



Food Allergies

Heidi Boruff, R.D.



Allergy or Intolerance?

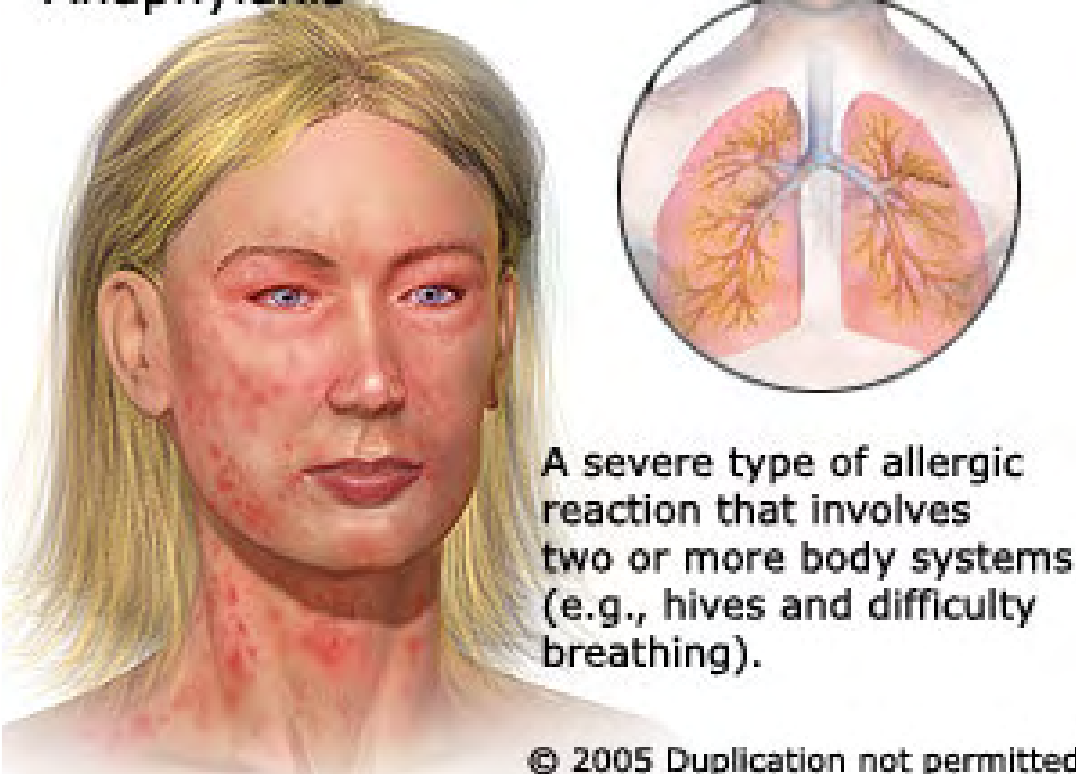
■ Allergy

- The immune system's response to a substance that the body believes is harmful
- Systemic reaction
 - Histamine release
 - Anaphylactic shock - Life threatening – closing of the larynx, blood vessels open up resulting in **shock**
 - Hives, itching, swelling
 - Nausea, vomiting
 - Cannot even ingest a small amount
 - Symptoms can range from mild to severe



Anaphylaxis

Anaphylaxis



- Symptoms:
 - Flushing
 - Feel warm
 - Hives
 - Drop in blood pressure
 - Angiodema (swelling of the eyes and/or lips)
- Will happen within minutes up to 2 hours of ingesting the food or being exposed to allergen



Allergy Treatment

- The most effective form of treatment for a food allergy is strict avoidance of the food.
- Epinephrine is the most effective treatment of an allergic *reaction*.



Allergy or Intolerance?

- Intolerance
 - Inability of the body to digest a substance
 - Gastrointestinal distress – cramps, bloating, diarrhea
 - Allows a person to eat a small amount of the food



Most Common Allergies

- Peanuts *
- Milk *
- Egg *
- Soy
- Tree nuts
- Fish
- Shellfish
- Wheat

These allergens are responsible for
90% of all allergic reactions.



