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Common Food Allergies

A Consumer's Guide to Managing the Risks

Canada

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This information was developed by the Canadian Food Inspection Agency (CFIA) and Health Canada, in consultation with Allergy/Asthma Information Association, Anaphylaxis Canada, Association québécoise des allergies alimentaires, Canadian Celiac Association and the Canadian Society of Allergy and Clinical Immunology.

General Information About Food Allergies

It's estimated that as many as 1.2 million Canadians may be affected by food allergies and these numbers are increasing, especially among children. The food products most commonly associated with severe allergic reactions in Canada are eggs, milk, peanuts, seafood, sesame, soy, sulphites, tree nuts, and wheat. These are otherwise known as the priority allergens. Food allergies can affect people of all ages. However, they are particularly common in children.

This booklet will help you understand and manage the risks associated with food allergens. It's important that you know what steps you can take to protect yourself, or those around you who may have food allergies. Following a general overview of food allergies, this booklet offers specific information about the nine food products most likely to cause allergic reactions.

Allergic reactions

An allergic reaction occurs when the body's immune system responds aggressively to a particular protein or proteins. Allergic reactions can be caused by protein in substances such as food, insect stings, latex or medication. These proteins are known as allergens. While they pose no threat to the majority of people, allergens can trigger life-threatening reactions in people with severe allergies.

The symptoms of allergic reactions vary in both type and severity. Symptoms can also develop at different rates, sometimes getting worse very quickly. The most severe reaction, called anaphylaxis, can be fatal.

The most common symptoms of an allergic reaction are:

- flushed or pale face, hives, rash, red and itchy skin;
- swelling of the eyes, face, lips, throat and tongue;
- trouble breathing, speaking or swallowing;
- anxiety, distress, sense of doom, weakness, fainting;
- cramps, diarrhea, vomiting; and
- drop in blood pressure, shock, rapid heart beat, loss of consciousness.

Treatment of food allergies

There is no cure for food allergies; the only way to avoid a reaction is to avoid contact with any specific allergens that affect you. An allergic reaction can usually be treated effectively with a prompt injection of epinephrine/adrenaline. However, without treatment, the reaction may become severe and lead to death. If an allergist diagnoses you with a food allergy and prescribes an epinephrine / adrenaline auto-injector, learn how to use it properly and carry it with you at all times. It could save your life.

How to avoid allergic reactions

Avoiding an allergen is the only effective way to prevent allergic reactions, and there are many important steps you can take to help protect yourself.

Some general tips include:

1. **Read labels carefully.**
   Read product labels carefully and avoid products that contain the specific allergens and derivatives of the specific allergens that you are allergic to. Avoid food and products that do not list their ingredients. Manufacturers sometimes change the ingredients used in familiar products, and different varieties and sizes of the same brand may contain different ingredients, so check the label every time you shop.

2. **Watch out for cross-contamination.**
   Cross-contamination occurs when an allergen is unintentionally transferred to a food product that does not normally contain that allergen. Look for precautionary statements like "may contain X" or "not suitable for consumption by persons with an allergy to X", where "X" is the name by which the allergen is commonly known on pre-packaged foods. These statements indicate that these foods could have been unintentionally exposed to that allergen some time during the manufacturing process and are not safe to eat for those with food allergies. Also avoid bins of bulk food where cross-contamination between bins can occur.

3. **Don't take chances.**
   Don't eat a product if the label states that it "may contain X" or "not suitable for consumption by persons with an allergy to X", where "X" is the name by which the allergen is commonly known. It is not safe to make choices based on the kind of precautionary statement ("may contain" versus "traces"). Avoid products that have a precautionary statement naming an allergen to which you are allergic. If you don't recognize an ingredient or the ingredients are not listed, don't eat the product. When someone else is preparing food for you, whether at a restaurant or a friend's home, make sure they know about your food allergy, so they can take steps to avoid cross-contamination and alert you to any ingredients of concern.

4. **Carry an epinephrine/ adrenaline auto-injector device at all times.**
   If you need an auto-injector, make sure that you always have it with you in case of an allergic reaction. Allergists recommend that you do not eat if you don't have your auto-injector device with you.

5. **Look out for allergens listed by other names.**
   Food allergens and their derivatives are sometimes found in food under different names. Under each allergen described in this brochure, you will find lists of other names for that allergen, food and products that may contain that allergen, and non-food sources of that allergen. These lists are not complete and are subject to change. Food and food products manufactured in other countries, or purchased outside of Canada (including through mail-order or the Internet), do not always meet Canadian manufacturing and labelling standards.

