

# 14 ALLERGENS

## coming to a food label near you

The way allergens are labelled on pre-packed foods is changing because of new regulations. The Food Information Regulation, which comes into effect December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



### Celery / Celeriac

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.



### Cereals Containing Gluten

Wheat looks as soft and innocent as wheat flour, yes, but it will soon be often found in foods containing flour, such as some types of baking powder, bakery ingredients, bread, cakes, pastries, meat products, pasta, poultry, soups and food foods which are dusted with flour.



### Crustaceans

Crabs, lobsters, prawns and crayfish are crustaceans. Shrimp pasta, often used in Thai and south-east Asian cuisine or salads, is an ingredient to look out for.



### Eggs

Eggs are often found in cakes, some meat products, ice-cream, mayonnaise, pasta, puddings, soups and pastries or foods brushed or glazed with egg.



### Fish

You will find fish in some fish soups, pizzas, salads, salad dressings, meat cakes and Maccaroni cheese.



### Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



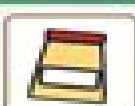
### Milk

Milk is a common ingredient in buns, biscuits, cream, milk powders and yogurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and soups.



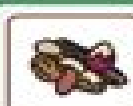
### Molluscs

These include mussels, hard shells, squid and scallops, but can also be commonly found in oyster sauce or as an ingredient in fish cakes.



### Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, cakes, marinades, meat products, salad dressings, soups and soups.



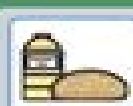
### Nuts

It may be obvious with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like walnuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian cuisine), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



### Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, crackers, desserts, soups (such as satay sauce), or as an ingredient in nut peanut flour.



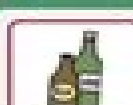
### Sesame Seeds

These seeds can often be found in bread (spiced bread or hardtack), buns (for example), breadsticks, biscuits, soups and oil and butter. They are sometimes crushed and used in salads.



### Soya

Often found in bean curd, soyabean beans, tofu, pasta, textured vegetable protein, soya flour or tofu, soya is a staple ingredient in eastern food. It can also be found in desserts, ice cream, meat products, soups and vegetable products.



### Sulphur Dioxide (Sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

# Allergy Guide For Schools

**Minjie Lin**



## **Allergy Guide For Schools:**

**Food Allergies and Schools** Maria Laura Acebal, Julie Trone, 2011-04-05 Does your teacher understand your child's food allergies Do you feel comfortable with their ability to keep your child safe at school or daycare This short book provides a quick guide to managing food allergies in a school setting It contains helpful information to prevent recognize and treat food allergy reactions Give a copy to your child's new teacher each year to help get the food allergy conversation going Peanut allergy wheat allergy milk allergy and other food allergies are becoming more and more prevalent in our schools Helping teachers deal with this topic is essential to our children's safety Allergy Free Table LLC presents a handy quick reference guide to managing food allergies in a school setting In addition there are short stories about school children comments from teachers guide to substituting materials and foods and recipes for art supplies **Food Allergies: a Recipe for Success at School** Jan Hanson, 2012-09-10 Too many children are having allergic reactions and anaphylaxis at school often as a result of a lack of preparation and understanding Each reaction is traumatic for the student who experiences it for those who witness it and for school staff who treat the child in the throes of this life threatening event This important and comprehensive book presents straightforward information and recommendations for managing food allergies at school Specifically covered are A general overview of food allergies including treatment and current research A 3 Step Plan for school food allergy management The process involved to develop a school district life threatening allergy policy A thorough explanation of the laws that protect food allergic students The emotional impact of food allergies including recommendations to support healthy coping strategies for the child and family Practical tools such as an Individual Healthcare Plan form and a template for Recommended Standards for School Food Allergy Management Highlighted excerpts written by parents and professionals offering their insights and experiences with food allergies This book is required reading for parents and school personnel who are faced with the challenge of keeping children with food allergies safe at school **Food Allergens** Tong-Jen Fu, Lauren S. Jackson, Kathiravan Krishnamurthy, Wendy Bedale, 2017-11-16 This volume identifies gaps in the assessment management and communication of food allergen risks Chapters showcase best practices in managing allergen risks at various stages of the food chain including during food manufacture processing during food preparation in food service retail food establishments and in the home and at the point of consumption The authors highlight key legislative initiatives that are in various stages of development and implementation at the federal state and community levels Finally the volume includes recommendations for ways to build and strengthen education and outreach efforts at the food industry government institutional and community levels Chapters come from an array of experts including researchers and key stakeholders from government the food industry retail food service groups and consumer groups The information presented will facilitate the development of educational materials and allergen management training programs for food production and service staff extension specialists and government inspectors Consumers and other food safety professionals will also benefit from

