



Allergy & Anaphylaxis  
**Australia**

Your trusted charity for allergy support

**ADOPT AN ALLERGY KIT**

[www.foodallergyaware.com.au](http://www.foodallergyaware.com.au)



**ADOPT AN  
ALLERGY**

**BE AWARE. SHOW YOU CARE**

**FOOD ALLERGY WEEK 17-23 MAY 2015**

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ABN: 70 693 242 620

Food Allergy Week aims to increase awareness of food allergy in the community in an effort to promote understanding and help protect those at risk.

The 2014 theme is **Be Aware. Show You Care.**



**Be Aware** is about raising awareness of the prevalence of food allergy in Australia, that in fact, one in 10 babies born here will develop a food allergy.

**Show You Care** is a call for community support. There are several ways that you, your family and/or friends can get behind Food Allergy Week.

This kit explains how to adopt an allergy for one day during Food Allergy Week to better understand the challenges those with allergy face every single day.

## STEP 1

### Choose your allergy

People can be allergic to any food. In fact, there are 170 different foods that are known to cause anaphylaxis (a severe and potentially life threatening allergic reaction).

The nine most common food allergies are; egg, fish, shellfish, soy, wheat, cow's milk, sesame, peanuts and treenuts.

## STEP 2

### Avoid that allergen for day

To avoid a specific ingredient means it is essential to:

- Avoid ingestion by knowing what is in everything you eat. This means reading every label and asking what is in food prepared for you
- Understand the risks of potential cross contamination. For example, deep fried foods are often fried in the same oil or BBQs from previous uses

## STEP 3

Fill in a food diary for the day and share what you learnt from the experience with friends and family

# ALLERGY CARDS

## EGG Allergen Card

**Ingredients to avoid if you are allergic to egg\*:**

- Albumin
- Avidin
- Binder
- Dried eggs
- Egg
- Egg solids
- Egg substitutes (some)
- Egg white
- Egg white solids
- Egg yolk
- Flavoproteins
- Glaze (on baked goods)
- Globulin
- Imitation egg product
- Livetin
- Lysozyme
- Meringue mix
- Ovalbumin
- Ovglycoprotein
- Ovomucoid
- Ovomuxiod
- Powdered egg

**Products which might contain egg include:**

- Baked products
- Battered foods
- Biscuits
- Cakes (eg sponge, angel)
- Confectionary
- Crumbed foods
- Custards
- Doughnuts
- Drink mixes
- Frittatas
- Fritters
- Frozen desserts
- Glazed foods
- Icing on cakes
- Macarons
- Malted drinks
- Marshmallow
- Marzipan
- Mayonnaise
- Meat loaf/hamburgers
- Meringue
- Mousse
- Naan bread
- Noodles
- Nougat
- Omelettes
- Pasta
- Pastries
- Pavlovas
- Pizzas
- Quiche
- Quick breads
- Rissoles
- Salad dressings
- Sauces (eg Hollandaise)
- Soufflés
- Soups
- Sushi
- Sweets/lollies
- Vegetarian meat substitutes (eg vegetarian sausages)
- Waffles

\*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with egg allergy. It is NOT meant to replace medical advice given by your doctor.

Remember: Cosmetics, lotions, shampoos, moisturisers and the like can contain food allergens. Some medications (prescribed and over the counter) and alternate therapies can also contain food allergens.

## FISH Allergen Card

**Fish that may be used as an ingredient include\*:**

- Anchovy
- Bass
- Bluefish
- Bream
- Carp
- Catfish
- Caviar
- Char
- Chub
- Cisco
- Cod
- Eel
- Flounder
- Grouper
- Haddock
- Hake
- Halibut
- Herring
- Imitation crab
- Mackerel
- Mahi-mahi
- Marlin
- Monkfish
- Orange Roughy
- Perch
- Pickrel
- Pike
- Plaice
- Pollock
- Pompano
- Porgy
- Rockfish
- Salmon
- Sardine
- Shark
- Smelt
- Snapper
- Sashimi
- Surimi
- Tilapia

- Trout
- Tuna
- White Fish
- Whiting

**Products which might contain fish include:**

- Antipasto
- Asian dishes
- Canned spreads
- Caesar salad
- Dips
- Gelatin
- Greek dishes
- Marshmallow
- Pizza toppings
- Salad dressings
- Sauces (eg Worcestershire)
- Soups
- Sushi

*Please note: that it is possible for an allergic reaction to occur from cooking odours or handling of fish. Food served in a seafood or other restaurant may be cross contaminated with fish or shellfish during storage, pre-paration and cooking.*

\*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with fish allergy. It is NOT meant to replace medical advice given by your doctor.

