

Sample Pages

Common Food Allergens in Canada

Health Canada has identified the following foods as priority allergens.



! While these foods trigger 90% of reactions, it is important to recognize that this is not an exclusive list. Any food can trigger a reaction!

Test Yourself

Q. Review the following ingredient label for Chocolate Fudge Cake Mix and find the common food allergens.



Chocolate Fudge Cake Mix

INGREDIENTS: Enriched wheat flour, sugar and or golden sugar, corn syrup, cocoa, soybean and or cottonseed oil shortening, margarine, baking soda, modified corn starch, corn starch, salt, propylene glycol monoesters of fatty acids, monoglycerides, sodium aluminum phosphate, sodium stearoyl-2-lactylate dicalcium phosphate, monocalcium phosphate, sodium carboxymethylcellulose, xanthan gum, artificial flavour, aluminum sulfate.

Answers found on page 40.

Quiz

1. What are the three main categories of adverse reactions to food that people can have?

- a. Celiac disease, lactose intolerance, food poisoning
- b. Food allergy, food intolerance, anaphylaxis
- c. Gluten intolerance, sulphite sensitivity, food allergy

2. Symptoms of an allergic reaction can include:

- a. Itching, hives
- b. Trouble breathing & swallowing
- c. Drop in blood pressure, swelling
- d. All of the above

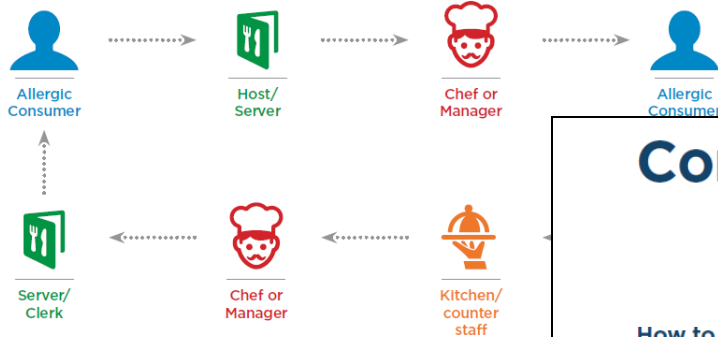
3. Even a small amount of a food allergen can cause a severe allergic reaction and potentially even death.

- a. True
- b. False

4. Allergic reactions to food usually occur within minutes of eating, but can also occur hours later.

- a. True
- b. False

Foodservice



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Anaphylaxis Canada



ALLERGEN TRAINING For the Foodservice and Food Retail Industry



ALLERGEN TRAINING For the Foodservice and Food Retail Industry



Anaphylaxis Canada

How to order?

Use the TrainCan order form or call 888 687 8796

code: B.A.T. (Basic Allergen Training)



Anaphylaxis Canada

NOW AVAILABLE!

We are pleased to launch *Allergen Training BASICS for the Foodservice and Food Retail Industry*. After many months of collaboration and consultation with the food industry, Canada finally has an employee level education and recognition program that will set the standard for Canadian Food Industry in the area of food allergen education.

TrainCan, Inc and Anaphylaxis Canada are pleased to be partners in this great program. Both organizations bring strengths to the table, making this a truly unique educational experience.

Three Informative Chapters

LEARN

PREVENT

RESPOND

Self-Study Program

Developed as a self-study learning, you can purchase the course book, exam booklet, answer bubble sheet and return envelope. Working independently or as a group, students complete the self test, transfer their answers to the bubble sheet and submit to TrainCan, Inc. for marking and data storage. The successful passing grade is 75%. Certificates of completion will be mailed out once marking is completed.

COST: \$35.00 each

Questions?

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