The Government of Canada's role in food allergen safety

The Government of Canada plays an important role in food allergen safety. Health Canada and the Canadian Food Inspection Agency (CFIA) work closely with municipal, provincial and territorial partners and industry to safeguard the food supply.

Health Canada is responsible for setting labelling regulations for priority allergens, gluten sources and sulphites in pre-packaged food sold in Canada. Working with the medical community, consumer associations, and the food industry, Health Canada also supports research into the prevalence and impact of food allergies in Canada. The department works continuously with these stakeholder groups to identify improvements to labelling requirements that could help allergic consumers make more informed choices about the foods that they eat. Health Canada also works to develop new allergen detection methods and to validate available commercial methods and is responsible for providing Health Risk Assessments to the CFIA when undeclared allergens are found in food.

While Canada's food safety and labelling laws are established by Health Canada, the CFIA is responsible for enforcing them. The CFIA works with associations, distributors, food manufacturers and importers to promote comprehensive, accurate food labelling and control of food allergens during processing. The CFIA recommends that food companies establish effective controls for allergens and prevent cross-contamination. To this end, the CFIA has developed and distributed appropriate guidelines and tools to industry. Whenever the CFIA detects a potential risk related to a food product—such as an undeclared allergen—action is taken. This can range from follow-up action with the company involved to a recall of the food product from the marketplace and a public warning being issued.

For more information about food allergies:

- Consult an allergist.
- Refer to Health Canada's Food Allergies web page:
  www.hc-sc.gc.ca/fn-an/securit/allerg/index-eng.php
- Refer to the Canadian Food Inspection Agency's Food Allergens web page:
  www.inspection.gc.ca/english/fssa/labeti/allerg/allerge.shtml
- Sign up for the CFIA's "Food Recalls and Allergy Alerts" email or RSS notification service at
  www.inspection.gc.ca/recalls
- Order free copies of this brochure by calling 1-800-442-2342/TTY 1-800-465-7735
  (8:00 a.m. to 8:00 p.m. Eastern time, Monday through Friday).
- Visit these organizations for additional allergy information:
  - Allergy/Asthma Information Association
    www.aaia.ca
  - Anaphylaxis Canada
    www.anaphylaxis.ca
  - Association québécoise des allergies alimentaires
    www.aqaa.qc.ca (French only)
  - Canadian Celiac Association
    www.celiac.ca
  - Canadian Food Inspection Agency
    www.inspection.gc.ca
  - Canadian Society of Allergy and Clinical Immunology
    www.csaci.ca (English only)
  - Fondation québécoise de la maladie cœliaque
    www.fqmc.org (French only)
  - Health Canada
    www.hc-sc.gc.ca

Egg Allergy

In addition to the general information about food allergies, here are some issues that people with an egg allergy should know about.

Raw and cooked eggs

Some people with a mild egg allergy can safely eat small amounts of cooked eggs, but have reactions to raw eggs. Although cooking can alter the structure of egg protein, some of the allergenic proteins are heat stable, so cooked eggs can still trigger reactions. Consult your allergist before trying any new foods that contain eggs.

Outgrowing an egg allergy

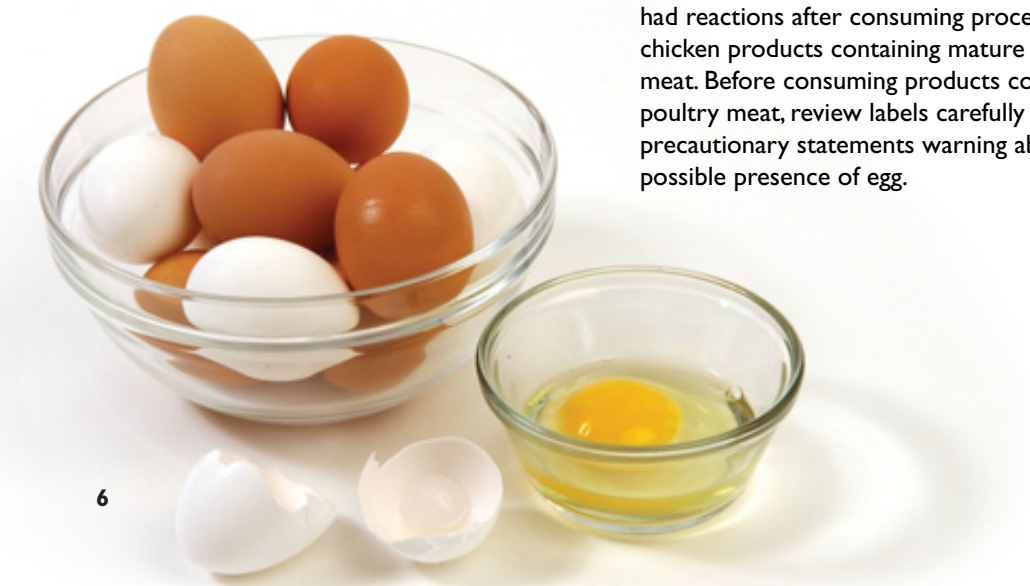
Studies show that for many children with an egg allergy, the allergy will disappear within a few years. For some, however, severe egg allergy can be a life-long condition. Consult your allergist before reintroducing your child to egg products.

