



Food Allergies And Labels

CHILD AND ADULT CARE FOOD PROGRAM
(CACFP)
FY2013 SELF STUDY TRAINING

THIS IS NOT A REQUIRED TRAINING BUT UPON
CORRECT COMPLETION, OFFERS 2 TRAINING
HOURS FOR ALL CACFP PROVIDERS AS WELL AS
THEIR ASSISTANTS (PLEASE SUBMIT A
SEPARATE, COMPLETED QUIZ FOR EACH
INDIVIDUAL TO
4-C, 155 N 3RD ST, DEKALB IL 60115).

Food Allergies and Labels



What do milk, eggs, fish, shellfish, tree nuts, wheat, peanuts, and soybeans have in common? If you guessed they are the most common food allergens, accounting for at least 90% of all food allergies – you are correct.

About 8% of all children and about 4% of adults experience food allergies; but, what exactly is a food allergy? A food allergy is an abnormal response to a food triggered by the immune system. If a person has a food allergy, the body recognizes the food as a threat and seeks to destroy it. To do so, the body produces immunoglobulin E (IgE) antibodies after the first exposure. The next time a person is exposed to the food, the body will attempt to destroy it, causing an allergic reaction.

The term “exposed” has several meanings. Exposure can occur without anyone knowing. A person can be exposed by eating, touching, or smelling a food. Some people must eat a food allergen to have an allergic reaction, while others may only need to smell or touch a food allergen to have an allergic reaction.

Symptoms can occur within minutes to hours. The symptoms of an allergic reaction can include itching and swelling of the tongue and throat, tingling sensation in the mouth, runny nose, itchy watery eyes, hives, eczema, vomiting, and diarrhea.

Anaphylaxis is the most severe type of allergic reaction. During anaphylaxis, different systems of the body react at the same time. Symptoms appear and progress quickly and may include severe itching, swelling of the throat, difficulty in breathing, low blood pressure, diarrhea, loss of consciousness, shock, and even death. Anaphylaxis requires immediate medical treatment with epinephrine because it can be life threatening.

There is no cure for food allergies. No medication can be taken to prevent allergic reactions. The best way to eliminate allergic reactions is to avoid the food. For example, if a child has a milk

allergy, the physician would recommend avoiding milk and milk products such as yogurt and ice cream, as well as any food that contains milk proteins, including some processed items. This is why reading food labels is so important.



Regulations Governing Food Allergy Labeling

There are regulations to assist you with purchasing safe foods for children who may have food allergies, such as the Food Allergen Labeling and Consumer Protection Act (FALCPA) of 2004. The FALCPA of 2004 requires food manufacturers to list the eight common food allergens in one of two forms.

Form #1: The allergen can be listed in parentheses after the item in the list, as shown in the example below.

Ingredients: All-purpose flour (wheat), water, chicken, cream (milk), salt, albumin (egg), vegetable starch (wheat), carrots, onions, tomatoes

Form #2: A statement can appear near the ingredient’s list that states the food contains one of the major allergens, as shown in the example below.

Contains Wheat, Milk, Egg, and Soy

Alternative Names and “May Contain” Common Allergens

Most allergens have alternative names. While it is a requirement for manufacturers to list the common allergen names on the label, it is good to know some of the alternative names. In addition, it is good to know different foods that may contain the allergens. Take a look at the box below that lists some alternative names and foods that may contain common allergens.

