









Major Food Allergen Requirements

The person in charge of a food facility is required by law to have adequate knowledge of major food allergens, foods identified as major food allergens, and the symptoms that a major food allergen could cause in a sensitive individual who has an allergic reaction.

"Major Food Allergen" means all of the following		
Allergen	Most Common Foods that may contain these allergens (not all food items included on this list)	Symptoms
Milk 	Butter, buttermilk, butter fat, half and half, cheese, sour cream, cream, cottage cheese, sour milk, casein, milk from animals, whey, yogurt, pudding, ghee, custards, and/or curds.	Hives, upset stomach, vomiting, blood stools, anaphylaxis.
Eggs 	Dried egg, egg white, egg yolk, eggnog, meringue, powdered eggs, egg solids, mayonnaise, albumin, and/or lysozyme.	Skin reaction, such as swelling, rash, hives, or eczema, wheezing/difficult breathing, runny nose and sneezing, red or watery eyes, stomach pain, nausea, vomiting, diarrhea, and/or anaphylaxis.
Fish 	Bass, flounder, cod, catfish, perch, salmon, herring, halibut, trout, tilapia, tuna, pike, perch, and/or anchovies.	Hives or a skin rash, nausea, stomach cramps, indigestion, vomiting, diarrhea, headaches, asthma, anaphylaxis.
Crustacean Shellfish 	Shrimp, lobster, crab, crawfish, krill, prawns, and/or barnacle.	Vomiting, stomach cramps, indigestion, diarrhea, hives, shortness of breath, wheezing, repetitive cough, tight, hoarse throat, trouble swallowing, swelling of tongue/lip, weak pulse, pale or blue coloring of the skin, dizziness or confusion.
Tree Nuts 	Almonds, walnuts, pecans, beechnut, butternut, cashew, brazil nut, chestnut, coconut, filbert/hazelnut, hickory nut, lichee nut, pili nut, pine nut, pistachio, nut butters, and/or macadamia nut.	Abdominal pain, diarrhea, difficulty swallowing, itching of the mouth, throat, eyes, skin, nasal congestion, nausea, shortness of breath, anaphylaxis.
Wheat 	Flour, bread crumbs, club wheat, durum, einkorn, emmer, farina, hydrolyzed wheat protein, pasta, wheat germ oil, wheat grass, wheat malt, wheat sprouts, and/or whole wheat berries.	Hives or skin rash, nausea, stomach cramps, indigestion, vomiting or diarrhea, sneezing, headaches, asthma, anaphylaxis.
Peanuts 	Artificial nuts, beer nuts, gobbers, ground nuts, mixed nuts, nut meat, monkey nuts, peanut butter, peanut flour, and/or peanut protein hydrolysate.	Anaphylaxis, itchy skin or hives, itching or tingling sensation in or around the mouth or throat, nausea, runny or congested nose.
Soybeans 	Edamame, miso, natto, shoyu, soya, soybean (curd, granules), soy sauce, tamari, tempeh, soy yogurt, soy flour, and/or tofu.	Rash or hives, itching in the mouth, nausea, vomiting or diarrhea, stuffy or runny nose, wheezing, anaphylaxis.

*** A food ingredient that contains protein derived from a food listed above.

Food Allergen Requirements For Food Facility

Food Allergen DOES NOT include:	The Person in Charge shall comply with both of the following:	Approved and Accredited Exams	Food Allergen labeling can appear in one of two ways on a food label:
A highly refined oil derived from a food specified in the nine food allergens listed above and any ingredient derived from that highly refined oil.	Have adequate knowledge of Major Food Allergens, foods identified as Major Food Allergens, and the symptoms that a Major Food Allergens could cause in a sensitive individual who has an allergic reaction.	Describe food identified as major food allergens and the symptoms that a major food allergen could cause in sensitive individual who has an allergic reaction.	In parenthesis following the name of the ingredient. Examples: "flour (wheat)," "butter (milk)"
An ingredient that is exempt under the petition or notification process specified in the federal food allergen labeling and Consumer Protection Act of 2004 (Public Law 108-282).	Educate the employees at the food facility regarding the information described in paragraph 1), which the person in charge may elect to accomplish by, among other methods, using a poster or job aid to which the employee can refer		Immediately after the ingredients with the word "Contains." Example: Contains wheat, milk, eggs, peanuts, soy