Read the labels

If you're allergic to eggs, the only way to avoid a reaction is to avoid all food and products that contain egg and egg derivatives. Don't eat a food or product if the label has precautionary statements such as "may contain eggs". Read ingredient lists carefully and learn to identify other names for eggs, such as albumin. Do not consume a food or product if there is no ingredient list or if there is a risk that the product might have been in contact with eggs. If there is not enough information to make a decision, you can always call to ask the company or speak to a knowledgeable person at a restaurant or at the point of purchase.

Egg in chicken meat

Eggs are sometimes present in the bodies of slaughtered mature female birds. Although processes such as rinsing and water-chilling help to remove traces of egg, tests have shown that residual amounts can remain in and on the carcasses of mature poultry and, therefore, in products made from mature poultry. As a result, people with a severe egg allergy have had reactions after consuming processed chicken products containing mature poultry meat. Before consuming products containing poultry meat, review labels carefully for precautionary statements warning about the possible presence of egg.



Sources of egg

The proteins in eggs from chickens are very similar to those found in eggs from ducks, geese, quails and other types of eggs. Therefore, people who are allergic to eggs from chickens may also experience reactions to the eggs from other species. Consult your allergist before consuming eggs or products made from the eggs of ducks, geese, quail and other types of eggs.

Other names for eggs

Albumin, albumen
Conalbumin
Egg substitutes, for example, Egg Beaters
Globulin
Livetin
Lysozyme
Ovo (means egg), for example, ovalbumin, ovomucin, ovotransferrin
Silico-albuminate
Vitellin

Food and products that contain or often contain eggs

Baked goods (including some type of breads) and baking mixes
Battered and fried foods
Cream-filled desserts, for example, custards, meringues, puddings and ice creams
Egg and fat substitutes
Fat replacers, for example, Simplesse
Lecithin
Mayonnaise
Meat products with fillers, for example, meatballs and meatloaf
Nougats, marzipan candy
Pasta (fresh pasta, some types of dry pasta for example, egg noodles)
Quiche, soufflé
Salad dressings, creamy dressings
Sauces, for example, Béarnaise, hollandaise, Newburg, tartar

Other possible sources of eggs

Alcoholic cocktails and drinks, for example, eggnog and whiskey sours
Fish mixtures, for example, surimi (used in imitation crab and lobster meat)
Foam and milk toppings on coffee
Homemade root beer mixes and malt-drink mixes
Icing, glazes
Meat products with fillers, for example, preprepared hamburger patties, hotdogs and cold cuts
Soups, broths and bouillons

Non-food sources of egg

Anesthetic, for example, Diprivan (propofol)
Craft materials
Hair-care products
Medications
Some vaccines, for example, MMR (measles, mumps and rubella)

Vaccines

Influenza vaccines are grown on egg embryos and may contain traces of egg protein. Consult your allergist before getting a flu shot. Although the MMR (measles, mumps and rubella) vaccine may also contain egg protein, it is generally considered safe for children. Again, consult your allergist.

Milk Allergy

In addition to the general information about food allergies, here are some issues that people with a milk allergy should know about.

Milk allergy or lactose intolerance

A milk allergy occurs when a person's immune system reacts abnormally to milk proteins; it can be life-threatening. Intolerance to lactose occurs when a person can't digest lactose, a primary component of milk, because their body doesn't produce enough of a specific enzyme. Symptoms of lactose intolerance include abdominal pain, bloating and diarrhea. If you are unsure whether you have a milk allergy or are lactose intolerance, consult an allergist.

Read the labels

If you're allergic to milk, the only way to avoid a reaction is to avoid all food and products that contain milk and milk derivatives. Don't eat a food or product if the label has precautionary statements such as "may contain milk". Read ingredient lists carefully and learn to identify other names for milk, such as lactose and casein. Do not consume a food or product if there is no ingredient list or if there is a risk they might have been in contact with milk. If there is not enough information to make a decision, you can always call to ask the company or speak to a knowledgeable person at a restaurant.

Outgrowing a milk allergy

Studies suggest that while up to four percent of infants are allergic to milk, for many of these infants the allergy will disappear within three years. A severe milk allergy, though, can be a lifelong condition. Consult your allergist before reintroducing your child to milk products.

