

Catering to Food Allergic Clients Experience 2009!

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Content Outline

I. Prevalence

- a. 4% of U.S. population has a food allergy
- b. Anaphylaxis occurs frequently from food
- c. Increase in prevalence over past 10 years (18% in children)

II. Major Food Allergens

- a. Peanut, Tree Nuts (ex: almonds, cashews, walnuts, pistachios)
Milk, Egg, Soy, Shellfish(ex: shrimp, crab, lobster) Fish, Wheat

III. Definitions

- a. Food Hypersensitivity (interaction between food and immune system)
- b. Anaphylaxis- Serious allergic reaction
 - i. Pathophysiology

- ii. Symptoms (skin, respiratory, GI, cardiovascular)
- iii. Management- Epinephrine intramuscular shot

IV. Diagnosis

- a. Skin Prick Test- Introduce small amount of allergen into skin
- b. Blood Test- Identifies presence of food-specific IgE antibodies
- c. Food Challenge- Physician supervised consumption of increasing doses of suspected food

V. Allergy vs. Intolerance

- a. Lactose Intolerance (non-immunologic reaction)
 - i. Milk sugar, lactose
- b. Irritant Dermatitis
 - i. Acidic foods cause red patch around mouth
- c. Oral Allergy Syndrome (pollen-food associations)
 - i. Individuals with allergies to pollen experience oral symptoms after eating raw fruits and/or vegetables
- d. Latex-Fruit Syndrome
 - i. Cross reacting homologous proteins: banana, avocado, chestnut, kiwi
- e. Sulfite-Induced Asthma
 - i. Avoid foods containing sulfites
- f. Celiac Disease –Hypersensitivity to gluten

- i. Grains containing gluten: wheat, rye, barley, spelt, kamut, semolina, durum, triticale, possibly oats
- ii. Grains allowed on gluten-free diet: rice, corn, soy, potato, tapioca, beans, sorghum, quinoa, millet, buckwheat, arrowroot, amaranth, teff, flax, montina

VI. Communication

- a. Customer's role
- b. Restaurant staff
 - i. Avoid cross contact/contamination (buffets, frying oil, dessert area, grills, cutting boards)
 - 1. During handling, preparation, and serving
 - ii. Knowledge about food allergy/impact on food allergic customer
 - iii. Peanut vs. Tree nut

VII. FAAN

- a. www.foodallergy.org
- b. "Welcoming Guests with Food Allergies"

VIII. Label Reading

- a. Declaring Major Food Allergens/FALCPA-Food Labeling and Consumer Protection Act
- b. Applies to FDA regulated food products

- i. Clearly state the food source within Ingredient List
- ii. “Contains Statement”
- iii. Precautionary statements- Need to be taken seriously
 1. “Might contain...”
 2. “May contain...”
 3. “Processed on lines with.....”

IX. Role of Catering Executive

- a. Food allergy awareness posters
- b. Recipe book that lists presence of 8 common allergens
 - i. Food allergy training and awareness programs
- c. Create a win-win situation
 1. Loyal, appreciative customers
 - ii. Greater financial return