

How To Pack a Lunch Without Restricted Allergens

It's no fun to eat alone! Thank you for allowing your child's friendship with a food allergic buddy to extend into the lunchroom!

The top 8 allergens are: eggs, milk, fish, peanuts, shellfish, soy, tree nuts, and wheat. Sesame is also highly allergenic. Below are three steps that will help you make a lunch for your child that's safe to bring to the allergen-restricted table. Your efforts are so appreciated!

USE SAFE INGREDIENTS

1

It all starts with ingredients. Included in this document is a page that explains **How To Read a Food Label for Allergenic Ingredients**. There is also a list of other names for allergens, called **Tips for Avoiding Your Allergen**.

AVOID CROSS-CONTACT

2

Keep the "safe" stuff away from the "unsafe" stuff. Find out how to keep ingredients, cutting boards, counter tops, and utensils safe with a page called **How to Avoid Cross-Contact**.

COMMUNICATE

3

Tell us about all your efforts. The last page in this document contains **notes** that are to be completed, signed, and included in your child's lunch so that it can be checked before it gets to the allergen-restricted table.

This basic guide is meant for people who want to eat a food that does not contain someone else's allergen. It does not include information about food that is to be eaten by a person with food allergies, which often requires further research into production lines and facilities.

How To Read a Food Label for Allergenic Ingredients

This basic guide is meant for people who want to eat a food that does not contain someone else's allergen. It does not include information about food that is to be eaten by a person with food allergies, which often requires further research into production lines and facilities.

The top 8 allergens are: eggs, milk, fish, peanuts, shellfish, soy, tree nuts, and wheat. Sesame is also highly allergenic, but not required to be declared on labels in the United States.

A food label can list allergenic ingredients in one of three ways:

1

Ingredients:

Wheat Flour, Sunflower Oil, Salt, Cheddar Cheese, Peanut Flour, Yeast, Whole Milk, Onion Powder, Enzymes.

In the ingredient list
(possibly in a plain font, not necessarily bold or italic)

2

Ingredients:

Flour (Wheat), Sunflower Oil, Salt, Cheddar Cheese, Flour (Peanut), Yeast, Whole Milk, Onion Powder, Enzymes.

In the ingredient list in parentheses, when the ingredient is unclear or a less common form of the allergen

3

Ingredients:

Flour, Sunflower Oil, Salt, Cheddar Cheese, Yeast, Whole Milk, Onion Powder, Enzymes.

Contains: Wheat, Peanuts, and Milk

Near the ingredient list, using the word "Contains" followed by the name of the major food allergen (sesame will not be included).

Note: Because this is just one of three labeling options, the absence of a "Contains" statement doesn't mean the food is safe; when in doubt, read the list of ingredients



Read every label, every time. Even if you have bought a food before, ingredients can change without warning.



Ingredients may vary depending upon the size of the product (e.g. jumbo vs snack size).



Statements such as "Peanut Free," "Dairy Free," and so on are not regulated by the FDA; always read the ingredient label.



Tips for Avoiding Your Allergen

- All FDA-regulated manufactured food products that contain a “major food allergen” (milk, wheat, egg, peanuts, tree nuts, fish, crustacean shellfish, and soy) as an ingredient are required by U.S. law to list that allergen on the product label. For tree nuts, fish and crustacean shellfish, the specific type of nut or fish must be listed.
- Read all product labels carefully before purchasing and consuming any item.
- Be aware of unexpected sources of allergens, such as the ingredients listed below.
- *Note: This list does not imply that the allergen is always present in these foods; it is intended to serve as a reminder to always read the label and ask questions about ingredients.



For a Milk-Free Diet

Avoid foods that contain milk or any of these ingredients:

butter, butter fat, butter oil, butter acid, butter ester(s)	lactalbumin, lactalbumin phosphate	<i>solids, whole</i>
butter milk	lactoferrin	milk protein hydrolysate pudding
casein	lactose	Recaldent®
casein hydrolysate	lactulose	rennet casein
caseinates (<i>in all forms</i>)	milk (<i>in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, lowfat, malted, milkfat, nonfat, powder, protein, skimmed,</i>	sour cream, sour cream solids
cheese		sour milk solids
cottage cheese		tagatose
cream		whey (<i>in all forms</i>)
curds		whey protein
custard		hydrolysate
diacetyl		yogurt
ghee		
half-and-half		

Milk is sometimes found in the following:

artificial butter flavor	culture and other bacterial cultures	nisin
baked goods	luncheon meat, hot dogs, sausages	non dairy products
caramel candies	margarine	nougat
chocolate		
lactic acid starter		

Keep the following in mind:

- Individuals who are allergic to cow's milk are often advised to also avoid milk from other domestic animals. For example, goat's milk protein is similar to cow's milk protein and may, therefore, cause a reaction in individuals who have a milk allergy.