Sources of milk

The proteins in cow's milk are very similar to those found in milk from goats, sheep and other ruminants (such as deer or buffalo). Therefore, people who are allergic to cow's milk may also experience reactions to the milk of other ruminants. Consult your allergist before consuming milk or products made from the milk of goats, sheep or other ruminants.

Because of its high protein content and its value as an emulsifying and texturizing agent, milk is common in many processed foods. Carefully review ingredient lists on all processed food to identify sources of milk.

Common sources of milk

Butter, Buttermilk
Cheese, curds
Cream, ice cream
Ghee and butter fat
Kefir (milk drink)
Kumiss (fermented milk drink)
Sour cream
Yogourt

Other names for milk

Beta-lactoglobulin
Casein, rennet casein
Caseinate (ammonium caseinate, calcium caseinate, magnesium caseinate, potassium caseinate, and sodium caseinate)
Delactosed or demineralized whey
Dry milk, milk solids
Hydrolyzed casein and hydrolyzed milk protein
Lactalbumin and lactalbumin phosphate
Lactose
Lactoferrin, lactoglobulin
Milk derivative, fat and protein
Modified milk ingredients
Whey and whey protein concentrate

Food and products that contain or often contain milk

Artificial butter, butter flavour or butter oil
Dark chocolate
Baked goods (including some type of breads) and baking mixes
Battered and fried foods
Broth and bouillons
Caramel colouring or flavouring
Casseroles, frozen prepared foods
Cereals, cookies and crackers
Chocolate bars
Desserts, for example, custards, frozen yogourts, ice creams and puddings
Dips and salad dressings
Egg and fat substitutes
Fat replacers, for example, Opta and Simplesse
Glazes
Gravies and sauces
High-protein flour
Malt-drink mixes
Margarine
Pâtés and sausages
Pizza
Potatoes (instant, mashed and scalloped potatoes)
Seasonings
Soups and soup mixes, cream soups
Soy cheese

Other possible sources of milk

Canned tuna, for example, seasoned or mixed with other ingredients for flavour
Candy, fruit and granola bars, for example, those containing caramel or chocolate
Flavoured coffee, coffee whitener and non-dairy creamer
Some french fries (made from potato mixture or mashed potatoes)
Some hot dogs, deli and processed meats
Nougats
Seasoned chips, for example, sour cream and onion
Waxes on some fruit and vegetables

Non-food sources of milk

Cosmetics
Medications
Pet food

Ingredients that *do not* contain milk protein

(Although these ingredients have names similar to milk components, they are not actually related to milk, and are therefore safe for consumption by those with milk allergies.)

Calcium and sodium lactate
Calcium and sodium stearoyl lactylate
Cocoa butter
Cream of tartar
Oleoresin

Peanut Allergy

In addition to the general information about food allergies, here are some issues that people with a peanut allergy should know about.

Lifelong peanut allergy

People tend to develop a peanut allergy in childhood and most of these people will remain allergic to peanuts for life.

Tree nuts and peanut allergy

While tree nuts and peanuts are different, in some rare cases people with a peanut allergy also react to one or more tree nuts. Consult your allergist before eating any nut that is not a regular part of your diet.

Read the labels

If you're allergic to peanuts, the only way to avoid a reaction is to avoid all food and products that contain peanut and peanut derivatives. Don't eat a food or product if the label has precautionary statements such as "may contain peanuts". Read ingredient lists carefully and learn to identify other names for peanuts, such as goober nuts. Do not consume a food or product if there is no ingredient list or if there is a risk that the product might have been in contact with peanuts. If there is not enough information to make a decision, you can always call to ask the company or speak to a knowledgeable person at a restaurant.

Sources of peanuts

Other names for peanuts
Arachis oil
Beer nuts
Goober nuts, and goober peas
Ground nuts
Kernels
Mandelonas, Nu-Nuts
Nut meats
Valencias

Food and products that contain or often contain peanuts
Ethnic foods, such as satay, Thai (for example, curries), Vietnamese (for example, crushed peanut as a topping, spring rolls) or Chinese (for example, Szechuan sauce, egg rolls)
Hydrolyzed plant protein and vegetable protein
Nut substitutes
Peanut butter
Peanut oil
Vegetarian meat substitutes

Other possible sources of peanuts
Almond & hazelnut paste, marzipan, nougat
Baked goods
Chili
Cereals
Desserts
Dried salad dressings and soup mixes
Icing, glazes
Snack foods, for example, trail mixes

Non-food sources of peanuts
Ant baits, bird feed, mouse traps and pet food
Cosmetics and sunscreens
Craft materials
Medications and vitamins
Mushroom growing medium
Stuffing in toys

Seafood Allergy

In addition to the general information about food allergies, here are some issues that people with a seafood allergy should know about.

