Allergen #1: PEANUT

- **Often a lifelong food allergy**
  (20% children outgrow peanut allergy)
- **1/44,000 (trace amounts) of a peanut could result in an incident**

Food Allergen #1: PEANUT

- **Can cause a severe, potentially fatal, allergic reaction (anaphylaxis)**

- **Often individuals carry an epinephrine auto-injector**

Food Allergen #1: PEANUT

Peanut-allergic individuals Should:

***Practice vigilant label-reading**

- **Ask questions about ingredients**
- **Ask questions preparation methods ?**
- **BEFORE eating foods prepared by others.**

Food Allergen #1: PEANUT

Peanut-allergic individuals should:

Strictly avoid peanut and peanut products.

Food Allergen #2: Tree Nuts

- **One of the most common food allergies. (grows on trees)**
- **Symptoms can occur anywhere between 5-30 minutes**

Food Allergen #2: Tree Nuts

- **Often a lifelong food allergy (9% children outgrow a tree nut allergy)**
- **Tree nuts include almonds**
- **Brazil nuts**
- **Cashews**
- **Chestnuts, hazelnuts, macademia nuts, pecans**
- **Pistachios, walnuts**

Food Allergen #2: Tree Nuts

- **Trace amounts of a tree nut could result in a severe, potentially fatal, allergic reaction (anaphylaxis)**
- **Often individuals carry an epinephrine auto-injector**

Food Allergen #2: Tree Nut

Tree nut-allergic individuals should:

- **Practice vigilant label-reading**
- **Ask questions about ingredients**
- **Ask questions about preparation methods ?**
- **BEFORE eating foods prepared by others.**

Food Allergen #2: Tree Nuts

Tree Nut-allergic individuals should:

Strictly avoid tree nuts and tree nut products.

Food Allergen #1 & #2: Peanuts and Tree Nuts

- **Individuals with a peanut allergy should avoid tree nuts.**
- **Individuals with a tree nut allergy should avoid all tree nuts.**

Food Allergen #1 & #2: Peanuts and Tree Nuts

- **Manufacturing/serving of peanuts and tree nuts often come into contact with one another**

Food Allergen #1 & #2: Peanuts and Tree Nuts

- **Cross contamination can occur when something was being cooked near nuts, since it is possible that the <u>same equipment or surfaces</u> were used during the preparation.**

Food Allergen #3: Shellfish

- A lifelong food allergy
- Most often develops in adults
- 2.3% of the U.S. population
- Includes crustacean such as shrimp, lobsters, crabs

Food Allergen #3: Shellfish

- **Inhalation of the cooking vapors (proteins) can cause a severe allergic reaction**
- **Reactions to crustacean shellfish tend to be particularly severe.**
- **Symptoms can occur within minutes**

Food Allergen #3: Shellfish

- **The most common food allergen that sends individuals to the emergency room**
- **Trace amounts of shellfish could result in a severe, potentially fatal, allergic reaction (anaphylaxis)**
- **Often individuals carry an epinephrine auto-injector**

Food Allergen #3: Shellfish

Shellfish-allergic individuals should:

- **Practice vigilant label-reading**
- **Ask questions about ingredients**
- **Ask questions about preparation methods ?**
- **BEFORE eating foods prepared by others.**

Food Allergen #3: Shellfish

Shellfish-allergic individuals should:

Strictly avoid shellfish and shellfish products.

Food Allergen #4: Fish

- A lifelong food allergy
- Most often develops in adults
- 4% of the U.S. population
- Includes all finned fish
- Salmon, tuna and halibut

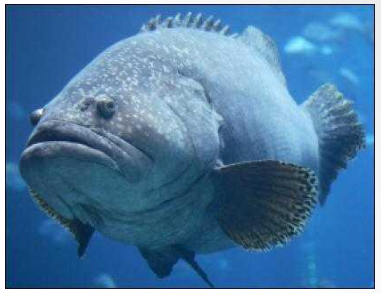
Food Allergen #4: Fish

- One of the most common food allergies.
- Strict avoidance of fish and fish products is recommended
- Inhalation of the cooking vapors (proteins)can cause a severe allergic reaction
- Symptoms can occur rapidly

Food Allergen #4: Fish

- **Fish is one of the most <u>commonly implicated</u> in cases of food-induced anaphylaxis**
- **Trace amounts of a fish could result in a severe, potentially fatal, allergic reaction (anaphylaxis)**
- **Often individuals carry an epinephrine auto-injector**

Food Allergen #4: Fish



Fish-allergic individuals should:

- **Practice vigilant label-reading**
- **Ask questions about ingredients**
- **Ask questions about preparation methods ?**
- **BEFORE eating foods prepared by others.**

Food Allergen #4: Fish

Fish-allergic individuals should:

Strictly avoid fish and fish products.

