

## Major food allergen

Major food allergens are any of the following food ingredients:

- Milk
- Eggs
- Fish (such as bass, flounder or cod)
- Crustacean shellfish (such as crab, lobster or shrimp)
- Tree nuts (such as almonds, pecans or walnuts)
- Wheat
- Peanuts
- Soybeans
- Sesame
- A food ingredient containing protein derived from these listed food ingredients

Highly refined oil derived from these food ingredients and ingredients derived from such highly refined oil **are not** included in this definition.

Ingredients exempt under the petition or notification process specified in the Food Allergen Labeling and the Consumer Protection Act of 2004 (Public Law 108-282) **are not** included in this definition.

## Person in Charge

The Person in Charge (PIC) must demonstrate their knowledge of major food allergens by either:

- 1) Obtaining a certified Food Protection Manager Certification, or
- 2) Demonstrating knowledge by describing foods identified as major food allergens and the symptoms those allergens could cause in an individual who has an allergic reaction after consumption.

The PIC must ensure that food employees are trained in food allergy awareness. At minimum, training should:

- Identify allergens and the hazards associated with sensitive individuals and allergens
- Cover principles of allergen cross-contact prevention
- Cover prevention protocols of allergen cross-contact

The PIC must inform consumers of the presence of major food allergens as an ingredient in unpackaged food served or sold using written notification. Written notification can be communicated by means such as brochures, deli case or menu advisories, label statements, table tents, placards, or other effective written or visual means.

## Food labels – 410 IAC 7-26-221

Label information must include the name of the food source for each major food allergen contained in the food unless the food source is already listed in the common name of the ingredient. Otherwise, the allergen's food source must be declared at least once on the food label:

- 1) In parentheses following the name of the ingredient in the ingredient list
  - Example: Chicken, Corn, Flour (wheat)

**OR**

- 2) Immediately after or next to the list of ingredients in a "contains" statement
  - Example: Chicken, Corn, Flour  
Contains Wheat

## **Symptoms of food allergies**

Also known as allergic reactions, symptoms of food allergies occur when an individual consumes one or more food allergens. Symptoms are not universal and will not present uniformly in each impacted individual. Additionally, a variety of factors including the amount of food allergen consumed will determine the severity of the reaction, which is why it is imperative that PICs are proactive in prevention.

Symptoms can include:

- Hives
- Flushed skin or rash
- Tingling or itchy sensation
- Face, tongue or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing or wheezing
- Dizziness and/or lightheadedness
- Swelling of the throat or vocal cords
- Difficulty breathing
- Loss of consciousness

In severe cases, allergic reactions can cause anaphylaxis, a life-threatening reaction. If not immediately addressed, anaphylaxis can lead to:

- Constricted airways
- Suffocation via swelling of throat and larynx
- Anaphylactic shock (severe lowering of blood pressure + shock)

In cases where an individual experiences symptoms of an allergic reaction and they have a known food allergy, they should:

- Stop consuming the food immediately
- Seek medical attention
- Evaluate the need for emergency treatment



## Prevent allergen cross-contact

Cross-contact can result in unintentional instances of introducing allergens into foods that do not contain allergens and thus not properly declared on the food label. Allergen cross-contact controls permit separation by time and space between:

- 1) Allergen-containing products and non-allergen-containing products, AND
- 2) Products containing different allergens.

Addressing allergen cross-contact during the receiving, storing and processing stages of both allergen-containing and non-allergen-containing ingredients can help mitigate the risk of cross-contact and cross-contamination.

**Source: U.S. Food and Drug Administration “[Food Allergies: What You Need to Know](#)” and “[APPENDIX 9: ALLERGEN CROSS-CONTACT PREVENTION](#)”.**