Fish, crustaceans and shellfish: different allergies

People with allergies to one type of seafood, like fish, crustaceans (lobster, crab, etc.) and shellfish (oysters, mollusks, etc.), may not be allergic to other kinds of seafood. Studies suggest that seafood allergies tend to fall within groups. In fact, many people are only allergic to a single type of seafood. For example, some people can eat fish safely but react to crustaceans such as crab and lobster. If you're allergic to one type of seafood such as fish, consult your allergist before trying other types, such as crustaceans and shellfish.

You don't have to eat seafood to have a reaction

People with a severe fish, crustacean and shellfish allergy can experience allergic reactions even without eating these foods. Exposure to proteins carried in cooking vapours (such as sizzling fish or steam from a lobster pot), and on dishes used to prepare and present these foods (such as sizzling skillets) have been reported to trigger an allergic reaction.

Read the labels

If you're allergic to any type of seafood (fish, shellfish and crustaceans), the only way to avoid a reaction is to avoid all foods and products that contain the type of seafood that you are allergic to. Don't eat a food or product if the label has precautionary statements such as "may contain seafood". Read ingredient lists carefully and learn to identify other names for seafood, such as kamaboko. Do not consume a food or product if there is no ingredient list or if there is a risk that the product might have been in contact with the seafood that you are allergic to. If there is not enough information to make a decision, you can always call to ask the company or speak to a knowledgeable person at a restaurant.

Lifelong seafood allergy

Crustacean and shellfish allergies predominantly affect adults and are rare among young children. In North America, fish allergies are more predominant in adults, while in countries where fish is a dietary staple, fish allergies are common among both adults and children. Allergies to fish, crustaceans and shellfish are usually lifelong conditions.

Sources of seafood

Most common fishes
Anchovy, basa, bass, bluefish, bream, carp, catfish (channel cat, mudcat), char, chub, cisco, cod, eel, flounder, grouper, haddock, hake, halibut, herring, mackerel, mahi-mahi, marlin, monkfish (angler fish, lotte), orange roughy, perch, pickerel (dore, walleye), pike, plaice, pollock, pompano, porgy, rockfish, salmon, sardine, shark, smelt, snapper, sole, sturgeon, swordfish, tilapia (St. Peter's fish), trout, tuna (albacore, bonito), turbot, white fish, whiting.

Most common crustaceans
Crab, crayfish (crawfish, écrevisse), lobster (langouste, langoustine, coral, tomalley), prawns, shrimp (crevette).

Most common shellfish
Abalone, clam, cockle, conch, limpets, mussels, octopus, oysters, periwinkle, quahaugs, scallops, land and sea snails (escargot), squid (calamari), whelks.

Seafood allergies and histamine poisoning (scombroid poisoning)

Although allergic reactions and histamine poisoning can cause similar symptoms, they are different issues. Allergies to fish, crustacean and shellfish proteins cause an allergic person's immune system to react abnormally.

Histamine is produced when some species of fish—such as anchovies, mackerel, mahi-mahi and tuna—decompose. Dangerous levels of histamine can develop when these fish are improperly handled. Histamine is toxic to everyone at high doses. If you experience symptoms such as rash, nausea, vomiting, diarrhea, headache, dizziness, burning throat, stomach pain, itchy skin or tingling after consuming these fish, seek emergency medical treatment.

Other examples of seafood
Caviar and roe (unfertilized fish eggs), kamaboko (imitation crab and lobster meat), surimi (used to make imitation crab and lobster meat), sushi and tarama (salted carp roe).

Food and products that contain or often contain seafood
Ethnic foods, for example, fried rice, paella and spring rolls
Garnishes, for example, antipasto, caponata (Sicilian relish)
Gelatin, marshmallows
Pizza toppings
Salad dressings
Sauces, for example, marinara, Nuoc Mâm, steak and Worcestershire
Seafood soups and broths
Spreads, for example, taramasalata
Sushi (California rolls)

Other possible sources of seafood
Deli meats, hot dogs (from gelatin)
Dips, spreads
Fried foods (from contaminated frying oil)

Non-food sources of seafood
Compost or fertilizers
Fish food
Lip balm, lip gloss
Pet food

Fish oil (omega-3)

People who are allergic to fish or other seafoods may not need to avoid fish oil. Fish oils on the market tend to be refined enough to remove all of the proteins that can trigger allergic reactions. However, you should consult your allergist before eating anything made with fish oils.

