

# FOOD ALLERGENS

## What is a food allergen?

A food allergen is a substance in a food that causes an allergic reaction such as hives, itching, burning, shortness of breath, throat closing or difficulty breathing, nausea, vomiting, diarrhea or other severe symptoms. People with severe reactions to food allergens may lose consciousness, or even die, if they are exposed to even very small amounts of allergen.

## How to work with a guest who has a food allergy:

- LISTEN to their description of their allergy
- INFORM the manager, chef or person in charge
- READ the menu, recipes and all ingredient lists for potential allergens
- ALLOW the guest to make their own decision
- CHECK the guest's dish for contamination

**Removing the allergen, such as a piece of cheese, from a prepared dish does not prevent an allergic reaction. Make sure a new allergen-free dish is prepared fresh if the first one was contaminated.**

## Sources of cross-contamination:

- Grills, frying oil, large woks, salad bars, bagel and meat slicers, shared utensils or cutting boards
- Hand or glove contact with multiple food items

**IF A GUEST HAS AN ALLERGIC REACTION, CALL 911 IMMEDIATELY AND NOTIFY MANAGEMENT.**

## 9 Major Food Allergens



Eggs



Fish



Crustacean Shellfish



Wheat



Tree Nuts



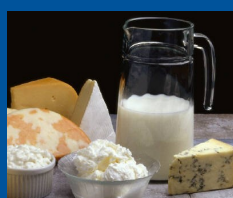
Peanuts



Soy



Sesame



Milk