For a Wheat-Free Diet

Avoid foods that contain wheat or any of these ingredients:

bread crumbs	<i>protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat</i>	semolina
bulgur		spelt
cereal extract		sprouted wheat
club wheat		triticale
couscous		vital wheat gluten
cracker meal	hydrolyzed wheat protein	wheat (<i>bran, durum, germ, gluten, grass, malt, sprouts, starch</i>)
durum	Kamut®	wheat bran hydrolysate
einkorn	matzoh, matzoh meal (<i>also spelled as matzo, matzah, or matza</i>)	wheat germ oil
emmer	pasta	wheat grass
farina	seitan	wheat protein isolate
flour (<i>all purpose, bread, cake, durum, enriched, graham, high gluten, high</i>		whole wheat berries

Wheat is sometimes found in the following:

glucose syrup	soy sauce	surimi
oats	starch (<i>gelatinized starch, modified starch, modified food starch, vegetable starch</i>)	



For an Egg-Free Diet

Avoid foods that contain eggs or any of these ingredients:

albumin (<i>also spelled albumen</i>)	livetin	vitellin
egg (<i>dried, powdered, solids, white, yolk</i>)	lysozyme	words starting with “ovo” or “ova” (<i>such as ovalbumin</i>)
egg nog	mayonnaise	
globulin	meringue (<i>meringue powder</i>)	
	surimi	

Egg is sometimes found in the following:

baked goods	fried rice	meatloaf or meatballs
breaded items	ice cream	nougat
drink foam (<i>alcoholic, specialty coffee</i>)	lecithin	pasta
egg substitutes	marzipan	
	marshmallows	

Keep the following in mind:

- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.
- While the whites of an egg contain the allergenic proteins, patients with an egg allergy must avoid all eggs completely.



For a Soy-Free Diet

Avoid foods that contain soy or any of these ingredients:

edamame	soy protein (<i>concentrate, hydrolyzed, isolate</i>)
miso	shoyu
natto	soy sauce
soy (<i>soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt</i>)	tamari
soya	tempeh
soybean (<i>curd, granules</i>)	textured vegetable protein (<i>TVP</i>)
	tofu

Soy is sometimes found in the following:

Asian cuisine	vegetable gum
vegetable broth	vegetable starch

Keep the following in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (not cold pressed, expeller pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.





For a Shellfish-Free Diet

Avoid foods that contain shellfish or any of these ingredients:

barnacle	lobster (<i>langouste</i> ,	prawns
crab	<i>langoustine</i> , <i>Moreton</i>	shrimp (<i>crevette</i> ,
crawfish (<i>crawdad</i> ,	<i>bay bugs</i> , <i>scampi</i> ,	<i>scampi</i>)
crayfish, <i>ecrevisse</i>)	<i>tomalley</i>)	
krill		

! *Mollusks are not considered major allergens* under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

abalone	limpet (<i>lapas</i> , <i>opihi</i>)	sea cucumber
clams (<i>cherrystone</i> ,	mussels	sea urchin
<i>geoduck</i> , <i>littleneck</i> ,	octopus	snails (<i>escargot</i>)
<i>pismo</i> , <i>quahog</i>)	oysters	squid (<i>calamari</i>)
cockle	periwinkle	whelk (<i>Turban shell</i>)
cuttlefish	scallops	

Shellfish are sometimes found in the following:

bouillabaisse	fish stock	surimi
cuttlefish ink	seafood flavoring (<i>e.g.</i> ,	
glucosamine	<i>crab or clam extract</i>)	

Keep the following in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.



For a Peanut-Free Diet

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts	goobers	nut meat
beer nuts	ground nuts	peanut butter
cold pressed, expeller	mixed nuts	peanut flour
pressed, or extruded	monkey nuts	peanut protein
peanut oil	nut pieces	hydrolysate

Peanut is sometimes found in the following:

African, Asian	baked goods (<i>e.g.</i> ,	enchilada sauce
(<i>especially</i>	<i>pastries</i> , <i>cookies</i>)	marzipan
<i>Chinese</i> , <i>Indian</i> ,	candy (<i>including</i>	mole sauce
<i>Indonesian</i> , <i>Thai</i> ,	<i>chocolate candy</i>)	nougat
<i>and Vietnamese</i>), and	chili	
Mexican dishes	egg rolls	

Keep the following in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (not cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine (or lupin). Flour derived from lupine is becoming a common substitute for gluten-containing flours. The law requires that a food product's ingredients must be listed on the label, such as "lupin" or "lupine".
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.
- Some alternative nut butters, such as soy nut butter or sunflower seed butter, are produced on equipment shared with other tree nuts and, in some cases, peanuts. Contact the manufacturer before eating these products.



