

Food Allergy Information for Homeroom Parents and Class Parties

Nothing should be prepared at home and brought to school. All food must be store-bought and have a manufacturer's ingredient label. Food packages should not be opened until they are on campus. Store-bought ingredients must be combined and fruit must be sliced on campus under a teacher's supervision. This is necessary to prevent "cross-contact" (cross-contamination) with other foods.

Better Bites Bakery is a local allergy-friendly bakery. It's a little pricier than HEB, but the kids won't know they're not eating "normal" cupcakes (or cookies or whatever) -- they're that good.

A good resource for nut-free snacks is the Snack Safely Guide - SnackSafely.com

Be aware of unexpected sources of allergens in ingredient lists. The following examples are taken from "Tips for Avoiding Your Allergen" ©2014, Food Allergy Research & Education (FARE) www.foodallergy.org



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

Milk is sometimes found in the following: artificial butter flavor, baked goods, caramel candies, chocolate, lactic acid starter, culture and other bacterial cultures luncheon meat, hot dogs, sausages, margarine, nisin, nondairy products, nougat



For a Wheat-Free Diet

Avoid foods that contain wheat or any of these ingredients: bread crumbs, bulgur, cereal extract, club wheat, couscous, cracker meal, durum, einkorn, emmer, farina, flour (*all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat*), hydrolyzed wheat protein, Kamut®, matzoh, matzoh meal, (*also spelled asmatzo, matzah, or matza*) pasta, seitan, semolina, spelt, sprouted wheat, triticale, vital wheat gluten, wheat (*bran, durum, germ, gluten, grass, malt, sprouts, tarch*), wheat bran hydrolysate, wheat germ oil, wheat grass, wheat protein isolate, whole wheat berries

Wheat is sometimes found in the following: glucose syrup, oats, soy sauce, starch (*gelatinized starch, modified starch, modified food starch, vegetable starch*), surimi



For an Egg-Free Diet

Avoid foods that contain eggs or any of these ingredients: albumin (*also spelled albumen*), egg (*dried, powdered, solids, white, yolk*), eggnog, globulin, livetin, lysozyme, mayonnaise, meringue (*meringue powder*), surimi, vitellin, words starting with “ovo” or “ova” (*such as ovalbumin*)

Egg is sometimes found in the following: baked goods, breaded items, drink foam (*alcoholic, specialty coffee*), egg substitutes, fried rice, ice cream, lecithin, marzipan, marshmallows, meatloaf or meatballs, nougat, 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. 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, miso, natto, soy (*soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt*), soya, soybean (*curd, granules*), soy protein (*concentrate, hydrolyzed, isolate*), shoyu soy sauce, tamari, tempeh, textured vegetable protein (*TVP*), Tofu

Soy is sometimes found in the following: Asian cuisine, vegetable broth, vegetable gum, 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, crab, crawfish (*crawdad, crayfish, ecrevisse*), krill, lobster (*langouste, langoustine, Moreton bay bugs, scampi, tomalley*), prawns, shrimp (*crevette, scampi*)

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

Shellfish are sometimes found in the following: Bouillabaisse, cuttlefish ink, glucosamine, fish stock, seafood flavoring (*e.g., crab or clam extract*), surimi

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.



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For a Peanut-Free Diet

Avoid foods that contain peanuts or any of these ingredients: artificial nuts, beer nuts, cold pressed, expeller pressed, or extruded peanut oil, goobers, ground nuts, mixed nuts, monkey nuts, nut pieces, nut meat, peanut butter, peanut flour, peanut protein hydrolysate

Peanut is sometimes found in the following: African, Asian (*especially Chinese, Indian, Indonesian, Thai, and Vietnamese*), and Mexican dishes; baked goods (*e.g., pastries, cookies*), candy (*including chocolate candy*), chili, egg rolls, enchilada sauce, marzipan, mole sauce, nougat

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

Tree nuts are sometimes found in the following: black walnut hull, extract (*flavoring*), natural nut extract, nut distillates/alcoholic extracts, nut oils (*e.g., walnut oil, almond oil*), walnut hull extract (*flavoring*)

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

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.