Common Allergen	Alternative Names	May Contain the Allergen
Milk	Casein, Cream, Custard, Ghee, Lactoferrin, Rennet Casein, Whey	Artificial Butter Flavor, Chocolate, Luncheon Meat, Nisin, Nougat
Egg	Albumin, Apovitellin, Globulin, Lysozyme, Mayonnaise, Ovalbumin	Baked Goods, Lecithin, Macaroni, Nougat, Pasta
Fish	Bass, Cod, Halibut, Salmon, Trout, Tuna	Worcestershire Sauce, Imitation or Artificial Fish, Meatloaf, BBQ Sauce
Shellfish	Barnacle, Crab, Crawfish, Krill, Lobster, Prawn, Shrimp	Bouillabaisse, Fish Stock, Glucosamine, Seafood Flavoring
Tree Nuts	Almond, Beechnut, Brazil Nut, Coconut, Nut Butter, Nut Meal	Black Walnut Hull Extract, Natural Nut Extract, Nut Oils, Walnut Hull



Common Allergen	Alternative Names	May Contain the Allergen
Wheat	Bulgar, Couscous, Durum, Emmer, Flour, Farina, Seitan, Spelt, Triticum	Glucose Syrup, Soy Sauce, Starch, Surimi
Peanuts	Artificial Nuts, Goobers, Ground Nuts, Nut Meat Peanut Flour	Baked Goods, Candy, Chili, Egg Rolls, Enchilada Sauce, Nougat
Soybeans	Edamame, Miso, Natto, Tamari, Tempeh, Tofu	Vegetable Broth, Vegetable Gum, Vegetable Starch

Source: Food Allergy Research & Education (FARE) <http://www.foodallergy.org/document.doc?id=133>

Label Statements

The “may contain”, “same equipment as [allergen]”, or “made in the same facility as [allergen]” statements are very important statements. The food product may have traces of an allergen that could cause an allergic reaction. Often “same equipment as [allergen]” or “made in the same facility as [allergen]” can be found on food packages and on postings at restaurants. While the statements are not federally required to be listed on food packages, it is important to avoid any foods with this statement.

Tips for Reading Food Labels

- Read the entire food label, not just the list of ingredients, each time a food is purchased and prepared because the ingredients may change between shopping.
- If you cannot understand the label, contact the manufacturer.
- If ever in doubt about a certain label, do not purchase and/or serve the food.

Nutrition Tip of the Month

It is Family Style Dining Time! Make mealtimes special times and serve meals family style. Allow children to serve themselves, using child size serving bowls and child size serving spoons. Use colorful child size utensils, such as red plates, yellow bowls, pink cups, and green spoons. Include tablecloths and bouquets of flowers in plastic vases. Talk with the children about the origins, colors, shapes, and types of each food.



Nutrition Fact of the Month

When shopping, have you seen terms, such as “fat-free” or “sugar free” and wondered the meaning? The US Food and Drug Administration sets standards to help shoppers find foods that are rich in nutrients. Listed below are some common terms and their meanings that you may find on food packages.

- Fat-Free – Per serving, there is less than ½ gram of fat
- Calorie Free – Per serving, there is less than 5 calories
- Low Sodium– Per serving, there is 140 mg or less of sodium
- Sugar Free – Per serving, there is less than ½ gram of sugar



June 2013, continued

Vegetable of the Month

It's Veggie Time! The vegetable of the month is the Green Bean. Green beans have been harvested since 5000-6000 BC. There are over 130 different types of green beans. Also known as snap beans, they are high in vitamin K, vitamin C, and dietary fiber. Green beans can be green, purple, yellow, or speckled with these colors. Introduce green beans by reading books, inviting a local farmer, or bringing fresh green beans in for children to view.



It's News Time

National Association for Family Child Care

The National Association for Family Child Care will host their 23rd annual conference on July 18-20, 2013 in Scottsdale, AZ. This year's theme is “Building Relationships that Last a Lifetime.” The keynote speakers are Dr. Ross A. Thompson and Lili Leninowitz. NAFCC will have a variety of trainings and workshops. Register today for the conference at <http://events.r20.constantcontact.com/register/event?oeidk=a07e79gx09d7674bdb9&llr=yatrx4cab>

Is it Food Allergy or Food Intolerance?

