



Food service workers are key players in keeping students with life threatening food allergies safe in school. Preventing exposure to allergens starts in the kitchen.

**Read food labels.** Develop a system of reading labels for every item served to a student with food allergies and maintain contact information for manufacturers.

**Know what foods to avoid and how to substitute.** Have a list of all food ingredients to avoid and a list of appropriate substitutions for each student with food allergies. If you have any questions regarding whether a certain food is safe, ask your supervisor.

*(Supervisors should contact their area KSDE consultant or the Topeka KSDE office at 785-296-2276 if they have questions.)*

**Designate an allergy-safe zone in the kitchen.**

Designate one area in the kitchen where allergy-safe meals can be made, and ensure that it is kept free of ingredients that students with life threatening food allergies should avoid.

**Follow safe food-handling practices.**

Cross contamination of a food allergen poses a serious risk to a student with life threatening food allergies. Wash all utensils, bowls, pots, and pans thoroughly with warm, soapy water and sanitize.

Additionally, clean food preparation areas by washing, rinsing and sanitizing to remove allergens.

**The 2009 FDA Food Code added “Food Allergy Awareness” as part of required food safety training. Food Allergy Awareness information was added to the Food Safety Basics class as of Fall 2010!**

**Foods that Commonly Contain the “Big Eight” Allergens**

- 1. Peanuts**  
peanuts, peanut oil, ground nuts, mixed nuts, nut pieces, peanut butter, chocolate candies, candy bars, ice cream
- 2. Tree nuts**  
almonds, brazil nuts, cashews, chestnuts, hickory nuts, macadamia nuts, almond paste or extract, nougat, nut butters, pecans, pesto, pine nuts, pistachios, walnuts, other nut extracts
- 3. Milk**  
butter, buttermilk, cheese, cream, whipped cream, cottage cheese, custard, ice cream, sherbet, nougat (found in many candy bars), pudding, sour cream, yogurt, ingredients containing casein, lactose, or whey on food labels
- 4. Egg**  
egg, egg substitute, macaroni, mayonnaise, meringue
- 5. Soy**  
tofu, miso, soy sauce, tamari sauce
- 6. Wheat**  
bran, bread crumbs, crackers, flour (including whole wheat, enriched, all-purpose, cake and graham), gluten, granola or granola bars, macaroni, spaghetti and other pastas, soy sauce, starch, modified food starch, hydrolized vegetable protein
- 7. Fish**  
bass, cod, flounder, anchovies, tuna
- 8. Shellfish**  
clams, crab, crawfish, lobster, mollusks, mussels, oysters, scallops, snails, shrimp, seafood, flavorings

**If a food product contains one of the 8 common allergens or an ingredient derived from one of these foods, FDA laws requires that the product be labeled clearly with this information. Ingredient is a broadly defined term that includes flavorings, colorings and incidental additives.**



## How to Read a Label for a Milk-Free Diet

All FDA-regulated manufactured food products that contain milk as an ingredient are required by U.S. law to list the word "milk" on the product label.

### Avoid foods that contain milk or any of these ingredients:

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

### Milk is sometimes found in the following:

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



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## How to Read a Label for a Soy-Free Diet

All FDA-regulated manufactured food products that contain soy as an ingredient are required by U.S. law to list the word "soy" on the product label.

### Avoid foods that contain soy or any of these ingredients:

edamame	soya
miso	soybean ( <i>curd, granules</i> )
natto	soy protein ( <i>concentrate, hydrolyzed, isolate</i> )
shoyu	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
	tempeh
	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.

## How to Read a Label for a Peanut-Free Diet

All FDA-regulated manufactured food products that contain peanut as an ingredient are required by U.S. law to list the word "peanut" on the product label.

### Avoid foods that contain peanuts or any of these ingredients:

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

### Peanut is sometimes found in the following:

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

### Keep the following in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine.
- 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.
- 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.

### How to Read a Label for a Wheat-Free Diet

All FDA-regulated manufactured food products that contain wheat as an ingredient are required by U.S. law to list the word "wheat" on the product label. The law defines any species in the genus *Triticum* as wheat.

#### Avoid foods that contain wheat or any of these ingredients:

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

#### Wheat is sometimes found in the following:

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

### How to Read a Label for an Egg-Free Diet

All FDA-regulated manufactured food products that contain egg as an ingredient are required by U.S. law to list the word "egg" on the product label.

#### Avoid foods that contain eggs or any of these ingredients:

albumin ( <i>also spelled albumen</i> )	mayonnaise
egg ( <i>dried, powdered, solids, white, yolk</i> )	meringue ( <i>meringue powder</i> )
eggnog	ovalbumin
lysozyme	surimi

#### Egg is sometimes found in the following:

baked goods	marzipan
egg substitutes	marshmallows
lecithin	nougat
macaroni	pasta

#### 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.

### How to Read a Label for a Shellfish-Free Diet

All FDA-regulated manufactured food products that contain a crustacean shellfish as an ingredient are required by U.S. law to list the specific crustacean shellfish on the product label.

#### Avoid foods that contain shellfish or any of these ingredients:

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

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

#### Shellfish are sometimes found in the following:

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

#### 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.

### How to Read a Label for a Tree Nut-Free Diet

All FDA-regulated manufactured food products that contain a tree nut as an ingredient are required by U.S. law to list the specific tree nut on the product label.

#### Avoid foods that contain nuts or any of these ingredients:

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

#### Tree nuts are sometimes found in the following:

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