

# Anaphylaxis Checklist:

## READING FOOD LABELS

The majority of food allergies are caused by peanuts, tree nuts (e.g. almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pistachios, pine nuts, walnuts), milk, eggs, sesame seeds, fish, shellfish, soy, lupins and wheat.



The Food Standards Code initiated and monitored by Foods Standards Australia & New Zealand (FSANZ) requires the foods above to be declared on labels whenever they are present as ingredients, or if they are used as additives or in the processing of food.<sup>1</sup>

So, in addition to nutritional information (energy, protein, fat, sugar, sodium etc. per serve and per 100g), food manufacturers are now required to include ingredients and highlight any allergen that falls under a list compiled by the Allergy Collaboration group.

The following ingredients need to be declared in the Ingredients panel:<sup>1</sup>

- Milk
- Peanuts
- Tree Nuts
- Wheat
- Seafood
- Shellfish
- Lupins
- Soy
- Eggs
- Sesame seeds

There may also be an Advisory Panel on the label, warning of other contents such as bee pollen, propolis, aspartame, plant sterols and caffeine.

You may also see labels with a statement like “May contain traces of...” This is an advisory warning because manufacturing processes may not be able to guarantee no cross-contamination of potential allergens.

Occasionally, there is a known issue with a food manufacturer. FSANZ provides a useful alert system using the following channels:



<https://www.facebook.com/Food.Standards>



<https://twitter.com/fsanznews>

Make it a habit to read a label before you purchase food products, or serve someone who has a severe allergy.



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