Other food reactions or sensitivities to foods are known as **food intolerances**. Food allergy is sometimes confused with food intolerance. To find out the difference, a licensed physician or board-certified allergist will go through a list of possible causes for any symptoms. Food intolerances are often temporary and rarely life-threatening.

The most common food intolerance is lactose intolerance – a reaction that involves the digestive system. If a child who is lactose intolerant drinks milk or eats food made from milk, he or she may experience gas, bloating and uncomfortable stomach pain.

Gluten intolerance, also known as Celiac disease or “celiac sprue,” is another food intolerance that may involve the digestive system. Gluten is a part of wheat, barley and rye. If a gluten-intolerant child eats foods containing gluten, he or she may experience bloating and gas, diarrhea, constipation, headaches, itchy skin rash and even mouth sores.

What should you do if a child has a food allergy or food intolerance?

Children could have their first allergic reaction while in your care, so you need to be prepared to react quickly and effectively. Food allergy training is recommended – even if you have no enrolled children with known food allergies.

Arrange for training to be conducted by a child care health consultant, a health care provider, or other qualified child care trainer with expertise in young children’s health and food allergies. Include information about preventing exposure to specific food allergens, recognizing the symptoms of allergic reactions and responding to allergic reactions.

Handle food allergies and food intolerances on a case-by-case basis. If a child has either, be sure to have a medical statement or care plan on file stating the specific food allergy or food intolerance and the specific food or foods that should be avoided and provided instead. The steps to take in case of an allergic reaction should also be included. This medical statement must be signed by a licensed physician or recognized medical authority and is required by the Child and Adult Care Food Program (also known as a Physician’s Statement for Food Substitution).

Talk to the child’s parents or guardians about the child’s food allergies or food intolerances. Learn about the child’s care plan, as well as what the child knows about what he or she can and cannot eat. The child may not be able to tell you when he or she is having an allergic reaction to food, so it’s important to know the possible symptoms of a reaction.

Know where emergency medications, such as epinephrine, are stored and how they should be used in case a child has an allergic reaction in your home. More than one person should be trained on how to use epinephrine (if possible).

How do you reduce the risk of children in your care with either food allergies or food intolerances from having a reaction to food? Everyone involved in planning, preparing and serving food should be extremely aware of food allergy risks and be prepared. Here are some more steps to take to reduce the risk of children having a reaction to food:

Clean

You should wash your hands *before* and *after* preparing and serving foods for the food-allergic child. Soap should be used, not antibacterial gel sanitizers.

Wipe down counters and tables with common household cleaners *before* and *after* they eat so they do not spread food allergens to other areas. The children's faces may need to be wiped clean as well.

Avoid Cross-Contamination

Organize kitchen space to keep foods for food-allergic children separate from other foods. For example, label pantry and refrigerator shelves that hold foods that are "safe" for the child. Then, inform others of the way the kitchen is organized or post information in the pantry.

To prevent spreading food allergens from one surface or utensil to another, prepare foods for the allergic child first.

Be careful to use separate utensils when preparing and serving food to the food-allergic child.

Food allergies or Just Food Fussiness? Jenny enjoyed her morning snack. But 30 minutes later, she is cranky. Her eyes look swollen and she is crying. Does Jenny have a food allergy or is she just being fussy?

Food allergies are...

A reaction to food that is not normal. The body's immune system gets confused. Within minutes (or in up to 2 hours), it triggers symptoms that are mostly just uncomfortable. But a small percentage of people have severe reactions that can threaten their lives. Symptoms that seem like allergies may be other serious health problems, too. Find out!

If you suspect a food allergy:

Request that the child be checked by a health care provider. That is the only way to know if the child really has a food allergy. If so, being under a doctor's care is essential!

Skip any urge to diagnose an allergy yourself. If you take away a food, such as milk, the child might miss nutrients needed to grow and stay healthy.