Food Allergen #3&#4 : Shellfish and Fish

- **Finned fish and shellfish do not come from related families of foods**
- **If an individual is allergic to one it does not necessarily mean that they must avoid both.**

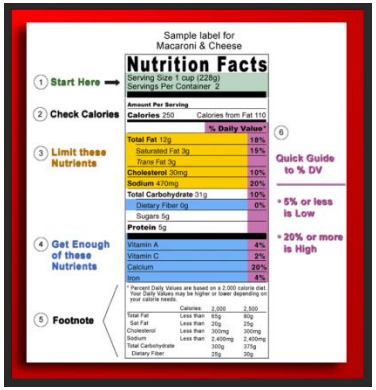
Food Allergies…

- **If you have been diagnosed with a peanut, tree nut, shellfish or fish allergy…**

- **do not**
- **eat any food that may contain peanuts, tree nuts, shellfish or fish without first consulting y doctor.**

Individuals with Food Allergies MUST…

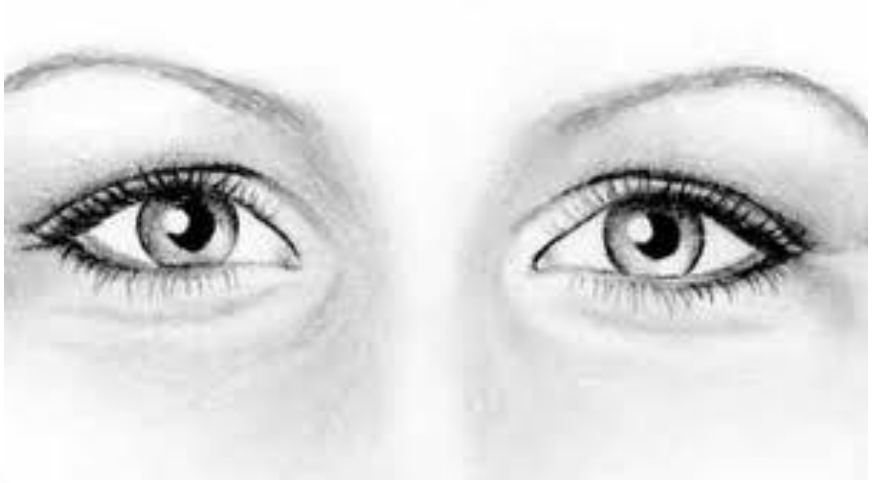
* **Read** ingredient labels



* **Ask** about food ingredients or food preparation techniques

Individuals with Food Allergies MUST…

* **<u>Watch</u> for foods that may touch food contact surfaces**



Navigating Food Selections in The Campus Environment for EC DSS Students With Food Allergies ……..

- **Must be cautious with all food selections**
- **Ask food preparers and/or managers about food ingredients**
- **Ask food preparers and/or managers about food preparations**
- **Watch everything very closely!!!!**

Four of the Eight Other Common Food Allergens

1. Milk
2. Egg
3. Wheat
4. Soy

Food Allergen #5: Milk

- **The most common food allergy in infants and children (cow's milk – whey proteins in liquid portion, and casein found in the curd portion)**
- **Symptoms occur immediately**
  - **Or within a few minutes**
  - **Or hours**

Food Allergen #5: Milk

- Nearly all **infants who develop an allergy** to milk do so in their **first year of life**.
- **Children (2%-3%, 85%-90% outgrow by 3 years old)**
- Approximately **2.5 percent of children younger than three** years of age are **allergic to milk**

Food Allergen #5: Milk

- **Most children eventually outgrow a milk allergy.**

- **The allergy is most likely to persist in children who have high levels of cow's milk antibodies in their blood.**

Food Allergen #5: Milk

*** Often a lifelong food allergy**

- **Adults can develop a milk allergy in their 30's and 40's (.1%-.5%)**

Food Allergen #5: Milk

- **Sensitivity to cow's milk varies from person-to-person.**

- **Some people have a severe reaction after ingesting a tiny amount of milk.**

Food Allergen #5: Milk

- **Blood tests that measure these antibodies can help your allergist determine whether or not a child is likely to outgrow a milk allergy.**

Food Allergen #5: Milk

- **Others have only a mild reaction after ingesting a moderate amount of milk.**

