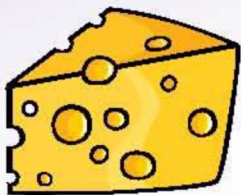


# Recognizing and Responding to Food Allergens

## Most Common Food Allergens

### Milk and Dairy Products



### Eggs and Egg Products



### Fish and Shellfish



### Soy and Soy Products



### Wheat

### Peanuts and Tree Nuts, such as Pecans and Walnuts



### Definition-

Food allergies are increasing and there are specific signs that a customer is having an allergic reaction. Depending on the person, it can happen right after the food is eaten or several hours later. To help protect your customers, you and your staff must be aware of the most common food allergens and the menu items that contain them, as well as recognizing signs of allergic reaction and how to respond.

### Information-

The most common food allergens are derived from the following: Milk and Dairy Products; Eggs and Egg Products; Fish and Shellfish; Wheat; Soy and Soy Products; Peanuts and Tree Nuts - such as Pecans and Walnuts.

If a person has an allergic reaction to food, some of the symptoms could include some or all of the following:

- Itching in and around the mouth, face or scalp
- Tightening in the throat
- Abdominal cramps, vomiting or diarrhea
- Loss of consciousness
- Swelling of the face, eyes, hands or feet
- Hives
- Wheezing with shortening of breath
- Death

If a person is having an allergic reaction, immediately call the Emergency Phone number in your area.

### Process for Preventing Allergic Reactions-

1. Be familiar with each day's menu items.
2. Prevent cross-contact by ensuring that allergens are not transferred from the food containing an allergen to food that is being served free of such allergens.

### Process for Preventing Cross-Contact of Foods-

1. Do not use the same fryer oil to cook different types of food.
2. Do not place food on the surfaces that have been touched by allergens.
3. Wash, Rinse and Sanitize cookware, utensils and equipment before prepping food.
4. Wash your hands and change gloves frequently while prepping food.
5. Assign specific equipment for prepping food for customers with allergies or common allergen food groups.

### You Should Know

1. Name at least 4 of the most common food allergen food groups.
2. Name at least 5 of the most common food allergen food symptoms.
3. What 3 things can you do to prevent cross-contact?