



Milk



Fish



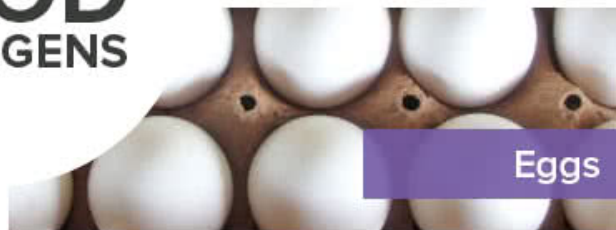
Soybeans



Tree Nuts



Peanuts



Eggs



Shellfish



Wheat

TOP 8
FOOD
ALLERGENS

Reading Labels: The Basics

The Food Allergen Labeling and Consumer Protection Act (FALCPA) requires that any food regulated by the FDA be labeled in a specific way to identify any of the “Big Eight” allergens. This makes it easy for your foodservice staff to quickly identify common allergens in your ingredient stock. If you're a food supplier whose products are regulated by the FDA, jump to our "For Food Suppliers" article for a summary of FALCPA requirements that apply to your business.

Aside from the obvious (i.e., peanuts in peanut butter and gluten in pasta), there are many unexpected sources of food allergens. Did you know that the allergen wheat can be found in soy sauce? Or that tree nut extract can be found in alcohol? Here's a list of "hidden" ingredients that may surprise both you and your customers.

PEANUTS

Peanuts can be present in the following:

Artificial nuts	Mixed nuts
Baked goods	Nut meat
Beer nuts	Nut pieces
Candy (including chocolate candy)	Peanut butter
Cold pressed, expeller pressed or extruded peanut oil	Peanut flour
Ground nuts	Peanut protein hydrolysate
Mandelonas (peanuts soaked in almond flavoring)	

Unexpected peanut sources:

African, Asian and Mexican dishes	Nougat
Chili	Pancakes
Egg rolls	Sauces such as chili, enchilada, hot, pesto, gravy, mole sauce and salad dressing
Foods that contain extruded, cold-pressed or expelled peanut oil, which may contain peanut protein	Specialty pizzas
Glazes and marinades	Vegetarian food products advertised as meat substitutes

TREE NUTS

Tree Nuts can be present in the following:

Almond	Hickory nut	Nut pieces
Artificial nuts	Litchi/lichee/lychee nut	Pecan
Brazil nut	Macadamia nut	Pesto
Beechnut	Marzipan/almond paste	Pili nut
Butternut	Nangai nut (also known as	Pine nut (also known as
Cashew	canarium nut) Natural nut	Indian, pignoli, pigñolia,
Chestnut	extract (e.g., almond, walnut)	pignon, piñon, and pinyon nut)
Chinquapin nut (also spelled	Nut butters (e.g., cashew	Pistachio
chinkapin)	butter)	Praline
Coconut	Nut extracts, distillates, oils,	Shea nut
Filbert/hazelnut	and alcoholic extracts	Walnut
Gianduja (a chocolate-nut	Nut meal	Walnut hull extract (flavoring)
mixture)	Nut meat	
Ginkgo nut	Nut paste (e.g., almond paste)	

Unexpected tree nut sources:

African, Chinese, Indian, Thai, and	Energy bars
Vietnamese restaurants	Flavored coffee
Bakeries	Ice Cream parlors
Candy (including chocolate)	Marinades and BBQ sauce
Cereals	Mortadella (Italian sausage)
Cookies	Some alcoholic extracts
Crackers	

MILK

Milk can be present in the following:

Butter, butter fat, butter oil, butter acid, butter ester(s)	Ghee Half-and-half	Milk protein hydrolysate Pudding
Buttermilk	Lactalbumin, lactalbumin phosphate	Rennet casein Sour cream, sour cream solids
Casein, Casein hydrolysate, Caseinates (in all forms)	Lactoferrin	Sour milk solids
Cheese	Lactose	Tagatose (sweetener)
Cottage cheese	Lactulose	Whey (in all forms)
Cream	Milk (in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low-fat, malted, milk fat, nonfat, powder, protein, skimmed, solids, whole)	Whey protein hydrolysate Yogurt
Curds		
Custard		
Diacetyl (artificial butter flavor)		