For a Tree-Nut-Free Diet

Avoid foods that contain nuts or any of these ingredients:

almond	litchi/lichee/lychee nut	pecan
artificial nuts	macadamia nut	pesto
beechnut	marzipan/almond paste	pili nut
Brazil nut	Nangai nut	pine nut (<i>also referred to as Indian</i> , <i>pignoli</i> ,
butternut	natural nut extract	<i>pignolia</i> , <i>pignon</i> ,
cashew	(<i>e.g.</i> , <i>almond</i> , <i>walnut</i>)	<i>piñon</i> , and <i>pinyon</i>
chestnut	nut butters (<i>e.g.</i> ,	<i>nut</i>)
chinquapin nut	<i>cashew butter</i>)	
filbert/hazelnut	nut meal	pistachio
gianduja (<i>a chocolate-</i>	nut meat	praline
<i>nut mixture</i>)	nut paste (<i>e.g.</i> , <i>almond</i>	shea nut
ginkgo nut	<i>paste</i>)	walnut
hickory nut	nut pieces	

Tree nuts are sometimes found in the following:

black walnut hull	nut distillates/alcoholic	walnut hull extract
extract (<i>flavoring</i>)	extracts	(<i>flavoring</i>)
natural nut extract	nut oils (<i>e.g.</i> , <i>walnut</i>	
	<i>oil</i> , <i>almond oil</i>)	

Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.
- Coconut, the seed of a drupaceous fruit, has typically not been restricted in the diets of people with tree nut allergy. However, in October of 2006, the FDA began identifying coconut as a tree nut. Medical literature documents a small number of allergic reactions to coconut; most occurred in people who were not allergic to other tree nuts. Ask your doctor if you need to avoid coconut.



For a Fish-Free Diet

Fish is sometimes found in the following:

barbecue sauce	fish oil	pizza (<i>anchovy topping</i>)
bouillabaisse	fish sauce imitation fish	roe
Caesar salad	or shellfish isinglass	salad dressing
caviar	lutefisk maw, maws	seafood flavoring
deep fried items	(<i>fish maw</i>)	shark cartilage
fish flavoring	fish stock	shark fin
fish flour	fishmeal	surimi
fish fume	nuoc mam (<i>Vietnamese</i>	sushi, sashimi
fish gelatin (<i>kosher</i>	<i>name for fish sauce;</i>	Worcestershire sauce
<i>gelatin</i> , <i>marine</i>	<i>beware of other ethnic</i>	
<i>gelatin</i>)	<i>names</i>)	

Keep the following in mind:

- If you have fish allergy, avoid seafood restaurants. Even if you order a non-fish item off of the menu, cross-contact of fish protein is possible.
- Asian cookery often uses fish sauce as a flavoring base. Exercise caution when eating this type of cuisine.
- Fish protein can become airborne in the steam released during cooking and may cause an allergic reaction. Stay away from cooking areas when fish is being prepared.





Tips for Avoiding Your Allergen

Sesame is not currently included in the list of major allergens that must be declared by food manufacturers as part of the Food Allergen Labeling Consumer Protection Act (FALCPA). The list below includes information about ingredients to avoid if you have a sesame allergy, including uncommon names for the ingredient.

For a Sesame-Free Diet

Avoid foods that contain sesame or any of these ingredients:

Benne, benne seed, benniseed	Sesame flour	Sesame seed	Sim sim
Gingelly, gingelly oil	Sesame oil*	Sesamol	Tahini, Tahina, Tehina
Gomasio (sesame salt)	Sesame paste	Sesamum indicum	Til
Halvah	Sesame salt	Sesemolina	

*Studies show that most individuals with specific food protein allergies can safely consume highly refined oils derived from the original food source (examples include highly refined peanut and soybean oil). Because sesame oil is not refined, it is recommended that it be avoided by individuals with sesame allergy.

Sesame may also be included and undeclared in ingredients such as flavors or spice blends. If you are unsure whether or not a product could contain sesame, you should call the manufacturer to ask about their ingredients and manufacturing practices. Because spice blend and flavoring recipes are generally considered proprietary information, it is advised to specifically inquire if sesame is used as an ingredient, rather than simply asking what ingredients are used in a flavoring or spice blend.

Sesame has been found as an ingredient in the food items listed below. Please note this list is not all inclusive. It does not imply that sesame is always present in these foods. It is intended to serve as a reminder to always be vigilant and ask questions about ingredients before eating a food that you have not prepared yourself.

