

Allergen and intolerance

Fact sheets

Food allergies are serious part of every day life for some people in the community. Within tennis associations and competitions, often what is a normal tradition of sitting around a table and enjoying some afternoon tea or supper can be a serious risk for some.

Allergic reactions to food can be minor but can also be potentially fatal.

It is important that Associations/Clubs/Parents and players are aware of some potential food allergies and the typical items that generally can cause these reactions.

While it is not possible to always be 100% aware of potential issues, awareness and a little knowledge can be the difference between avoiding a potential risk.

People that have food allergies should be mindful of potential risks and when in doubt dont take the risk.

Contents

1	Allergens—Peanuts, nuts and their products	1
2	Allergens—Egg and egg products	2
3	Allergens—Fish, crustaceans and their products	3
4	Allergens—Milk and milk products	4
5	Allergens—Soy and soy products	5
6	Allergens—Sesame seeds and sesame products	6

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Fact sheet 1

Allergens— Peanuts, nuts and their products



Peanuts and tree nuts

Some foods can cause problems for the peanut/nut allergic individuals and should be avoided unless they can positively confirm there is no peanut/tree nut protein present. Sometimes peanuts will be stored near other nuts in the production line or processed with other nuts and contamination may occur as a result of this practice. If you have a peanut allergy it's safer to avoid all nut products. Tree nut allergic individuals should avoid peanuts for the same reason.

What about coconut?

Despite the fact that coconut has the word 'nut' in its name, coconuts are not related to tree nuts or peanuts. Many individuals who have an allergy to these items can still eat coconut (unless their doctor has told them not to).

What is lupin?

Lupin is a legume and is mainly used in flour-based products such as pastry and pasta. The major allergens in lupin are also found in peanuts, so people who are allergic to peanuts could react to lupin. People with peanut allergy should avoid foods containing lupin.

Effects of these peanuts and other nuts on sufferers

Severe allergic reaction— anaphylaxis

- Difficulty and/or noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Difficulty talking or hoarse voice
- Wheeze or persistent cough
- Loss of consciousness and/or collapse
- Pale and floppy (young children)

Mild to moderate allergic reaction

- Tingling of the mouth
- Hives, welts or body redness
- Swelling of the face, lips, eyes
- Vomiting, abdominal pain

References

- Food Standards Australia New Zealand Food Standards Code (www.foodstandards.gov.au)
- Food Allergy & Anaphylaxis Alliance (www.foodallergyalliance.org)
- Anaphylaxis Australia (www.allergyfacts.org.au)
- *The New Additive Code Breaker: Everything you should know about additives in your food* by Maurice Hanssen (Lothian 1991, ISBN: 0850914779)
- The Food Intolerant Consumer (www.foodintol.com)
- Australasian Society of Clinical Immunology and Allergy—Education Resources (www.allergy.org.au)

The following foods can contain peanuts:

Asian meals
baked goods
biscuits (sweet or dry)
bouillon
breakfast cereals
cakes
chocolates
nougat
health bars
hydrolysed vegetable protein
ice cream
kebabs
marzipan
muesli
natural flavourings
pastry goods
peanut butter
peanut oil (arachis oil)
praline
sauces (gado gado, pesto, satay, etc.)
soup
spaghetti sauce
spring rolls
vegetarian dishes
vegetable oil
wontons

Tree nuts include:

almonds
brazil nuts
cashews
chestnuts
hazelnuts
macadamia nuts
pecans
pine nuts
pistachios
walnuts

The following foods can or do contain nuts:

Amaretto (almond liqueur)
Asian meals
biscuits (sweet and dry)
breakfast cereals
cakes
chocolates
gravy
health bars
ice cream
marzipan
muesli
nougat
sauces (pesto, etc)
Frangelico (hazelnut liqueur)
praline

Important: The lists above are not complete lists of foods and ingredients to avoid. They are intended to be used as a guide.

Fact sheet 2

Allergens— Eggs and egg products



Most people who are allergic to hen’s eggs are also allergic to similar proteins found in other bird’s eggs such as duck eggs and should not consume any type of egg.

