

Nutrition

Food Allergy Glossary

What is a food allergy?

A food allergy is a response of the immune system to a component of food, usually a protein that the immune system recognizes as *foreign* to the body.

When a food allergy is confirmed, complete removal of all offending foods from the diet is essential.

The 10 most common food allergens are: **milk, egg, wheat, corn, soy, peanut**, nuts, chocolate, fish and shellfish. This fact sheet will provide detailed information on the first six most common food allergens.



Milk Allergy

Milk and dairy products to be avoided include:

| | | |
|-----------------|----------------|---------------------|
| milk | cottage cheese | casein hydrolysate |
| condensed milk | cream cheese | caseinate |
| evaporated milk | feta | sodium caseinate |
| milk solids | ricotta | potassium caseinate |
| milk powder | quark | calcium caseinate |
| yoghurt | sherbet | whey |
| butter | ice cream | lactoglobulin |
| buttermilk | cream | lactose/lactate |
| curd | sour cream | lactalbumin |
| cheese | casein | lactoferrin |
| | rennet | |

Lactic acid and lactylate do not contain milk and therefore do not need to be avoided.



Egg Allergy

All products containing egg or components of egg must be avoided including:

| | | |
|--------------------------|---------------------------|-------------------------------|
| albumen | frozen egg | ovomucin |
| egg | globulin | ovomuroid |
| egg powder | livetin | ovovitellin |
| egg white | vitellin | ovalbumin |
| egg yolk | Simplese (a fat replacer) | ovoglobulin |
| egg protein | pasteurized egg | lecithin* |
| egg substitutes (eg. Egg | lysozyme | conalbumin |
| Beaters®) | meringue | most commercial baking powder |

*Lecithin is a food additive. It can be made from eggs, soybeans or corn. If the source of lecithin is not stated call the manufacturer.

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Other sources of egg include: eggnog, omelette, custard, soufflé, quiche, egg noodles, mayonnaise, angel food cake, Caesar salad, some salad dressings, sauces such as Hollandaise, Béarnaise, and Newburg, battered foods such as fritters, pancakes, and waffles, egg whirl and wonton soup, candy made with egg such as nougat and divinity, candy brushed with egg white to give it a shine, some ice creams, cream pies, meringue pies, meringues, pavlova, and some packaged dessert mixes.



Corn Allergy

Products to be avoided include:

| | | |
|---------------|---------------|----------------|
| corn sugar | grits | popcorn |
| corn dextrose | hominy | tacos |
| corn syrup | maize | tamales |
| corn meal | masa harina | corn tortillas |
| corn flour | vegetable gum | nachos |
| corn starch | sorbitol | lecithin* |

Other products that may contain corn include: commercial baking powder, breads, cookies, cereals, desserts may contain cornstarch while commercial gravies and sauces may be thickened with cornstarch.



Wheat Allergy

Restricted grains and flours include:

| | | |
|---------------|---------------|-----------|
| bulgur | wheat berries | kamut |
| couscous | wheat germ | semolina |
| cracked wheat | wheat bran | spelt |
| durum | wheat | triticale |
| farina | wheatena | gluten |

Restricted flours, breads, cereals and crackers made from wheat include:

| | | |
|---------------------|------------------|-------------------------------------|
| 60% wheat bread | durum flour | protein flour |
| all-purpose flour | enriched flour | self-rising flour |
| bran | gluten flour | sourdough bread |
| bread crumbs | graham crackers | wheat germ |
| cracked wheat flour | graham flour | white bread |
| cracker meal | matzoh | whole wheat bread |
| cream of wheat | phosphated flour | starch (unless labelled cornstarch) |



Peanut Allergy

Ingredients that indicate the presence of peanuts include:

| | | |
|---------------------------|--------------------|---------------|
| peanut protein | mandalona nuts | peanut butter |
| mixed nuts | arachis/peanut oil | peanut flour |
| hydrolysed peanut protein | artificial nuts | goober peas |
| ground nuts | beer nuts | goober nuts |
| | valencias | |

Beware of vegetable oil, such as hydrogenated vegetable oil and vegetable oil shortening that does not specify the source of the oil (i.e. corn oil shortening).



Soy Allergy

Ingredients that indicate the presence of soy protein include:

| | | |
|--------------|--------------------------|------------------------------------|
| emulsifiers | okara | unspecified sprouts |
| lecithin* | natto | vegetable broth |
| miso | kinako | vegetable gum |
| shoyu | mono-diglyceride | vegetable oil |
| sobee | soy nuts | vegetable paste |
| soy | soy oil | vegetable protein |
| soy albumin | soy protein | vegetable shortening |
| soy beans | soy protein isolate | vegetable starch |
| soy flour | soy sauce | textured vegetable protein (TVP) |
| soy milk | soy sprouts | hydrolysed vegetable protein (HVP) |
| soy lecithin | soy based infant formula | hydrolysed plant protein (HPP) |
| edamame | soya | yuba |
| nimame | tofu | |
| kouridofu | tempeh | |
| | stabilizers | |

Tips when Dealing with Food Allergies

- Wash hands regularly to prevent cross-contamination when preparing foods
- Use separate cooking equipment and utensils and keep work surfaces clean to avoid cross-contamination between foods
- Read all food labels carefully. Ingredients in processed foods change over time
- Become familiar with the terms on food labels that identify ingredients made from problem foods
- Never assume that foods are free of a problem ingredient
- If in doubt, do not use a suspected food or product

Test Your Label Reading

These food labels have ingredients containing wheat, milk and eggs. Can you identify them?

Label A

BOLOGNA

Ingredients: Pork, Beef, Water, Bacon, Flour, Skim Milk Powder, Salt, Spices, Sodium Caseinate, Sodium Erythorbate, Sodium Nitrate, Smoke

Label B

EGG NOODLES

Ingredients: Durum Flour, Dried Egg Yolk (Containing Sodium Aluminum Silicate), Colour

Label C

CHOCOLATE BISCUITS

Ingredients: Enriched Flour, Sugar, Cocoa Butter, Blend of Vegetable Oils (Palm Oil and/or Hardened Rapeseed Oil and/or Hardened Soya Oil), Chocolate, Skim Milk, Butterfat, Salt, Golden Syrup, Egg Yolks, Refiner's Molasses, Emulsifier (Soya Lecithin), Leavening (Ammonium and Sodium Bicarbonate), Artificial and Natural Flavours

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Answers:

Label A: wheat (flour), milk (skim milk powder, sodium caseinate)

Label B: wheat (durum flour), egg (dried egg yolk)

Label C: wheat (enriched flour), milk (skim milk), egg (egg yolks)

For more information contact:

Community Health Services Department, 160 Exmouth Street, Point Edward, ON N7T 7Z6, 519 383-8331 or toll free 1-800-667-1839.

Allergy & Asthma Information Association, 111 Zenway Blvd., Unit 1, Vaughan, ON L4H 3H9, 1-800-611-7011, www.aaia.ca

References:

Managing Food Allergy & Intolerance – A Practical Guide. Janice Vickerstaff-Joneja. 1995.
Canadian Food Inspection Agency, www.inspection.gc.ca