- **Reactions to milk can be severe and <u>life-threatening</u>.**

Food Allergen #5: Milk Symptoms

- Red and bumpy rash such as hives
- Eczema-like patches of red dry skin
- Black circles around the eyes
- Intestinal cramping and abdominal bloating.
- Nausea and vomiting

Food Allergen #5: Milk Symptoms

- **Runny and/or stuffy nose.**
- **Watery eyes.**
- **Trouble breathing (inflammation of the trachea and bronchi)**
- **Wheezing, coughing and asthma.**

Food Allergen #5: Milk

- **In rare cases cause a severe, potentially fatal, reaction (anaphylaxis)**
- **Often individuals carry an epinephrine auto-injector**

Food Allergen #5: Milk

- To prevent a reaction, strict avoidance of cow's milk and cow's milk products is essential.

- Always read ingredient labels to identify cow's milk ingredients

Differences between Milk Allergy and Lactose Intolerance

- **Milk allergy should not be confused with lactose intolerance.**

- **A food allergy is an <u>overreaction of the immune system</u> to a specific food protein.**
- **A food allergy can be <u>potentially fatal</u>.**

Differences between Milk Allergy and Lactose Intolerance

- **Milk allergy: food protein is ingested, it can trigger an allergic reaction that may include a range of symptoms from mild symptoms (rashes, hives, etc.) to severe symptoms (trouble breathing, wheezing, loss of consciousness, etc.).**

Differences between Milk Allergy and Lactose Intolerance

- **Individuals who are lactose intolerant are missing the enzyme lactase.**
- **Lactase breaks down lactose, a sugar found in milk and dairy products.**

Differences between Milk Allergy and Lactose Intolerance

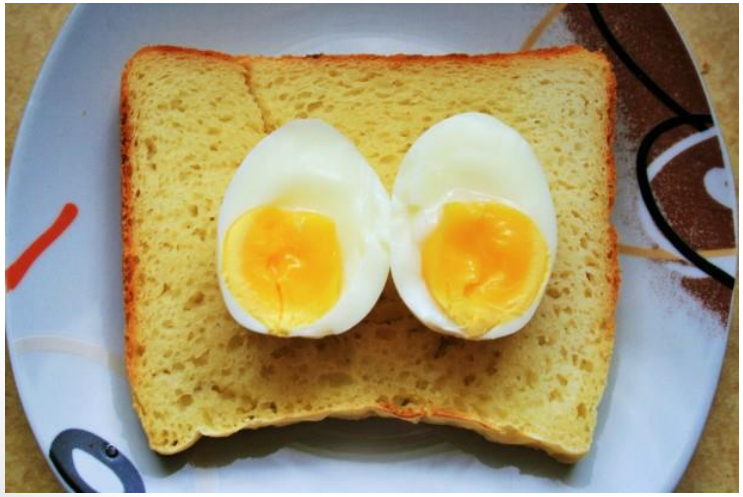
- **Unlike food allergies, food intolerances do not involve the immune system.**

Food Allergen#6: Eggs

* **One of the most common food allergies in children, second only milk allergy.**
* **Most children eventually outgrow an allergy to egg.**

Food Allergen#6: Eggs

* **Symptoms of an egg allergy reaction:**
  * **Range from mild, such as hives,**
  * **to severe, such as anaphylaxis.**

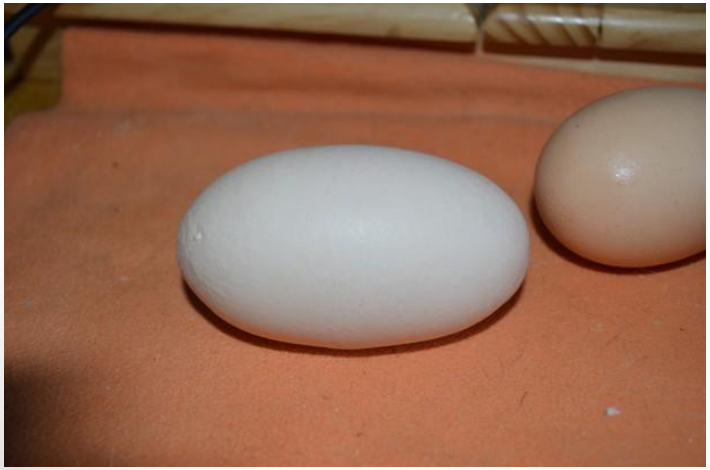


Food Allergen#6: Eggs

* **While the <u>whites of an egg contain the allergenic proteins</u>, individuals with an egg allergy must avoid all eggs completely.**