Be aware of what is in foods before serving. Read all food ingredient lists, labels and check food allergen content statements on packages. Products that contain any of the top eight allergens may have those allergens listed in bold in the ingredient list or may have the allergens listed immediately following the ingredient list.

Always actively supervise children while they are eating. Discourage food sharing among children. Pay particular attention during special events such as picnics, field trips or parties.

Follow the regular menu whenever possible. If children in your care have food allergies or food intolerances, provide menus to parents and guardians. Make sure the menu highlights food that may cause a reaction in their child.

How can a child tell you that he or she may be having an allergic reaction?

A child may try to tell you in their own words if he or she is having an allergic reaction. If you hear phrases such as these, the child may be trying to describe that he or she is having an allergic reaction.

“This food is too spicy!”	“My mouth feels funny!”
“My tongue is hot!”	“My mouth itches!”
“My tongue feels like there is hair on it!”	“There’s a frog in my throat!”
“It feels like something is stuck in my throat!”	“My lips feel tight!”
“It feels like there are bugs in my ear!”	“It feels like there is a bump in the back of my throat!”

A child may not always be able to tell you in words if he or she is having an allergic reaction. If you see the child doing some of these behaviors, he or she may be having an allergic reaction:

If a child is pulling or scratching at his or her tongue, or

If a child’s voice becomes hoarse or squeaky, or

If a child’s words become slurred (their mouth may be beginning to swell).

Sources

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How to Read a Label for a Milk-Free Diet

All FDA-regulated manufactured food products that contain milk as an ingredient are required by U.S. law to list the word "milk" on the product label.

Avoid foods that contain milk or any of these ingredients:

butter, butter fat, butter oil, butter acid, butter ester(s)	lactose
buttermilk	lactulose
casein	milk (in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, lowfat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole)
casein hydrolysate	milk protein hydrolysate
caseinates (in all forms)	pudding
cheese	Recaldent®
cottage cheese	rennet casein
cream	sour cream, sour cream solids
curds	sour milk solids
custard	tagatose
diacetyl	whey (in all forms)
ghee	whey protein hydrolysate
half-and-half	yogurt
lactalbumin, lactalbumin phosphate	
lactoferrin	

Milk is sometimes found in the following:

artificial butter flavor	luncheon meat, hot dogs, sausages
baked goods	margarine
caramel candies	nisin
chocolate	nondairy products
lactic acid starter culture and other bacterial cultures	nougat



FARE

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How to Read a Label for a Soy-Free Diet

All FDA-regulated manufactured food products that contain soy as an ingredient are required by U.S. law to list the word "soy" on the product label.

Avoid foods that contain soy or any of these ingredients:

edamame	soybean (curd, granules)
miso	soy protein (concentrate, hydrolyzed, isolate)
natto	soy sauce
shoyu	tamari
soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)	tempch
soya	textured vegetable protein (TVP)
	tofu

Soy is sometimes found in the following:

Asian cuisine	vegetable gum
vegetable broth	vegetable starch

Keep the following in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (not cold pressed, expeller pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.

How to Read a Label for a Peanut-Free Diet

All FDA-regulated manufactured food products that contain peanut as an ingredient are required by U.S. law to list the word "peanut" on the product label.

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts	monkey nuts
beer nuts	nut pieces
cold pressed, expeller pressed, or extruded peanut oil	nut meat
goobers	peanut butter
ground nuts	peanut flour
mixed nuts	peanut protein hydrolysate

Peanut is sometimes found in the following:

African, Asian (especially Chinese, Indian, Indonesian, Thai, and Vietnamese), and Mexican dishes	egg rolls
baked goods (e.g., pastries, cookies)	enchilada sauce
candy (including chocolate candy)	marzipan
chili	mole sauce
	nougat

Keep the following in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (not cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine.
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.

How to Read a Label for a Wheat-Free Diet

All FDA-regulated manufactured food products that contain wheat as an ingredient are required by U.S. law to list the word "wheat" on the product label. The law defines any species in the genus *Triticum* as wheat.