Effects of these foods on sufferers

Severe allergic reaction—anaphylaxis

- Difficulty and/or noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Difficulty talking or hoarse voice
- Wheeze or persistent cough
- Loss of consciousness and/or collapse
- Pale and floppy (young children)

Mild to moderate allergic reaction

- Tingling of the mouth
- Hives, welts or body redness
- Swelling of the face, lips, eyes
- Vomiting, abdominal pain

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Egg and egg products can be labelled as follows:

albumen	livetin
albuminate	ovalbumin
egg powder	ovomucin
egg solids	ovomuroid
egg white	ovovitellin
egg yolk	silici
globulin	vitellin

Products that can contain eggs include:

almond bread	hamburgers, rissoles
batters (pancakes, for deep frying, etc)	and meatloaf
biscuits	jellied meat
brioche	macaroons
cake mixes	malted drinks
cakes	marshmallows
choux pastry	meringues
consommé	mousses
crumbed products (cutlets, parmigana, etc)	omelettes
custard	pancakes and pikelets
dessert mixes	pavlovas
doughnuts	puddings
egg-based dressings (mayonnaise, tartare)	quiche
egg noodles	sausages
egg-based sauces (hollandaise, béarnaise)	slices (hedgehog, lemon slice, etc.)
glazed rolls or pastries	soufflés
	waffles
	wines (selected)

Important: The list above is not a complete list of foods and ingredients to avoid. It is intended to be used as a helpful guide.

Fact sheet 3

Allergens— Fish, crustaceans, molluscs and their products



Fish, crustaceans and their products

If a customer identifies themselves as suffering from a fish, seafood or crustacean allergy, it is important for you to determine which classes of seafood they are allergic to.

The major groups of fish and shellfish which can trigger allergic reactions are:

- scaly or finned fish (e.g. salmon, cod, mackerel, sardines, herring, anchovies, tuna, trout, haddock, John Dory)
- crustaceans (e.g. prawns, shrimps, lobster, crab, crayfish, yabbies, marron)
- molluscs (e.g. snail, abalone, clams, oysters, mussel)
- cephalopods (e.g. octopus, cuttlefish, squid, calamari)
- gastropods (e.g. sea slugs, snails)

Source: www.foodstandards.gov.au/foodmatters/foodallergies/allergies.cfm

Other important points to consider:

- People who are allergic to one type of shellfish often react to other types.
- Allergy to shellfish is quite common; people who are sensitive can react to a number of different types of shellfish.
- Food served in seafood or other restaurants may be cross contaminated with fish or shellfish during storage, preparation and cooking.
- **It is possible for an allergic reaction to occur from cooking odours or handling of shellfish.**
- Any foods that have been cooked in a deep fryer or on a BBQ or flat grill where fish has also been cooked may also cause an allergic reaction.

Effects of these foods on sufferers

Severe allergic reaction—anaphylaxis

- Difficulty and/or noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat

- Difficulty talking or hoarse voice
- Wheeze or persistent cough
- Loss of consciousness and/or collapse
- Pale and floppy (young children)

Mild to moderate allergic reaction

- Tingling of the mouth
- Hives, welts or body redness
- Swelling of the face, lips, eyes
- Vomiting, abdominal pain

In the FSANZ Food Standards Code (FSC), fish means ‘any of the cold-blooded aquatic vertebrates and aquatic invertebrates including shellfish, but does not include amphibians and reptiles’. Seafood means ‘all aquatic vertebrates and aquatic invertebrates intended for human consumption, but excludes amphibians, mammals, reptiles and aquatic plants’.

However, these definitions can be confusing. Allergy specialists usually differentiate fish from crustaceans and Food Standards also separates these allergens into two separate categories.

References

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- Food Allergy & Anaphylaxis Alliance (www.foodallergyalliance.org)
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Products that may or do contain fish or seafood ingredients:

400: Alginate acid
401: Sodium alginate
402: Potassium alginate
403: Ammonium alginate
404: Calcium alginate
405: Propylene inosinate
406: Agar
407: Carrageenan
631: Disodium inosinate/inosinate
Asian foods
belachan (shrimp paste)
bouillabaisse
caesar salad dressing
caviar
cod liver oil
fish sauce
gelatin
nam pla (Thai fish sauce)
omega 3 supplements
oyster sauce
prawn crackers
sashimi
seafood extender (surimi, crab sticks)
sushi
tempura
Worcestershire sauce

Important: The list above is not a complete list of foods and ingredients to avoid. It is intended to be used as a helpful guide.

Fact sheet 4

Allergens— Milk and milk products



Most sufferers of milk allergies are young children below the age of four. Some people do not outgrow this allergy.

Be aware that some non-dairy products contain dairy. You must always check the list of ingredients to make sure.