information on food allergen control measures that have been put in place across the food chain Childhood Food Allergy: Current Management, Emerging Therapies, and Prevention, An Issue of Pediatric Clinics Ruchi Gupta, 2016-01-07 Dr Gupta provides a comprehensive overview of the clinical management of food allergy Articles are devoted to epidemiology pathophysiology diagnosis management immunology and treatments of food allergy Current knowledge of the relationship between the gut microbiome and food allergy is also presented as well as eosinophilic esophagitis and oral allergy syndrome

**Food Allergy** Scott H. Sicherer, 2016-04-19 Food allergy has increased over the past two decades with a larger number of patients presenting a myriad of related symptoms and illnesses to physicians and allied health professionals The growing number of patients poses a challenge to health care providers and confirms the need for developing best clinical practice guidelines Based on the Expert *Allergy* Great Britain: Parliament: House of Lords: Science and Technology Committee, Lord Broers, 2007-09-26 **Including Learners with Medical Needs in School** Cath Kitchen, 2025-06-06 This accessible book is packed with information and strategies that will build your confidence in ensuring that children and young people with medical needs have equal access to education and can thrive academically socially and emotionally Including Learners with Medical Needs in School provides school staff with a guide for best practice in supporting learners with complex health conditions in their schools The book includes An overview of legal considerations and the responsibilities of schools and local authorities How to create a welcoming environment and support the smooth reintegration to school following absences as well as advice on managing medication and creating strong home school partnerships Guidance on working effectively with hospital schools medical alternative provision paediatric hospitals and mental health units A wealth of case studies top tips and tried and tested practical strategies that can be easily applied without huge costs or training Signposting to further resources as well as downloadable specimen policies exemplar Individual Healthcare Plans and training materials By implementing the recommendations in this book schools can make a commitment to inclusion and make a real difference to the educational experience of children with medical needs It is essential reading for SENCOs pastoral leads and senior leaders as well as a useful resource for school governors and school nurses **Promoting Health and Academic Success** David A. Birch, Donna M. Videto, 2015-02-17 There is increasing evidence that health and academic success go hand in hand Now educators and health professionals have a new model the Whole School Whole Community Whole Child WSCC approach to use in promoting health and learning in the schools This new approach developed by leaders in education and health is a transition from the coordinated school health CSH model that was introduced in 1987 Promoting Health and Academic Success is a new resource for the transition from CSH to WSCC Written by national leaders in education and school health some of whom were involved in the development of WSCC this book provides direction for education and school health professionals interested in promoting student health It is valuable for individuals and groups interested in advocating for WSCC and for those engaged in the planning implementation and evaluation of this new approach The book also is a

resource for both undergraduate and graduate students in courses that address a coordinated approach to school health. Each chapter includes application activities that engage students in translating their learning in the context of WSCC simulations. In addition, the School Health in Action feature provides case studies that demonstrate the impact school health programs are having in schools across the United States. Applicable to both students and professionals, Promoting Health and Academic Success includes an appendix that presents a thorough guide to using school health assessment tools created by organizations such as the Centers for Disease Control and Prevention, Association for Supervision and Curriculum Development, and the National Association of State Boards of Education. Following is a partial listing of the tools: The School Health Index helps schools improve health and safety policies; The State Schools Health Policy Database facilitates sharing of policies across states; The Health Education Curriculum Analysis Tool encourages children to adopt and maintain health enhancing behaviors; The Physical Education Curriculum Analysis Tool assists schools in analyzing their curricula and comparing it to national physical education standards; A Parent Engagement tool shares strategies for involving parents in school health. The book is presented in five parts: Part I unveils the new WSCC model, explains its components, and provides a historical overview of coordinated school health; Part II offers insights into the Whole Child initiative and examines the evidence linking health and academic success; Part III explores the crucial role of school administration in ensuring success ways to meet the diverse needs of students and their families and methods for getting the community involved; Part IV delves into planning, implementation, and evaluation aspects of WSCC; Part V looks to the future for WSCC and provides perspectives from the field. The appendix supplies the assessment instruments and tools.