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## MILK Allergen Card

**Ingredients to avoid if you are allergic to milk\*:**

- ALL DAIRY PRODUCTS**
- A2 Milk
  - Ammonium caseinate
  - Butter/Butter fat
  - Calcium caseinate
  - Casein
  - Casein hydrolysate
  - Caseinates
  - Cheese
  - Cream
  - Cultured buttermilk
  - Curds
  - Delactosed whey
  - Ghee
  - Hydrolysed casein
  - Hydrolysed whey
  - Infant formula cow's milk based including partially hydrolysed ( HA) formula
  - Imitation milk
  - Lactalbumin
  - Lactalbumin phosphate
  - Lacto acidophilus
  - Low fat milk
  - Magnesium caseinate
  - Malted milk
  - Milk<sup>+</sup>
  - Nougat
  - Potassium caseinate
  - Rennet casein
  - Sodium caseinate
  - Sour cream
  - Skim milk
  - Sweet whey
  - Whey protein
  - Whey solids
  - Whey/Whey powder
  - Yoghurt

**Products which might contain milk include:**

- Baked goods (cakes, etc)
- Batter fried foods
- Bottled water
- Canned products (i.e.any)
- Caramel lollies
- Cheese
- Cheese powder
- Chocolate
- Coated/seasoned foods
- Custards and puddings
- Deli meats
- Dips
- Egg replacers
- Fat substitutes
- Flavouring (natural/artificial)
- Flavoured coffees, drinks
- Frozen desserts
- Fruit Juice
- Gravy
- Herbal medicine
- High protein flour
- Ice cream
- Lactic acid starter culture
- Margarine spreads
- Meat pies
- Non-dairy cheeses
- Non-dairy whiteners
- Pastries
- Poultry/turkey (basted)
- Probiotics
- Protein hydrolysate
- Salad dressings
- Sauces and spreads
- Sausages
- Soups/soup mixes
- Sports drinks
- Stock
- Vegetable stock
- Whitener

+Any product containing the word milk from an animal source must be avoided (eg goat milk).

\*\*Lactose does not normally contain the protein that causes reactions, but there may be a risk of contamination with milk protein. Lactose found in medication is generally safe

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# ALLERGY CARDS

## PEANUT Allergen Card

### Ingredients to avoid if you are allergic to peanut\*:

Arachis oil  
 Beer nuts  
 Goober nuts  
 Groundnuts  
 Madelonas  
 Mixed nuts  
 Monkey Nuts  
 Nu-nuts  
 Nut pieces  
 Nutmeat  
 Peanut  
 Peanut butter  
 Peanut oil  
 (cold pressed, expelled or extruded)  
 Peanut sprouts

Any products containing peanut or peanut derivatives must be avoided (eg peanut flour, sodium peanutate, and peanutamide).

Allergy specialists often advise peanut-allergic individuals to also avoid tree nuts. Those allergic to peanuts are not often allergic to other legumes.

However, peanut allergic individuals may also react to lupin (eg lupin flour and lupini beans).

### Products which might contain peanut include:

African dishes  
 Asian/Indian dishes  
 Biscuits  
 Breakfast cereals  
 Chocolates  
 Dried fruit mixes  
 Gravy  
 Health food bars  
 Ice creams  
 Lollies  
 Marzipan  
 Mexican dishes  
 Nougat  
 Praline  
 Pesto  
 Salad/salad dressing  
 Sauces  
 Snack foods  
 Soup  
 Vegan dishes

\*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with peanut allergy. It is NOT meant to replace medical advice given by your doctor.

Those with nut allergy generally do not need to avoid coconut and nutmeg.

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## SESAME Allergen Card

### Ingredients to avoid if you are allergic to Sesame\*:

Benne  
 Benniseed  
 Gingelly seeds  
 Sesame  
 Sesame seed  
 Sesarmol  
 Sesomolina  
 Sim sim  
 Tahina  
 Tahini  
 Til

Any food containing sesame or sesame derivatives must be avoided (eg sesame flour, sesame seed paste).

### Products which might contain sesame include:

Asian foods  
 Bakery goods  
 Crackers  
 Dips  
 Dressings  
 Halvah  
 Herbs  
 Marinades  
 Middle Eastern foods  
 Nutritional snacks  
 Patés  
 Pretzels  
 Salads  
 Spices  
 Spreads

\*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with sesame allergy. It is NOT meant to replace medical advice given by your doctor.

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## SHELLFISH Allergen Card

(crustaceans & mollusc)

### Avoid all foods containing any shellfish to which you are allergic\*:

Abalone  
 Clams  
 Cockle  
 Crab  
 Crawfish  
 Lobster  
 Molluscs  
 Mussels  
 Octopus  
 Oysters  
 Prawns  
 Scallops  
 Shrimp (crevette)  
 Sea snails  
 Squid (calamari)

Food served in seafood or other restaurant may be cross contaminated with fish or shellfish during storage, preparation and cooking.

