

Allergens



The person in charge must be able to describe the eight major food allergens and the symptoms that a major food allergen could cause in a sensitive individual who has an allergic reaction. **FOOD CODE, OAR 603-25-0030, CHAPTER 1-201.11(3); 2-102.11(9); 3-602.11**

With one in 25 Americans reporting a food allergy, food establishments are increasingly likely to have customers who require a special meal according to Food Allergy & Anaphylaxis Network <https://www.foodallergy.org/>.

Eight foods account for 90% of all food-allergic reactions. They are:

1. Milk (e.g., butter, yogurt, cheeses, chocolate milk, ice cream and desserts)
2. Egg (anything containing egg)
3. Peanut
4. Tree nuts (e.g., walnuts, almonds, hazel, cashew, pistachio, and pecan)
5. Fish (e.g., flounder, salmon, bass, and cod)
6. Shellfish (e.g., crab, lobster, and shrimp)
7. Wheat (e.g., bread, flour, roux, breading, desserts, soup bases, and some flavorings), and
8. Soy (e.g., tofu and sauce).

Risky types of foods include desserts, sauces, salad bars, buffets, deep fried foods and meals with many ingredients.

A food allergy is a potentially serious response to consuming certain foods or food additives. For those who are sensitive, a reaction can occur within minutes or hours, and symptoms can range from mild to life threatening. Allergic reactions can include hives, flushed skin or rash, tingling or itchy sensation in the mouth, face, tongue, or lip swelling, vomiting and/or diarrhea, abdominal cramps, coughing or wheezing, dizziness and/or lightheadedness, swelling of the throat and vocal cords, and difficulty breathing.

If a customer is in distress due to a possible allergic reaction, call 911 and stay with the customer until help arrives.

