State of Florida
Department of Business and Professional Regulation

## Division of Hotels and Restaurants

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## FOOD ALLERGEN AWARENESS

It is estimated that 9 million adults and 6 million children, or approximately $4 \%$ of the population, have a food allergy. Food allergies are an immune system reaction that can range from mild to life-threatening
While operators are not required to offer allergen-free foods, managers and employees are required to have basic knowledge about food allergens - including knowing the eight major food allergens and describing common symptoms of an allergic food reaction. If operators choose to serve allergen-free food, they must prepare the food in a safe manner for the customer. Using the same food preparation equipment (e.g., cutting boards, knives, fryers), serving utensils or trays, gloves, thermometers, storage containers, cleaning implements (e.g., brushes, wiping cloths), etc., without washing, rinsing and sanitizing them between foods can result in trace amounts of a food allergen being served to an allergic customer. For people with severe food allergies, there must be no contact with the allergen food at any time.

## Symptoms:

Severe food allergy symptoms can include: swelling of the lips, tongue and/or throat; trouble swallowing; shortness of breath or wheezing; turning blue; feeling faint; loss of consciousness; chest pain; and weak pulse.
Mild symptoms can include: hives; coughing; reddening of the skin; itching; nasal congestion; sneezing; vomiting; cramps; and diarrhea. Reactions can occur within seconds or take several hours. If you believe someone may be having an allergic reaction to food, call 911 immediately.

Although there are over 200 known food allergens, the eight major food allergens account for $90 \%$ of allergic food reactions.

| EIGHT MAJOR FOOD ALLERGENS |  |
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| Allergen | Examples of foods containing the allergen and common aliases (not a complete list) |
| Milk | butter, cheese, yogurt, cream, half and half, sour cream, sherbet, custard, casein, <br> caseinate, lactalbumin, lactoferrin, lactulose, whey, curds |
| Eggs | mayonnaise, albumin, conalbumin, globulin, lecithin, livetin, lysozyme, meringue, <br> ovalbumin, ovoglobulin, ovolactohydrolyzed proteins, ovomacroglobulin, ovomucin, <br> ovomucoid, ovotranferin, ovovitellin, silico-albuminate, vitellin, yolk |
| Fish | anchovies, bass, catfish, cod, flounder, grouper, haddock, hake, herring, mahi mahi, <br> perch, pike, pollock, salmon, scrod, sole, snapper, swordfish, tilapia, trout, tuna |
| Crustacean <br> shellfish | crab, lobster, shrimp, crayfish |
| Tree nuts | almond, beechnut, Brazil nut, bush nut, cashew, chestnut, coconut, filbert, ginko nut, <br> hazelnut, lichee nut, macadamia nut, pecan, pine nut, pistachio, shea nut, walnut |
| Peanuts | beer nuts, ground nuts, monkey nuts, arachis oil |
| Wheat | soy sauce, semolina, durum wheat, food starch, kamut, spelt, wheat protein, <br> durham, triticale, rye, barley |
| Soybeans | edamame, miso, tempeh, tofu, lecithin, textured vegetable protein, modified food <br> protein, soy albumin, soy fiber, soy flour, soy grits, soy milk, soy nuts, soy protein <br> P34, soy sprouts |

Packaged food items that require an ingredient label must list any major food allergens in plain language (milk, fish, tree nuts, etc.).

