CDHS Partnership Project 2015

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

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Food Allergies Are...

Body’s **negative reaction** to a particular **food protein**

An **overreaction** of the immune system
Food Allergies...

Reaction may be immediate

or

several hours later
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 Symptoms of Food Allergies...

* Swelling of face, lip, tongue, hands, eyes, feet
* Stomach and intestinal 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...

* **Watch** 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, macadamia 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 same equipment or surfaces 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 **commonly implicated** 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 your doctor.
Individuals with Food Allergies MUST...

* **Read** ingredient labels

* **Ask** about food ingredients or food preparation techniques
Individuals with Food Allergies MUST...

* Watch 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 life-threatening.
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 overreaction of the immune system to a specific food protein.

• A food allergy can be potentially fatal.
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 to 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 whites of an egg contain the allergenic proteins, 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 potentially fatal.
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 **must avoid** 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 **outgrown by age three**.
Food Allergen #8: Soy

• In the United States,

• soybeans are widely used in processed food products.
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...

* **Watch** for foods that may touch food contact surfaces
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FARE – Food Allergy Research and Education

- [http://www.foodallergy.org/](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](#)