Avoid foods that contain wheat or any of these ingredients:

bread crumbs	protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat)	spouted wheat
bulgur		triticale
cereal extract		vital wheat gluten
club wheat		wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch)
couscous	hydrolyzed wheat protein	wheat bran hydrolysate
cracker meal	Kamut®	wheat germ oil
durum	matzoh, matzoh meal (also spelled as matzo, matzah, or matza)	wheat grass
Einkorn	pasta	wheat protein isolate
emmer	seitan	whole wheat berries
farina	semolina	
flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high	spelt	

Wheat is sometimes found in the following:

glucose syrup	starch (gelatinized starch, modified starch, modified food starch, vegetable starch)	surimi
soy sauce		

How to Read a Label for an Egg-Free Diet

All FDA-regulated manufactured food products that contain egg as an ingredient are required by U.S. law to list the word "egg" on the product label.

Avoid foods that contain eggs or any of these ingredients: Egg is sometimes found in the following:

albumin (also spelled albumen)	baked goods	marzipan
egg (dried, powdered, solids, white, yolk)	egg substitutes	marshmallows
egg nog	lecithin	nougat
lysozyme	macaroni	pasta
mayonnaise		
meringue (meringue powder)		
ovalbumin		
surimi		

Keep the following in mind:

- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.

How to Read a Label for a Shellfish-Free Diet

All FDA-regulated manufactured food products that contain a crustacean shellfish as an ingredient are required by U.S. law to list the specific crustacean shellfish on the product label.

Avoid foods that contain shellfish or any of these ingredients:

barnacle	lobster (langouste, langoustine, Moreton bay bugs, scampi, tomalley)
crab	
crawfish (crayfish, crayfish, everisse)	prawns
krill	shrimp (crevette, scampi)

Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

abalone	oysters
clams (cherry stone, geoduck, littleneck, pismo, quahog)	periwinkle
cockle	scallops
cuttlefish	sea cucumber
limpet (lupus, opihii)	sea urchin
mussels	snails (escargot)
octopus	squid (calamari)
	whelk (Turban shell)

Shellfish is sometimes found in the following:

bouillabaisse	seafood flavoring (e.g., crab or clam extract)
cuttlefish ink	surimi
fish stock	
glucosamine	

Keep the following in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.

How to Read a Label for a Tree Nut-Free Diet

All FDA-regulated manufactured food products that contain a tree nut as an ingredient are required by U.S. law to list the specific tree nut on the product label.

Avoid foods that contain nuts or any of these ingredients:

almond	natural nut extract (e.g., almond, walnut)
artificial nuts	nut butters (e.g., cashew butter)
beechnut	nut meal
Brazil nut	nut meat
butter nut	nut paste (e.g., almond paste)
cashew	nut pieces
chestnut	pecan
chinquapin nut	pesto
coconut	pili nut
filbert/hazelnut	pine nut (also referred to as Indian, pignoli, pignolia, pignon, pignon, and pinyon nut)
gianduja (a chocolate-nut mixture)	pistachio
ginkgo nut	praline
hickory nut	shea nut
lichi/lichee/lychee nut	walnut
macadamia nut	
marzipan/almond paste	
Nangai nut	

Tree nuts are sometimes found in the following:

black walnut hull extract (flavoring)	nut oils (e.g., walnut oil, almond oil)
natural nut extract	walnut hull extract (flavoring)
nut distillates/alcoholic extracts	

Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Coconut, the seed of a drupaceous fruit, has typically not been restricted in the diets of people with tree nut allergy. However, in October of 2006, the FDA began identifying coconut as a tree nut. Medical literature documents a small number of allergic reactions to coconut; most occurred in people who were not allergic to other tree nuts. Ask your doctor if you need to avoid coconut.
- Talk to your doctor if you find other nuts not listed here.