### Products which may contain shellfish include:

Bouillabaisse  
 Cuttlefish ink  
 Fish stock  
 Flavouring (natural/artificial)  
 Sauces (eg fish sauce)  
 Seafood flavouring (eg clam)  
 Squid ink  
 Surimi

Please note that it is possible for an allergic reaction to occur from cooking odours or handling of shellfish.

\*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with shellfish allergy. It is NOT meant to replace medical advice given by your doctor.

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# ALLERGY CARDS

## SOY Allergen Card

### Ingredients to avoid if you are allergic to soy\*:

Bean curd  
Endamame  
Hydrolysed plant protein  
Hydrolysed soy protein  
Hydrolysed vegetable protein  
Miso  
Natto  
Okara  
Soja  
Soy  
Soya  
Soyabean  
Soybean  
Tamari  
Tempah  
Textured vegetable protein  
Tofu  
Yuba

### Products which might contain soy include:

Vegetable stock  
Vegetable broth  
Vegetable gum  
Vegetable starch  
Flavouring (natural/artificial)

*Any food containing soy or soy derivatives must be avoided (eg soymilk, soy sauce, soy flour).*

*Research studies indicate that most individuals who are allergic to soy can safely eat soy lecithin and soyabean oil.*

\*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with soy allergy. It is NOT meant to replace medical advice given by your doctor.

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## TREE NUT Allergen Card

### Ingredients to avoid if you are allergic to tree nuts\*:

Almonds  
Artificial nuts  
Brazil nuts  
Carponata  
Cashews  
Gianduja (a nut mix)  
Hazelnuts/Filberts  
Hickory nuts  
Indian nuts  
Macadamia nuts  
Marzipan/almond paste  
Non-gai nuts  
Natural nut extract  
Pecans/mashuga nuts  
Pine nuts\*  
Pistachios  
Pralines  
Shea nuts  
Walnuts

\*Pine nuts are also known as: pinyon, pignoli, pignollia, pinon and pignon.

Any food containing nut or nut derivatives must be avoided (eg nut butters, nut meal, nut oil). Allergy specialists often advise those with tree nut allergy to also avoid peanuts.

People with tree nut allergy are very rarely allergic to chestnuts. The protein in chestnuts is similar to the protein in some pollens which cause allergic rhinitis/hay fever. Those with latex allergy can be allergic to chestnut.

### Products which may contain tree nuts include:

African dishes  
Asian/Indian dishes  
Baked goods  
Biscuits  
Breakfast cereals  
Cereals  
Chocolate  
Chocolate spreads  
Dried fruit mixes  
Flavouring (natural/artificial)  
Flavoured coffees, drinks  
Frozen desserts  
Health food bars  
Ice cream  
Lollies  
Marzipan  
Mexican dishes  
Nougat  
Pastries  
Pesto  
Salads  
Snack foods  
Vegan dishes

\*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with tree nut allergy. It is NOT meant to replace medical advice given by your doctor.

Those with nut allergy generally do not need to avoid coconut and nutmeg.

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## WHEAT Allergen Card

### Ingredients to avoid if you are allergic to wheat\*:

Bran  
Breadcrumbs  
Bulgur  
Couscous  
Cracker meal  
Farina  
Flour\*  
Gluten  
Kamut  
Matzoh  
Pasta  
Seitan  
Semolina  
Soy sauce  
Spelt  
Tabouleh  
Triticale  
Wheat+

### Whole wheat berries

\*All-purpose, bread, durum, cake, enriched, high gluten, high protein instant, multigrain, pastry, plain, self-raising, soft wheat, steel ground, stone ground, whole meal, whole wheat.

+Bran, germ, flakes, sprouts, cornflour.

Remember: Cosmetics, lotions, shampoos, moisturisers and the like can contain food allergens. Some medications (prescribed and over the counter) and alternate therapies can also contain food allergens.

### Products which might contain wheat include:

Baked goods (eg bread, cakes, donuts, muffins)  
Baking mixes/powder  
Battered fried foods  
Biscuits  
Breakfast cereals  
Canned soups/stocks  
Chips  
Chocolate  
Corn chips  
Crisps  
Crumbed foods  
Flavouring (natural/artificial)  
Gravy  
Hydrolysed protein  
Ice cream  
Icing sugar  
Ice cream cones  
Lollies  
Malted milk  
Marshmallow  
Mayonnaise  
Noodles  
Pancakes  
Pastry  
Pizza  
Processed meats  
Sauces/gravy mixes  
Snack foods  
Soy sauce  
Starch (eg modified, vegetable, gelatinised)  
Surimi  
Vegetable gum/starch  
Wrap

\*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with wheat allergy. It is NOT meant to replace medical advice given by your doctor.

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# FOOD DIARY

I am adopting a.....allergy. I need to avoid all food that contains ingredients or traces of .....

- Egg  Fish  Milk  Peanut  Sesame  Shellfish  Soy  Treenut  Wheat

BREAKFAST	LUNCH	DINNER	SNACKS	DRINKS
WHAT I LEARNT				



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