

# Food Code Fact Sheet #7

What you should know about the Code

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FOODSAFETY

**OAR 333-150-0000,  
CHAPTER 1-201.10(B);  
2-102.11(C)(9); 3-602.11  
(B)(5)**

**1-201.10(B)**

"Major food allergen"  
means:

(a) Milk, egg, fish (such as bass, flounder, cod, and including crustacean shellfish such as crab, lobster, or shrimp), tree nuts (such as almonds, pecans, or walnuts), wheat, peanuts, and soybeans; or  
(b) A food ingredient that contains protein derived from a food, as specified in Subparagraph (1)(a) of this definition.

**2-102.11(C)(9)**

Describing foods identified as major food allergens and the symptoms that a major food allergen could cause in a sensitive individual who has an allergic reaction. <sup>PF</sup>

**3-602.11(B)(5)**

The name of the food source for each major food allergen contained in the food unless the food source is already part of the common or usual name of the respective ingredient (Effective January 1, 2006). <sup>PF</sup>

**PUBLIC HEALTH  
REASONS:**

A food allergy is a specific type of reaction involving the immune system. The body produces an antibody to a food. Once a specific food is ingested and binds with the antibody, the person has an allergic reaction.

## Allergens

The person in charge must be able to describe the major food allergens and the symptoms that a major food allergen could cause in a sensitive individual who has an allergic reaction.

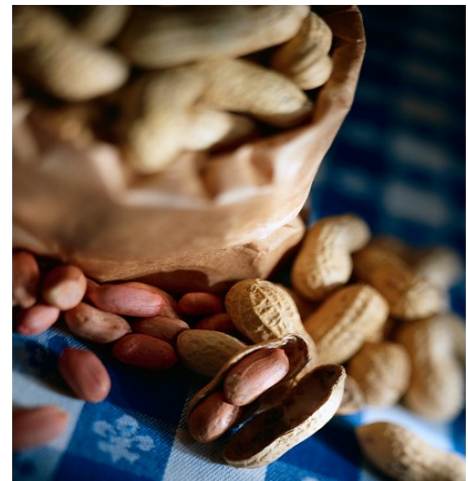
With one in 25 Americans reporting a food allergy, restaurants are increasingly likely to have customers who require a special meal according to Food Allergy & Anaphylaxis Network (<http://www.foodallergy.org/section/welcoming-guests-with-with-food-allergies>).

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,



***For some people, just a trace amount of the offending food can cause an allergic reaction.***

swelling of the throat and vocal cords, and difficulty breathing. If you spot a reaction, tell the manager.

If the customer is in distress, call 911 and stay with the customer until help arrives.

# Food Allergies

*what you need to know*



**Millions of people have food allergies that can range from mild to life-threatening.**

## Most Common Food Allergens



*Peanuts*



*Tree nuts*



*Fish*



*Shellfish*



*Eggs*



*Milk*



*Wheat*



*Soy*

**\* Always let the guest make their own informed decision.**

**When a guest informs you that someone in their party has a food allergy, follow the four R's below:**

- **Refer** the food allergy concern to the department manager, or person in charge.
- **Review** the food allergy with the customer and check ingredient labels.
- **Remember** to check the preparation procedure for potential cross-contact.
- **Respond** to the customer and inform them of your findings.

**\* Sources of Cross-Contact:**

- Cooking oils, splatter, and steam from cooking foods.
- Allergen-containing foods touching or coming into contact with allergy-free foods (i.e. a nut-containing muffin touching a nut-free muffin).

**Any food equipment used for the processing of allergy-free foods must be thoroughly cleaned and sanitized prior to use.**

- All utensils (i.e., spoons, knives, spatulas, tongs), cutting boards, bowls, pots, food pans, sheet pans, preparation surfaces.
- Fryers and grills.
- Wash hands and change gloves after handling potential food allergens.

**\* If a guest has an allergic reaction, call 911 and notify management.**