Date _____

Please print name above
(If you are an assistant to a provider, please
print the provider's name below.)

Food Allergy & Labels Quiz

To receive **2 hours of training credit**, please complete this quiz and return to
4-C, 155 N 3rd St, Suite 300, DeKalb IL 60115

1. What is a food allergy? _____

2. True or False: A food allergy can occur the first time a food is eaten.

3. True or False: You can take medicine to prevent food allergies.

4. What is the only way that you can avoid an allergic reaction? _____

5. What is the name of a medication that can be prescribed by a doctor to control symptoms of an allergic reaction after they occur? _____

6. What is a food allergen? _____

7. What are some symptoms of an allergic reaction? _____

8. What are the 8 most common foods that cause an allergic reaction?

A. _____ B. _____ C. _____

D. _____ E. _____ F. _____

G. _____ H. _____

9. What is a food intolerance? _____

10. List the two common food intolerances. _____

11. How can you tell if it is a food allergy or food intolerance?

A. the parent tells you

B. you just "know"

C. a licensed physician or board- certified allergist has diagnosed the condition

12. What is a medical statement or care plan? _____

13. Yes or No: Is a medical statement or care plan required by the CACFP?

14. Who signs the medical statement or care plan (Physician's Statement for Food Substitution)?

15. True or False: You should talk to the parents or guardians about their child's condition.

16. List a common medication that is used to treat an allergic reaction. _____

17. How can you tell from a food label if the food contains a food allergen?

18. What are 2 of the phrases in a food product label that indicates it contains any of the top 8 allergens?

19. Why should you supervise children when they are eating if a child has a food allergy?

20. Why should you try to follow the regular menu when possible? _____

21. What are at least 6 of the phrases a child may share with if they are having a food allergy reaction?

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____

22. If a child can't tell you he or she is having an allergic reaction, what are some of the behaviors that CAN tell you he or she may be having an allergic reaction?

- A. _____
- B. _____
- C. _____

23. Explain how you should clean your kitchen to help prevent allergic reactions.

24. Explain how you should avoid cross contamination.

25. Food allergies are:

- A. A reaction to food that's not normal
- B. The body's immune system getting confused
- C. Both of the above

26. Symptoms that may seem like an illness can be:

- A. Sneezing, runny nose, coughing, difficult breathing, wheezing (asthma)
- B. Itchy skin or eyes, rash, swelling
- C. Nausea, diarrhea, gas, pain, cramps

27. What is the percentage of all children who experience food allergies? _____

28. How can you help a child handle a food allergy?

29. List at least 5 alternative names and "may contain" for common allergens to avoid on a label for a milk-free diet.

_____	_____	_____
_____	_____	

30. List at least 5 alternative names and "may contain" for common allergens to avoid on a label for a soy-free diet.

_____	_____	_____
_____	_____	

31. List at least 5 alternative names and "may contain" for common allergens to avoid on a label for a peanut-free diet.

_____	_____	_____
_____	_____	

32. List at least 5 alternative names and “may contain” for common allergens to avoid on a label for a wheat –free diet.

33. List at least 5 alternative names and “may contain” for common allergens to avoid on a label for an egg–free diet.

34. List at least 5 alternative names and “may contain” for common allergens to avoid on a label for a shellfish-free diet.

35. Which will NOT cause an allergic reaction in a person with food allergies?

- A. sharing a water bottle with a person who recently ate the food allergen
- B. eating a food item that says “produced in a facility that contains (the food allergen)
- C. eating French fries made in the same deep fat fryer oil as the food allergen
- D. eating a food item that quickly touched the food allergen (as in picking nuts out of a salad)
- E. All of the above can cause an allergic reaction

36. Anaphylaxis MUST have which of the following symptom(s)?

- a. Vomiting
- b. abdominal pain
- c. hives
- d. wheezing
- e. None of the above

37. True or False: Very small amounts of food can trigger an anaphylactic shock.

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