Food Allergen Labeling and Consumer Protection Act

- Food manufactures have to list the **common name** of the allergen
- No more scouring labels and technical terms for hidden sources
- Top 8 allergens only



Food Allergen Labeling and Consumer Protection Act

Nutrition Facts

Serv. Size 1 tbsp (15mL)
Servings about 20
Calories 10

Fat Cal. 0

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 1g	0%
Sat. Fat 0g	0%	Fiber 0g	0%
Cholest. 0mg	0%	Sugars 1g	
Sodium 1260mg	53%	Protein 1g	

Not a significant source of vitamin A, vitamin C, calcium and iron.

INGREDIENTS: WATER, SALT, HYDROLYZED SOY PROTEIN, CORN SYRUP, CARAMEL COLOR, POTASSIUM SORBATE (PRESERVATIVE).

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Food Allergen Labeling and Consumer Protection Act

Nutrition Facts

Serv. Size 1 tbsp (15 mL)
Servings about 30

Calories 10

Fat Cal. 0

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 1g	0%
Sat. Fat 0g	0%	Fiber 0g	0%
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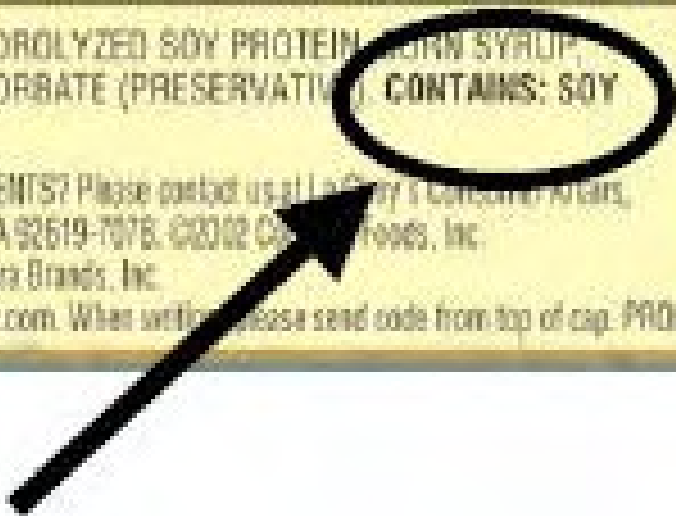
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Celiac Disease

- Genetic Disorder
 - Damage is caused to the small intestine when grains that form gluten are eaten
- Barley, Rye, Oats, Wheat – BROW
 - Form gluten and must be avoided
- When gluten is ingested, symptoms may or may not be present
- Strict avoidance of gluten is ESSENTIAL for nutritional health and long term safety of individual
- At IU, we treat this as seriously as an allergy



Cross-contamination

- Avoid it at all costs!
 - Even a small amount of food can cause an allergic reaction
 - Even using the same oil or cooking surface can cause a reaction
- To avoid cross-contamination:
 - Change gloves, paper, etc.
 - Wash hands often
 - Different cooking areas, utensils



Allergic Response

- What should I do if a student has an allergic reaction to a food?
 - Call **911** immediately!
 - Notify manager or assistant manager
 - Ask student if he/she has epipen and where it is
 - Do your best to get the epipen to the student if they don't have it
 - Let **student** administer epipen
 - Stay with student until help arrives



Your Role as a Food Service Worker

- Being aware of ingredients and recipes
- Asking someone else if you don't know the answer to a student's question
 - Heidi Boruff, R.D.
 - Manager or Assistant Manager
 - Chef
- Changing gloves and washing hands regularly
- Being informed and staying knowledgeable about food allergies
- Using separate utensils for foods that are allergen free



Your Role as a Food Service Worker

Students are relying on **you**
to keep their food safe!



Questions?



For Further Information:

- **Food Allergies**

- **Food Allergy and Intolerance Center**

- **The Food Allergy and Anaphylaxis Network**

- **Celiac Disease**

- **Gluten-Free Diet Support Center**

- **Celiac Disease Foundation**