**The Peanut Allergy Answer Book, 3rd Ed.** Michael C. Young, 2013-10. Find the newest peanut allergy research including new treatments. Get at-risk infant feeding recommendations plus the latest laboratory tests for determining risk.

[The School Counselor's Guide to Helping Students with Disabilities](#) Laura E. Marshak, Claire J. Dandeneau, Fran P. Prezant, Nadene A. L'Amoreaux, 2009-12-21. Down to earth advice for helping students with disabilities succeed. The School Counselor's Guide to Helping Students with Disabilities offers school counselors a practical guide for handling the complexities of working with children and youth who have disabilities. The book is organized to correspond with the myriad responsibilities and roles assumed by school counselors in elementary, middle, and high school settings. The authors provide both seasoned and new school counselors with the insight and tools they need to successfully promote the academic, personal, social, and career success of students with disabilities. Presents a wealth of relevant disability-related knowledge and useful strategies. Includes information on the most pertinent legislation pertaining to students with disabilities. Offers the most effective counseling interventions for helping young children or adolescents experiencing social exclusion because of their disabilities. Bonus section contains a wealth of disability-specific information with implications and practical applications for counselors. This important book brings together experts in two disciplines: school counseling and special education disabilities in order to address the practicalities and

possibilities of working with students with disabilities      **Special Programs and Services in Schools** Bonnie Beyer, Eileen S. Johnson, 2014-06-18 New edition of the definitive text thoroughly updated with information on Race to the Top NCLB revisions ESEA Reauthorization federal state and district responsibilities Spells out requirements and legislated mandates for special education ESL food service disability health services gifted education school to work etc For administrators in public private and charter schools Used as a text at Texas A M Houston Michigan and many other universities Created for school administrators in public and private schools this book is an update of the original 2005 volume that organized and explained virtually all federally mandated programs the third curriculum that helps dictate how U S schools are managed Used as a textbook in many universities it lists and explains dozens of new U S laws and amendments from the past decade and situates them in the context of states and districts It investigates the goals and requirements of dozens of education programs and clarifies government regulations affecting students as well as citizens who come in contact with schools e g disabled individuals job seekers employees non English speaking parents and many other groups Encompassing and yet going far beyond special education the text offers pointers and case studies on how programs should be administered to improve learning outcomes as well as heighten a school s community profile The detailed concrete information in this book is indispensable for understanding government requirements accessing the right agencies reducing discrimination and avoiding legal entanglements At the same time the 10 chapters of this volume are readily integrated into a syllabus for courses on special programs in schools      **Provision of Allergy Services, Sixth Report of Session** Great Britain. Parliament. House of Commons. Health Committee, 2004 With allergies affecting about 30% of the adult population and 40% of children the need for a skilled primary care service is essential The Committee though found serious problems in provision of such services To combat this the Committee recommends setting up a network of primary care allergy providers improved incentives for GPs to treat allergies a system for better training in understanding and dealing with allergies developing a framework that introduces allergies into the GPs Special Interest programme so giving their treatment higher priority Besides the deficiencies highlighted in the primary care services the Committee also recommends improvements to secondary and tertiary care and that at least one specialist allergy centre should be located in each of the former NHS regions serving populations of between 5 7 million and with a minimum of four allergy consultants The Committee thinks that in the longer term allergies should be the focus of a full specialist consultant workforce with every major teaching hospital having a consultant led service      *Allergen Management in the Food Industry* Joyce I. Boye, Samuel Benrejebe Godefroy, 2011-01-14 This book comprehensively addresses the sources of allergenic contaminants in foods their fate during processing and the specific measures that need to be taken to minimize their occurrence in foods The book provides up to date information on the nine major allergens as well as other emerging allergens and practical guidelines on how these allergens can be identified and controlled during production and processing Starting with an introduction to food allergens

the book follows with sections on food allergen management during production and processing guidelines for the processing of specific allergen free foods techniques for hypo allergenization and allergen detection and allergen free certification

Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs U S Department of Health and Human Serv,2015-06-27 Food allergies are a growing food safety and public health concern that affect an estimated 4% 6% of children in the United States 1 2 Children with food allergies are two to four times more likely to have asthma or other allergic conditions than those without food allergies 1 The prevalence of food allergies among children increased 18% during 1997 2007 and allergic reactions to foods have become the most common cause of anaphylaxis in community health settings In 2006 about 88% of schools had one or more students with a food allergy Staff who work in schools and early care and education ECE programs should develop plans for how they will respond effectively to children with food allergies Although the number of children with food allergies in any one school or ECE program may seem small allergic reactions can be life threatening and have far reaching effects on children and their families as well as on the schools or ECE programs they attend Any child with a food allergy deserves attention and the school or ECE program should create a plan for preventing an allergic reaction and responding to a food allergy emergency Studies show that 16% 18% of children with food allergies have had a reaction from accidentally eating food allergens while at school In addition 25% of the severe and potentially life threatening reactions anaphylaxis reported at schools happened in children with no previous diagnosis of food allergy School and ECE program staff should be ready to address the needs of children with known food allergies They also should be prepared to respond effectively to the emergency needs of children who are not known to have food allergies but who exhibit allergic signs and symptoms Until now no national guidelines had been developed to help schools and ECE programs address the needs of the growing numbers of children with food allergies However 14 states and many school districts have formal policies or guidelines to improve the management of food allergies in schools Many schools and ECE programs have implemented some of the steps needed to manage food allergies effectively 4 Yet systematic planning for managing the risk of food allergies and responding to food allergy emergencies in schools and ECE programs remain incomplete and inconsistent Addressing the Challenge of Children with Food Allergies United States. Congress. Senate.

Committee on Health, Education, Labor, and Pensions. Subcommittee on Children and Families,2009 **Pediatric Food Allergy** Ruchi S. Gupta,2020-03-02 Comprehensive and practical this book thoroughly addresses the full range of concerns related to food allergies in the pediatric patient As food allergies in the pediatric population increase in number and severity Pediatric Food Allergy A Clinical Guide provides information on new guidelines and potential treatment options as well as working to improve awareness diagnosis management and prevention practices Written by experts in their respective fields chapters are divided into five sections Opening with an introduction and overview of particular concerns and issues specific to food allergy in the pediatric population sections two and three address diagnosis and management of comorbid conditions

in food allergy along with development of food allergies and current prevention recommendations Sections four and five cover food allergy management prognosis and therapeutic options with a look to future developments while all sections include a discussion of epidemiology differential diagnoses of other potential food related diseases In Pediatric Food Allergy A Clinical Guide pediatricians and allergists alike will find an invaluable resource as they work with this vulnerable patient population

**Food Allergies For Dummies** Robert A. Wood, 2011-04-04 Includes over 25 allergen free recipes Covers peanut allergy and the new labeling guidelines Are you constantly worrying about what you or your loved ones eat Is every dining experience an episode of anxiety for you Being allergic to different types of food not only ruins the experience of eating it can lead to dangerous sometimes lethal consequences With Food Allergies for Dummies you can feel safer about what you eat This concise guide shows you how to identify and avoid food that triggers reactions This guide covers how to care for a child with food allergies such as getting involved with his/her school's allergy policies packing safe lunches and empowering him/her to take responsibility for his allergy You will also discover The signs and symptoms of food allergies How to determine the severity of your allergy Ways to eat out and travel with allergies How to create your own avoidance diet Ways to enjoy your meal without allergic symptoms How to prevent food allergies from affecting your child The latest research being done to treat food allergies Food Allergies for Dummies also provides an in depth chapter on peanut allergy and how to spot traces of peanut in your food With this book you will feel safer and more comfortable while you eat And with plenty of helpful resources such as Web sites and allergy friendly recipes you'll hardly have to worry about your diet