Sesame Allergy

In addition to the general information about food allergies, here are some issues that people with a sesame seed allergy should know about.

Sesame oil

People who are allergic to sesame seeds should also avoid sesame oil. Very few sesame oils on the market have been refined enough to remove the proteins that can trigger allergic reactions.

Read the labels

If you're allergic to sesame, the only way to avoid a reaction is to avoid all food and products that contain sesame and sesame derivatives. Don't eat a food or product if the label has precautionary statements such as "may contain sesame". Read ingredient lists carefully and learn to identify other names for sesame, such as tahini. Do not consume a food or product if there is no ingredient list or if there is a risk they might have been in contact with sesame. If there is not enough information to make a decision, you can always call to ask the company or speak to a knowledgeable person at a restaurant.

Sources of sesame

Other names for sesame seeds
Benne, benne seed and benniseed
Gingelly and gingelly oil
Seeds
Sesamol and sesamolina
Sesamum indicum
Sim sim
Til

Food and products that contain or often contain sesame seeds
Bread (for example, hamburger buns, multi-grains), bread crumbs and sticks, cereals, crackers, melba toast and muesli
Dips and spreads, for example, hummus, chutney
Ethnic foods, for example, flavoured rice, noodles, shish kebabs, stews and stir fries
Sesame oil, sesame salt (gomasio)
Tahina
Tahini (sesame paste)
Tempeh
Vegetarian burgers

Other possible sources of sesame
Some baked goods
Dressings, gravies, marinades, salads, sauces and soups
Herbs, seasonings, flavourings and spices
Vegetable pâtés
Snack foods, for example, crackers, sesame snap bars
Vegetable oil (may contain sesame oil)

Non-food sources of sesame seeds
Adhesive bandages
Cosmetics, hair care products, perfumes, soaps and sunscreens
Drugs
Fungicides and insecticides
Lubricants, ointments and topical oils
Pet food
Sesame meal, for example, poultry and livestock feed

Soy Allergy

In addition to the general information about food allergies, here are some issues that people with a soy allergy should know about.

Outgrowing a soy allergy

A soy allergy is most common in infants and typically develops around three months of age. While for most children, a soy allergy will disappear within a few years, a severe soy allergy can be a lifelong condition. Consult your allergist before reintroducing your child to soy products.

Soy Oil

People who are allergic to soy may not need to avoid soy oil. Soy oils on the market tend to be refined enough to remove all of the proteins that can trigger allergic reactions. However, you should consult your allergist before eating anything made with soy oils.

Read the labels

If you're allergic to soy, the only way to avoid a reaction is to avoid all food and products that contain soy and soy derivatives. Don't eat a food or product if the label has precautionary statements such as "may contain soy". Read ingredient lists carefully and learn to identify other names for soy, such as edamame. Do not consume a food or product if there is no ingredient list or if there is a risk they might have been in contact with soy. If there is not enough information to make a decision, you can always call to ask the company or speak to a knowledgeable person at a restaurant.

Sources of soy

Given its high protein content and its value as an emulsifying and texturizing agent, soy is common in many processed foods. Carefully review ingredient lists on all processed food to identify sources of soy.

Other names for soy

Bean curd (dofu, kori-dofu, soybean curds, tofu)
Edamame
Kinako
Natto
Nimame
Okara
Soya, soja, soybean and soyabeans
Soy protein (isolate and concentrate), vegetable protein
Textured soy flour (TSF), textured soy protein (TSP) and textured vegetable protein (TVP)
Yuba

Food and products that contain or often contain soy

Bean sprouts
Bread crumbs, cereals and crackers
Breaded foods
Hydrolyzed plant protein (HPP), hydrolyzed soy protein (HSP) and hydrolyzed vegetable protein (HVP)
Imitation dairy food
Infant formula, follow-up formula, nutrition supplements for toddlers and children
Meal replacements
Meat products with fillers, for example, burgers and prepared ground meat products
Mexican foods, for example, chili, taco fillings and tamales
Miso
Nutrition supplements
Sauces, for example, soy, shoyu, tamari, teriyaki, Worcestershire
Simulated fish and meat products, for example, surimi, imitation bacon bits, vegetarian burgers
Stews, for example, in gravies
Tempeh
Vegetarian dishes

Other possible sources of soy

Baked goods and baking mixes
Beverage mixes, for example, hot chocolate and lemonade
Canned tuna and minced hams, for example, seasoned or mixed with other ingredients for flavour
Chewing gum
Cooking spray, margarine, vegetable shortening and vegetable oil
Dressings, gravies and marinades
Frozen desserts
Lecithin
Milled corn
Meat products with fillers, for example, preprepared hamburger patties, hotdogs and cold cuts
Seafood -based products and fish
Seasoning and spices
Snack foods, for example, soy nuts
Soups, broths, soup mixes and stocks
Soy pasta
Spreads, dips, mayonnaise and peanut butter
Thickening agents
Mono-diglyceride
Monosodium glutamate (MSG) (may contain hydrolyzed protein)

Non-food sources of soy

Cosmetics and soaps
Craft materials
Glycerine
Milk substitutes for young animals
Pet food
Vitamins

Sulphite Sensitivity

In addition to the general information about food allergies, here are some issues that people with a sulphite sensitivity should know about.