Food Allergen#6: Eggs

* **This is because it is impossible to separate the egg white completely from the yolk, causing a cross-contact issue.**



Food Allergen#6: Eggs

* **To prevent a reaction, strict avoidance of egg and egg products is essential.**

Food Allergen #7: Wheat

* **Most common in children**
* **Usually outgrow before reaching the age of adulthood, often by the age of three**

Food Allergen #7: Wheat

* **Symptoms of a wheat allergy reaction can range from mild, such as hives, to severe, such as anaphylaxis.**

Food Allergen #7: Wheat

* **Advised that people with wheat allergy have quick access to an EpiPen at all times.**

Food Allergen #7: Wheat

- **A wheat allergy can present a challenge for the diet as well as for baking, because wheat is the nation's predominant grain product.**

Food Allergen #7: Wheat

- **Someone on a wheat-restricted diet can eat a wide variety of foods, but the grain source must be something other than wheat.**

Food Allergen #7: Wheat

- **Plan a wheat-free diet**
- **Look for alternate grains:**

  amaranth, barley, corn, oat, quinoa, rice, rye, and tapioca.

Food Allergen #7: Wheat

- **Bake with wheat-free flours, a combination of flours usually works best.**
- **Experiment with different blends to find the acceptable texture.**

Food Allergen #7: Wheat

- **To prevent a reaction, strict avoidance of wheat and wheat products is essential.**

- **Always read ingredient labels to identify wheat ingredients.**

Differences between Wheat Allergy and Celiac Disease or Gluten Intolerance

* A wheat allergy should not be confused with "gluten intolerance" or celiac disease.

* A food allergy is an overreaction of the immune system to a specific food protein.

Differences between Wheat Allergy and Celiac Disease or Gluten Intolerance

- **Food allergy: food protein is ingested, it can trigger an allergic reaction**
- **A food allergy can be <u>potentially fatal</u>.**

Differences between Wheat Allergy and Celiac Disease or Gluten Intolerance

- **May include a range of mild symptoms (rashes, hives, itching, swelling, etc.) to**
- **Severe symptoms (trouble breathing, wheezing, loss of consciousness, etc.)**

Differences between Wheat Allergy and Celiac Disease or Gluten Intolerance

- **Celiac disease (also known as celiac sprue)**
- **Affects the small intestine, is caused by an abnormal immune reaction to gluten.**

Differences between Wheat Allergy and Celiac Disease or Gluten Intolerance

* **Usually diagnosed by a gastroenterologist, it is a digestive disease that can cause serious complications, including malnutrition and intestinal damage, if left untreated.**

Differences between Wheat Allergy and Celiac Disease or Gluten Intolerance

- **Individuals with celiac disease <u>must avoid</u> gluten, found in wheat, rye, barley and sometimes oats.**

Differences between Wheat Allergy and Celiac Disease or Gluten Intolerance

- **People who are allergic to wheat often may tolerate other grains.**

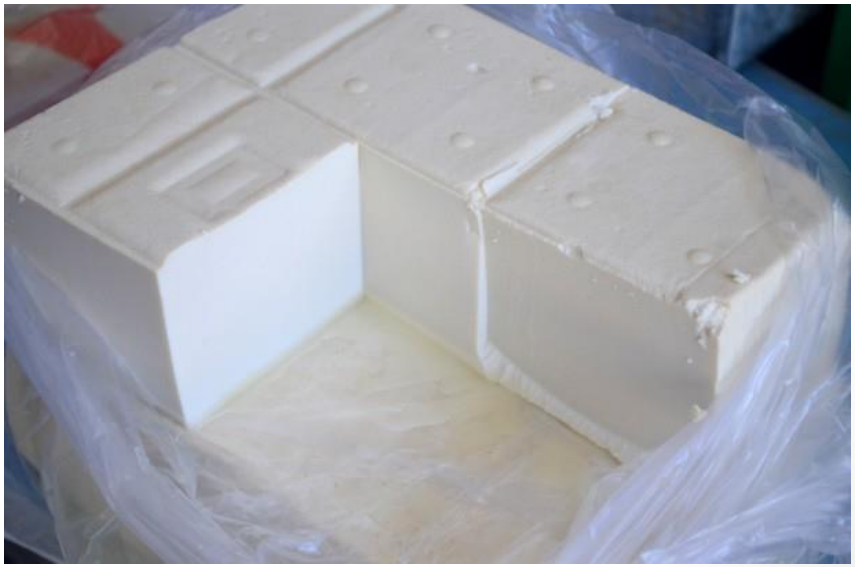
- **However, about 20 percent of children with wheat allergy also are allergic to other grains.**