Examples of foods that may contain sesame include:

Asian cuisine (sesame oil is commonly used in cooking)	Crackers (such as melba toast and sesame snap bars)	Falafel	Snack foods (such as pretzels, candy, Halvah, Japanese snack mix and rice cakes)
Baked goods (such as bagels, bread, breadsticks, hamburger buns and rolls)	Dipping sauces (such as baba ghanoush, hummus and tahini sauce)	Goma-dofu (Japanese dessert)	Soups
Bread crumbs	Dressings, gravies, marinades and sauces	Herbs and herbal drinks	Sushi
Cereals (such as granola and muesli)	Ethnic foods such as flavored rice, noodles, risotto, shish kebabs, stews and stir fry	Margarine	Tempoh
Chips (such as bagel chips, pita chips and tortilla chips)		Pasteli (Greek desert)	Turkish cake
		Processed meats and sausages	Vegetarian burgers
		Protein and energy bars	

In non-food items, the scientific name for sesame, *Sesamum indicum*, may be on the label.



How to Avoid Cross-Contact

What is cross-contact?

Cross-contact happens when one food comes into contact with another food and their proteins mix. As a result, each food then contains small amounts of the other food. These amounts are so small that they usually can't be seen.

Even this tiny amount of food protein has caused reactions in people with food allergies!

The term "cross-contact" is fairly new. Some people may call this "cross-contamination."

Why don't we use the term cross-contamination?

Cross-contamination usually refers to bacteria or viruses that get on food and make it unsafe to eat. In cross-contamination, cooking the food will lower the chance of a person getting sick.

This is not the same with food allergies and cross-contact. Cooking does not remove an allergen from a food!

The only way to stop you from having a reaction is to avoid the food and carefully clean anything that came in contact with it using soap and water.

Examples of cross-contact

Direct Cross-Contact (allergen was directly applied and then removed)	Indirect Cross-Contact (allergen was not directly applied)
Peeling cheese off a cheeseburger to make it a hamburger	Using the same spatula that flipped a cheeseburger to flip a hamburger
Removing shrimp from a salad	Not washing hands after handling shrimp before making the next salad
Scraping peanut butter off a piece of bread and using it to make a different sandwich	Wiping off—not properly cleaning—a knife used to spread peanut butter before using it to spread jelly

Tips to avoid cross-contact

- Use utensils, cutting boards and pans that have been thoroughly washed with soap and water. Consider using separate utensils and dishes for making and serving safe foods. Some families choose a different color to identify the safe kitchen tools.
- If you are making several foods, cook the allergy-safe foods first.
- Keep the safe foods covered and away from other foods that may splatter.
- If you make a mistake, you can't just remove an allergen from a meal. Even a small amount of cross-contact makes a food unsafe.
- Wash your hands with soap and water before touching anything else if you have handled a food allergen. Soap and water or commercial wipes will remove a food allergen. Sanitizing gels or water alone will not remove an allergen.
- Scrub down counters and tables with soap and water after making meals.
- Do not share food, drinks or utensils. Teach children not to share these when they are at school or with friends.

**These allergens were
consciously avoided
when preparing this meal:**

Signed: _____ Dated: _____

(check all that apply)

<input type="checkbox"/> Eggs	<input type="checkbox"/> Peanuts	<input type="checkbox"/> Soy
<input type="checkbox"/> Milk	<input type="checkbox"/> Sesame	<input type="checkbox"/> Tree nuts
<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish	<input type="checkbox"/> Wheat

**These allergens were
consciously avoided
when preparing this meal:**

Signed: _____ Dated: _____

(check all that apply)

<input type="checkbox"/> Eggs	<input type="checkbox"/> Peanuts	<input type="checkbox"/> Soy
<input type="checkbox"/> Milk	<input type="checkbox"/> Sesame	<input type="checkbox"/> Tree nuts
<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish	<input type="checkbox"/> Wheat

**These allergens were
consciously avoided
when preparing this meal:**

Signed: _____ Dated: _____

(check all that apply)

<input type="checkbox"/> Eggs	<input type="checkbox"/> Peanuts	<input type="checkbox"/> Soy
<input type="checkbox"/> Milk	<input type="checkbox"/> Sesame	<input type="checkbox"/> Tree nuts
<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish	<input type="checkbox"/> Wheat

**These allergens were
consciously avoided
when preparing this meal:**

Signed: _____ Dated: _____

(check all that apply)

<input type="checkbox"/> Eggs	<input type="checkbox"/> Peanuts	<input type="checkbox"/> Soy
<input type="checkbox"/> Milk	<input type="checkbox"/> Sesame	<input type="checkbox"/> Tree nuts
<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish	<input type="checkbox"/> Wheat

**These allergens were
consciously avoided
when preparing this meal:**

Signed: _____ Dated: _____

(check all that apply)

<input type="checkbox"/> Eggs	<input type="checkbox"/> Peanuts	<input type="checkbox"/> Soy
<input type="checkbox"/> Milk	<input type="checkbox"/> Sesame	<input type="checkbox"/> Tree nuts
<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish	<input type="checkbox"/> Wheat