Effects of these foods on sufferers

Severe allergic reaction—anaphylaxis

- Difficulty and/or noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Difficulty talking or hoarse voice
- Wheeze or persistent cough
- Loss of consciousness and/or collapse
- Pale and floppy (young children)

Mild to moderate allergic reaction

- Tingling of the mouth
- Hives, welts or body redness
- Swelling of the face, lips, eyes
- Vomiting, abdominal pain

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Milk and milk products can be labelled as:

- | | |
|-------------------|------------------|
| beverage whitener | skim milk powder |
| caseinate | whey |
| milk powder | whey powder |
| milk solids | |

The following food products are derived from milk or milk products:

- | | |
|----------------|---|
| butter | infant formula |
| buttermilk | milk drinks (hot chocolate, milkshakes, some coffee drinks) |
| cheese | powdered coconut milk |
| cheese spreads | |
| cottage cheese | |
| cream | |
| crème fraiche | |
| ghee | sour cream |
| ice cream | yoghurt |

Some of the foods that contain milk products include:

- | | |
|------------------------|------------------------------------|
| beverage whitener | margarine |
| biscuits | milk chocolate, white chocolate |
| bread, foccacias, etc. | most desserts |
| crumbed foods | colourings and natural flavourings |
| dessert sauces | |
| fruit juice | |
| manufactured foods | soup mixes |

Important: The list above is not a complete list of foods and ingredients to avoid. It is intended to be used as a helpful guide.

Fact sheet 5

Allergens— Soy and soy products



Soy allergy is most common in infants. As with other allergies, the reactions can include skin reactions and breathing difficulties.

Soy products are used in many processed foods. It is important to read labels of all ingredients in a dish carefully. Many vegetable oils have a 'May contain soy bean oil' warning, or are actually derived from soy beans. (Soy beans are vegetables.) One of the most common soy derived product is lecithin (322).

Effects of these foods on sufferers

Severe allergic reaction—anaphylaxis

- Difficulty and/or noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Difficulty talking or hoarse voice
- Wheeze or persistent cough
- Loss of consciousness and/or collapse
- Pale and floppy (young children)

Mild to moderate allergic reaction

- Tingling of the mouth
- Hives, welts or body redness
- Swelling of the face, lips, eyes
- Vomiting, abdominal pain

References

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- Food Allergy & Anaphylaxis Alliance (www.foodallergyalliance.org)
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- The Food Intolerant Consumer (www.foodintol.com)
- Australasian Society of Clinical Immunology and Allergy—Education Resources (www.allergy.org.au)

The following foods can contain soy:

baked goods	confectionary
baked items	dessert mixes
batters	lecithin
bread	malted milk powder
carob	margarine
cereals	milk powder
chocolate	oils
chocolate biscuits	sausages

Soy products include:

bean curd	soy protein
hydrolysed vegetable protein	soy sauce
miso	soya
oil spray cans	tempeh
some Asian sauces	textured vegetable protein (TVP)
soy bean paste	tofu
soy flour	vegetable gums

Important: The list above is not a complete list of foods and ingredients to avoid. It is intended to be used as a helpful guide.

Fact sheet 6

Allergens— Sesame seeds and sesame products



Products that are derived from sesame seeds are found in many processed products. If you have a customer who is allergic to sesame seeds, it is important that you check ingredients labels carefully to see if sesame seed products are contained. Sesame can be called by other names on ingredient lists as listed in the box across.

Effects of these foods on sufferers

Severe allergic reaction—**anaphylaxis**

- Difficulty and/or noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Difficulty talking or hoarse voice
- Wheeze or persistent cough
- Loss of consciousness and/or collapse
- Pale and floppy (young children)

Mild to moderate allergic reaction

- Tingling of the mouth
- Hives, welts or body redness
- Swelling of the face, lips, eyes
- Vomiting, abdominal pain

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Sesame seeds and sesame products include:

benne/benne seed/ benniseed	sesamol/sesamolina sesamum indicum
gingelly seeds	sim sim
gingelly oil	tahina/tahini
hommus	til
seeds	

Sesame seeds are often found in the following foods:

Asian foods	pretzels
bakery products	processed meats and sausages
cereals	sauces
crackers	seasonings
crumbed foods	sesame oil
dips	soups
dressings	spice blends (e.g. dukkah)
halva	spreads
herbs	tahini
margarine	tempeh
marinades	vegetable burgers
Middle Eastern foods	vegetable oil
health bars	
paté	

Important: The list above is not a complete list of foods and ingredients to avoid. It is intended to be used as a helpful guide.