**The Great Ormond Street Hospital Manual of Children and Young People's Nursing Practices** Elizabeth Anne Bruce, Janet Williss, Faith Gibson, 2023-03-13 Clinical skills are essential in the provision of care for children and young people The Great Ormond Street Hospital Manual of Children and Young People's Nursing Practices provides expert guidance on evidence based clinical procedures helping students and newly registered nurses develop sound clinical judgement and confidence This comprehensive resource covers all aspects of children's nursing from the fundamentals of everyday practice to advanced care in high dependency and intensive care settings As such its relevance and usefulness reach beyond those newly registered it remains a valuable resource for experienced nurses wishing to further expand their nursing skills Now in its second edition this thoroughly updated guide demonstrates each procedure explains the underlying theory and evidence and speaks to the unique challenges of working with children and young people New chapters address mental health complementary therapies learning difficulties and the deteriorating child whilst expanded content examines blood glucose monitoring glucocorticoid treatment insulin administration diabetes care surgical diathermy non invasive ventilation and much more Key Features Provides evidence based guidelines for more than 300 clinical procedures Features an abundance of colour photographs and illustrations Examines the needs of neonates and adolescents in the context of interdisciplinary care Includes new material on health research and evidence based practice stages of development children with complex



needs and admission transfer and discharge Complements The Royal Marsden Manual of Clinical Nursing Procedures offering continuity to those working in both adult and paediatric settings The second edition of The Great Ormond Street Hospital Manual is an indispensable resource for registered nurses students and other healthcare professionals involved in delivering clinically effective evidenced based family centred care Praise for the previous edition This manual builds on the knowledge skills and expertise of one of the UK s finest children s hospital and explains comprehensive evidence based care clearly Nursing Children and Young People Journal All children s nurses should have this book as a reference Nursing Standard a comprehensive resource for all qualified nurses students and other healthcare professionals involved in caring for children in hospital and community settings Times Higher Education Supplement *Finding a Path to Safety in Food Allergy* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, Committee on Food Allergies: Global Burden, Causes, Treatment, Prevention, and Public Policy, 2017-05-27 Over the past 20 years public concerns have grown in response to the apparent rising prevalence of food allergy and related atopic conditions such as eczema Although evidence on the true prevalence of food allergy is complicated by insufficient or inconsistent data and studies with variable methodologies many health care experts who care for patients agree that a real increase in food allergy has occurred and that it is unlikely to be due simply to an increase in awareness and better tools for diagnosis Many stakeholders are concerned about these increases including the general public policy makers regulatory agencies the food industry scientists clinicians and especially families of children and young people suffering from food allergy At the present time however despite a mounting body of data on the prevalence health consequences and associated costs of food allergy this chronic disease has not garnered the level of societal attention that it warrants Moreover for patients and families at risk recommendations and guidelines have not been clear about preventing exposure or the onset of reactions or for managing this disease *Finding a Path to Safety in Food Allergy* examines critical issues related to food allergy including the prevalence and severity of food allergy and its impact on affected individuals families and communities and current understanding of food allergy as a disease and in diagnostics treatments prevention and public policy This report seeks to clarify the nature of the disease its causes and its current management highlight gaps in knowledge encourage the implementation of management tools at many levels and among many stakeholders and delineate a roadmap to safety for those who have or are at risk of developing food allergy as well as for others in society who are responsible for public health

**School Nursing** Janice Selekman, Robin Adair Shannon, Catherine F Yonkaitis, 2019-07-01 Produced in cooperation with the National Association of School Nurses this text includes comprehensive coverage of the multiple facets of school nursing from the foundations of practice and the roles and functions of a school nurse through episodic and chronic illness and behavioral issues to legal issues and leading and managing within school settings Written and edited by school nurses and pediatric experts it features real world tested best practices based on evidence and experience There s content here that you

won't find in other books such as health assessments individualized health plan development mental health conditions including adolescent depression contemporary legal issues and current policy statements essential to school nursing

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