



# Food allergies

The difference between food allergy and intolerance



# Food allergy

What is food allergy?

The body's **immune system** keeps you healthy by fighting off infections and other dangers to good health. A food allergy reaction occurs when your **immune system** overreacts to a food or a substance in a food, identifying it as a danger and triggering a protective response.

Why it is dangerous?

Symptoms of a food allergy can range from mild to severe. Just because an initial reaction causes few problems doesn't mean that all reactions will be similar. A food that triggered only mild symptoms on one occasion may cause more severe symptoms at another time.

The most severe allergic reaction is anaphylaxis— a life-threatening whole-body allergic reaction that can impair your breathing, cause a dramatic drop in your blood pressure and affect your heart rate. Anaphylaxis can come on within minutes of exposure to the trigger food. It can be fatal and must be treated promptly with an injection of adrenaline.





# Most common allergies



## Nuts

Could be general and could be reaction for **Peanuts** or **Tree nuts** (exp: almond, hazelnut, walnut, pecans, pistachios) or **Sesame** only



## Gluten

Protein naturally found in some grains like wheat, barley, and rye (exp: bread, pasta, beer)



## Seafood

Could be seafood general and could be reaction for **Fish** only or **Shellfish** (exp: shrimp, crayfish, crab, lobster, clams, scallops, oysters and mussels)



## Dairy

Food products made from or containing milk (exp: cheese, yogurt, butter)



## Eggs

# Food intolerance

What is food intolerance?

When you have a food intolerance , it means your digestive system has a hard time digesting (breaking down) a food. Another word for food intolerance is food sensitivity. Food intolerance means your gut is sensitive to certain foods and can't tolerate them. When you eat these foods, you may experience uncomfortable symptoms like gas, diarrhea and abdominal pain.

Is it dangerous?

Unlike a food allergy, a food intolerance does not typically cause a life-threatening reaction. Food intolerance means your gut is sensitive to certain foods and can't tolerate them. When you eat these foods, you may experience uncomfortable symptoms like gas, diarrhea and abdominal pain.





## Most common intolerances



### Fructose

Is a simple sugar found in fruits and vegetables, as well as sweeteners like honey, agave and high-fructose corn syrup.



### Caffeine

Is a bitter chemical that is found in a wide variety of beverages, including coffee, soda, tea and energy drinks.



### Gluten

Is the general name given to proteins found in wheat, barley, rye.



### Lactose

Is a sugar found in milk and dairy products.



## Intolerance

Symptoms appear later.

The person can eat a very small quantity of the food with no adverse reaction.

A reaction will occur only if the person eats the specific food.

Reactions can be severe and extremely unpleasant but are rarely life-threatening.

## Allergy

Symptoms appear soon after eating the food, usually within 2 hours.

The person cannot tolerate even small amounts of the allergen or food they are allergic to. Exposure to even a tiny amount of the food will produce a severe reaction

A reaction may occur if the person eats a food that someone prepares for them in an environment that contains the allergen (cross-contamination)\*.

Severe and potentially life-threatening reactions that may include anaphylactic shock.

\*Cross-contamination can happen when a small amount of a food allergen gets into another food accidentally through the manufacturing or food preparation process like using the same knife or chopping board, storing food uncovered in the fridge.

Remember that as individual reaction people can experience allergies or intolerances for all kinds of products.



# Food taking order SOP

1. Note down guest's allergies or intolerances if the guest mentioned them
2. Give the recommendation according the guest's allergy or intolerance
3. Make sure that ordered items are not harmful to the guest
4. The seat number and allergy or intolerance must be on the system. Use remark by item for all dishes that will be served for guest with allergy or intolerance
5. Make sure you communicate properly with MOD
6. Allergy must be written in the slip at the reception and all the slips must be given to the MOD and CDR in section
7. Make sure your guest is aware of dishes that contains allergy or intolerance on the table



## GRAINS WITH GLUTEN



**Barley**



**Rye**



**Wheat**



**Triticale**



**Spelt**



**Farro**



**Bulgur**



**Couscous**

## GLUTEN-FREE GRAINS AND SEEDS



**Quinoa**



**Brown buckwheat**



**Green buckwheat**



**Oats\***



**Wild rice**



**Rice**



**Brown rice**



**Sorghum**



**Teff**



**Amaranth**



**Millet**



**Corn**



**Chia**



**Flax**



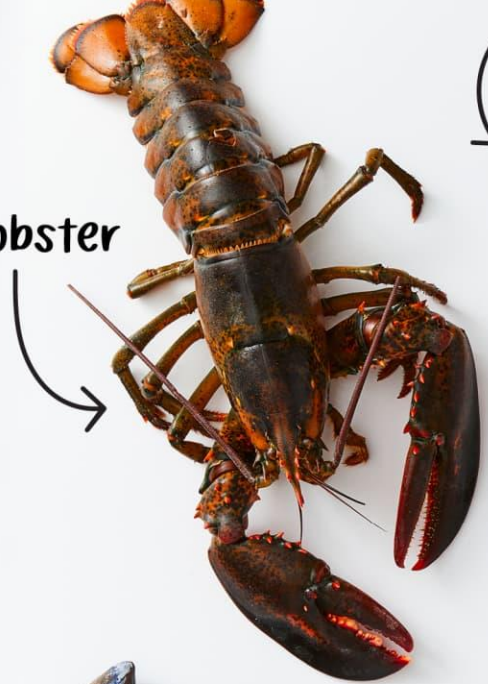
**Hemp seeds**



**Sesame**

\*Oats are gluten-free, but they are often contaminated with wheat during growing or processing. So be sure to buy oats that are labeled gluten-free

Lobster



Oysters



Clams



Shrimp



Mussels



Crawfish



Crab



Scallops



Prawns



# Different Varieties Of Tree Nuts



**PISTACHIOS**



**CHESTNUTS**



**HAZELNUTS**



**PECANS**



**HICKORY NUTS**



**BRAZIL NUTS**



**MACADAMIA NUTS**



**CASHEWS**



**WALNUTS**



**PINE NUTS**



**ALMONDS**