Unexpected milk sources:

Artificial butter flavor	Margarine
Baked goods	Nisin (food preservative)
Caramel candies	Nondairy products (many contain casein)
Chocolate	Nougat
Lactic acid starter culture and other bacterial cultures	Shellfish (dipped in milk to reduce odor)
Lunchmeat, hot dogs, sausages	Steaks (restaurants put butter on steaks for extra flavor)

EGGS

Eggs can be present in the following:

Albumin (also spelled albumen)	Marzipan
Baked goods	Marshmallows
Egg (dried, powdered, solids, white, yolk)	Mayonnaise
Eggnog	Meringue (meringue powder)
Egg substitutes	Nougat
Lecithin	Pasta
Lysozyme (a food preservative)	Ovalbumin
Macaroni	Surimi

Unexpected egg sources:

Foam or topping on specialty coffee and bar drinks

Egg wash is sometimes used on pretzels prior to dipping in salt

Eggs from duck, turkey, goose, quail, etc. are known to be cross reactive with chicken egg

WHEAT

Wheat can be present in the following:

Bread crumbs	Flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat)	Spelt
Bulgur (cereal)	Hydrolyzed wheat protein	Sprouted wheat
Cereal extract	Kamut khorasan wheat	Triticale
Club wheat	Matzoh, matzoh meal (also spelled matzo, matzah, or matza)	Vital wheat gluten
Couscous	Pasta	Wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch)
Cracker meal	Seitan	Wheat bran hydrolysate
Durum	Semolina	Wheat germ oil
Einkorn		Wheat grass
Emmer		Wheat protein isolate
Farina		Whole wheat berries
Farro		

Unexpected wheat sources:

Ale	Marinara sauce
Baked products	Potato chips
Batter-fried foods	Processed meats
Beer	Salad dressing
Cereals	Sauces
Candy	Soup
Crackers	Soy sauce
Glucose syrup	Starch (gelatinized, modified, vegetable)
Ice cream	Surimi
Imitation crab meat	



Soy can be present in the following:

Asian cuisine

Edamame

Miso

Natto

Shoyu

Soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)

Soya

Soybean (curd, granules)

Soy protein (concentrate, hydrolyzed, isolate)

Soy sauce

Tamari

Tempeh

Textured vegetable protein (TVP)

Tofu

Unexpected soy sources:

Baked goods

Canned meat and tuna

Cereals

Cookies & crackers

High-protein energy bars

Low-fat peanut butter

Processed meat

Sauces

Canned broths and soups

Vegetable gum

Vegetable starch

Vegetable broth



Fish can be present in the following:

*There are an estimated 20,000 species of fish. Allergic reactions have been commonly associated with:

Anchovies	Perch
Bass	Pike
Catfish	Pollock
Cod	Salmon
Flounder	Scrod
Grouper	Swordfish
Haddock	Sole
Hake	Snapper
Halibut	Tilapia
Herring	Trout
Mahi Mahi	Tuna

Unexpected fish sources:

African, Chinese, Indian, Thai, and Vietnamese restaurants

Barbecue sauce

Caesar salad and Caesar dressing

Caponata (Sicilian eggplant relish)

Imitation or artificial fish or shellfish

SHELLFISH

Shellfish can be present in the following:

Abalone (sea snails)	Periwinkle
Bouillabaisse (fish stew)	Sea cucumber
Clams (cherrystone, geoduck, littleneck, pismo, quahog)	Seafood flavoring (including crab or clam extract)
Cockle	Sea urchin
Cuttlefish and cuttlefish ink	Scallops
Fish stock	Snails (escargot)
Limpet (lapas, opihi)	Squid (calamari)
Mussels	Surimi
Octopus	Whelk (Turban shell)
Oysters	

Unexpected Shellfish Sources:

Asian dishes often use fish sauce as a flavoring base

Shellfish protein can become airborne in steam released during cooking