Allergy or sensitivity

True allergic reactions only occur after exposure to an allergenic protein. Since sulphites are not proteins, a reaction to sulphites is not due to an allergy but to a sensitivity. Regardless, a sulphite-sensitive person may experience the same life-threatening symptoms during a reaction to sulphites as occurs during an allergic reaction.

Where sulphites are used

Sulphites are added to some processed foods to maintain colour, prolong shelf life and prevent the growth of microorganisms. Sulphites are also sometimes used to bleach food starches and are used in the production of some packaging materials, such as cellophane. The use of sulphites in food is regulated under Canadian law.

Read the Labels

If you're sensitive to sulphites, the only way to avoid a reaction is to avoid all food and products that contain sulphites and sulphites derivatives. Don't eat a food or product if the label has precautionary statements such as "may contain sulphites". Read ingredient lists carefully and learn to identify other names for sulphites, such as potassium bisulphite. Do not consume a food or product if there is no ingredient list or if there is a risk they might have been in contact with sulphites. If there is not enough information to make a decision, you can always call to ask the company or speak to a knowledgeable person at a restaurant.

Sources of sulphite

Other names for sulphites

E 220, E 221, E 222, E 223, E 224, E 225, E 226, E 227, E 228 (European names)
Potassium bisulphite or metabisulphite
Sodium bisulphite, dithionite, metabisulphite or sulphite
Sulphur dioxide
Sulphiting agents
Sulphurous acid

Food and products that often contain sulphites

Alcoholic and non-alcoholic beer and cider
Bottled lemon and lime juices and concentrates
Canned and frozen fruits and vegetables
Cereal, cornmeal, cornstarch, crackers and muesli
Condiments, for example, coleslaw, horseradish, ketchup, mustard, pickles, relish and sauerkraut
Dehydrated, mashed, peeled and pre-cut potatoes, and frozen french fries
Dried fruits and vegetables, such as apricots, coconut and raisins, sweet potato
Dried herbs, spices and teas
Fresh grapes
Fruit fillings and syrups, gelatin, jams, jellies, preserves, marmalade, molasses and pectin
Fruit and vegetable juices
Glazed and glacéed fruits, for example, maraschino cherries
Starches, for example, corn starch, potato starch
Sugar syrups, for example, glucose, glucose solids, syrup dextrose, corn syrup, table syrup
Tomato pastes, pulps and purees
Vinegar and wine vinegar
Wine

Other possible sources of sulphites

Baked goods, especially with dried fruits
Deli meats, hot dogs and sausages
Dressings, gravies, guacamole, sauces, soups and soup mixes
Fish, crustaceans and shellfish
Granola bars, especially with dried fruit
Noodle and rice mixes
Snack foods, for example, raisins, fruit salad
Soy products

Non-food sources of sulphites

Bottle-sanitizing solutions for home brewing
Cellophane

Tree Nut Allergy

In addition to the general information about food allergies, here are some issues that people with a tree nut allergy should know about.

Nuts of concern for a tree nut allergy

Some tree nuts are considered to be priority allergens in Canada. These are almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios and walnuts. There are other tree nuts not included in this list that can also cause allergic reactions in rare instances.

Tree nuts and peanuts

People with tree nut allergies may be allergic to a single type of tree nut or they may be allergic to two or more different tree nuts. Although the peanut is part of the legume family and not a tree nut, some people with tree nut allergies also react to peanuts. Consult your allergist before eating peanuts or any tree nut that is not a regular part of your diet.

Read the labels

If you're allergic to tree nuts, the only way to avoid a reaction is to avoid all food and products that contain tree nuts and tree nut derivatives. Don't eat a food or product if the label has precautionary statements such as "may contain tree nuts". Read ingredient lists carefully and learn to identify other names for tree nuts, such as nut meats or filberts. Do not consume a food or product if there is no ingredient list or if there is a risk they might have been in contact with tree nuts. If there is not enough information to make a decision, you can always call to ask the company or speak to a knowledgeable person at a restaurant.