Food Allergen #8: Soy

- **One of the more common food allergies, especially among babies and children.**
- **Approximately 0.4 percent of children are allergic to soy.**

Food Allergen #8: Soy

- **Studies indicate that an allergy to soy generally occurs early in childhood and often is <u>outgrown by age three</u>.**



Food Allergen #8: Soy

- **In the United States,**

- **soybeans are widely used in <u>processed food products</u>.**

Food Allergen #8: Soy

- **Soybeans are a member of the legume family, which include plant species that bear seed pods that split upon ripening.**

Food Allergen #8: Soy

- **Some examples of other legumes include beans, peas, lentils and peanut.**

Food Allergen #8: Soy

- Soybeans alone are not a major food in the diet
- Soy is used in so many products, eliminating all those foods can result in an unbalanced diet

Food Allergen #8: Soy

- **Individuals allergic to soy do not have a greater chance of being allergic to another legume (including peanut) than to any other food.**

Food Allergen #8: Soy

- **Allergic reactions to soy are typically mild**
- **However, although rare, severe reactions can occur, such as anaphylaxis.**

Food Allergen #8: Soy

- **Individuals with soy allergy have quick access to an EpiPen at all times.**

Food Allergen #8: Soy

- **To prevent a reaction, strict avoidance of soy and soy products is essential.**

- **Always read ingredient labels to identify soy ingredients.**

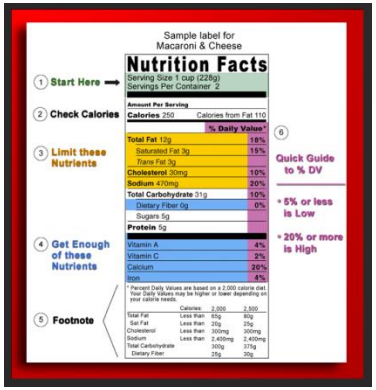
Food Allergies…

- **If you have been diagnosed with a milk, egg, wheat or soy allergy…**
- **do not**

- **eat any foods that may contain milk, eggs, wheat or soy without first consulting your doctor.**

Individuals with Food Allergies MUST…

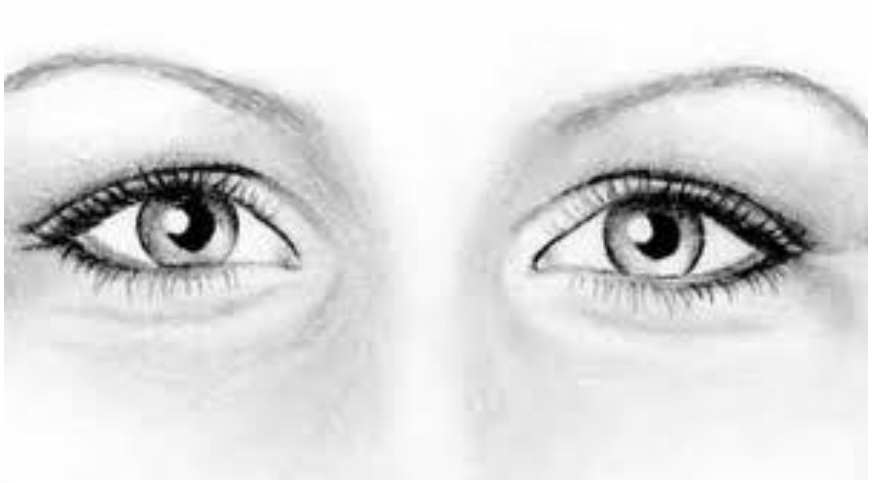
* **Read** ingredient labels



* **Ask** about food ingredients or food preparation techniques

Individuals with Food Allergies MUST…

* <u>Watch</u> for foods that may touch food contact surfaces



Navigating Food Selections in The Campus Environment for EC DSS Students With Food Allergies ……..

- **<u>Be cautious</u> with all food selections**
- **<u>Ask</u> food preparers and/or managers about food ingredients**
- **<u>Ask</u> food preparers and/or managers about food preparations**
- **<u>Watch</u> everything very closely!!!!**

FARE – Food Allergy Research and Education

- http://www.foodallergy.org/

- **Additional Resources**
- How to Read a Label Information Sheet >
  Frequently Asked Questions About FALCPA >
  Kosher Labeling and Food Allergies >
  Purchase Wallet-sized Label Reading Cards >