Sources of tree nuts

Other names for tree nuts
Anacardium nuts
Filberts (hazelnuts)
Nut meats
Pinon
Queensland nut (macadamia)

Food and products that contain or often contain tree nuts
Calisson (a marzipan-like candy made from almonds)
Dishes such as almond chicken, pad thai, satay, chili and trout amandine
Gianduja and giandula (chocolate blended with hazel nuts)
Marzipan (almond paste)
Tree nut oils
Pralines
Spreads, for example, almond paste-based spreads, cheese spreads, chocolate nut spreads
Nougat (sugar paste made with nuts), for example, Torrone
Nut butter, for example, almond butter, cashew butter
Nutella
Vegetarian dishes

Other possible sources of tree nuts
Baked goods
Baking mixes, cereals, crackers and muesli
Barbecue and pesto sauces
Dressings and gravies
Flavoured coffees
Frozen desserts
Liqueurs, for example, amaretto, Frangelico
Natural flavourings and extracts, for example, pure almond extract
Salads, for example, Waldorf salad
Snack foods, for example, trail mix

Non-food sources of tree nuts
Bean bags, kick sacks/hacky sacks
Bird seed
Cosmetics, hair care products, sun screens
Massage oils
Pet food

Tree nuts oil

People who are allergic to tree nuts should also avoid tree nut oil. Very few tree nut oils on the market have been refined enough to remove the proteins that can trigger allergic reactions.

Coconut and nutmeg

Coconut and nutmeg are not included in the list of tree nuts. Most people with a tree nut allergy can eat coconut and nutmeg safely. Some people, however, do react to coconut and nutmeg. If you have a tree nut allergy, consult your allergist before trying coconut or nutmeg products.

Wheat Allergy

In addition to the general information about food allergies, here are some issues that people with a wheat allergy should know about.

Wheat allergy or celiac disease?

There are important differences between a wheat allergy and celiac disease. A wheat allergy causes a person's immune system to react abnormally to proteins found only in wheat. Celiac disease is a disorder that triggers abnormal immune reactions to the gluten found in wheat (including kamut and spelt), barley, rye, and triticale. For people with celiac disease, eating food with gluten can damage the lining of their small intestines, thus impairing their ability to absorb nutrients. This can lead to diarrhea, weight loss, malnutrition and other serious health consequences. Consult your allergist or a physician if you suspect you have a wheat allergy or celiac disease.

More information on celiac disease is available on the Health Canada website at: **www.healthcanada.gc.ca/celiac**

Outgrowing a wheat allergy

A wheat allergy develops most commonly in infants and tends to disappear within five years. Adults who develop a wheat allergy, however, are likely to retain it. Consult your allergist before reintroducing your child to wheat products.

Read the labels

If you're allergic to wheat, the only way to avoid a reaction is to avoid all food and products that contain wheat and wheat derivatives. Don't eat a food or product if the label has precautionary statements such as "may contain wheat". Read ingredient lists carefully and learn to identify other names for wheat, such as semolina. Do not consume a food or product if there is no ingredient list or if there is a risk they might have been in contact with wheat. If there is not enough information to make a decision, you can always call to ask the company or speak to a knowledgeable person at a restaurant.

Exercise and wheat allergy

A rare and poorly understood condition known as food-dependent, exercise-induced anaphylaxis is most commonly linked to wheat, although other foods have also been known to trigger this condition. People with this condition can experience anaphylactic reactions when they exercise soon after eating a particular food allergen. They do not react, however, if they delay exercise by several hours.

Sources of wheat

Other names for wheat
Atta
Bulgur
Couscous
Durum
Einkorn
Emmer
Enriched, white and whole-wheat flour
Farina
Fu
Graham, high-gluten and high-protein flour
Kamut
Seitan
Semolina
Spelt (dinkel, farro)
Triticale (a cross between wheat and rye)
Triticum aestivum
Wheat bran, flour, germ

Food and products that contain or often contain wheat
Breads and baked goods
Baking mixes, powder and flour
Beer
Cereal-based coffee substitutes (chicory, barley)
Chicken and beef broth (cans and bouillon cubes)
Falafel
Gluten
Host (communion, altar bread and wafers)
Hydrolyzed plant protein
Imitation bacon
Pie fillings and puddings
Sauces, for example, chutney, soy and tamari sauce
Seasonings

Other possible sources of wheat
Deli meats, hot dogs and surimi
Gelatinized starch, modified starch and food starch
Ice cream
Prepared ketchup and mustard
Salad dressings
Snack foods, for example, crackers, cereal

Non-food sources of wheat
Cosmetics and hair-care products
Medications and vitamins
Modeling compound for example, PLAY-DOH
Pet food
Wreath decorations

Notes

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