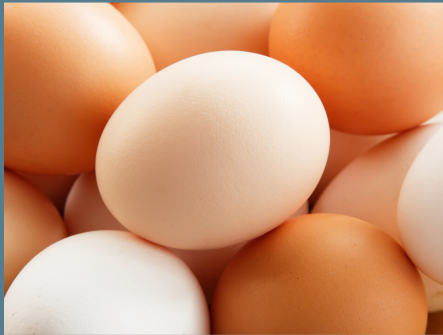


FOOD SAFETY NEWSLETTER

Welcome to the Spring Edition of the Limestone Coast Food Safety Newsletter. This edition marks the third collaboration between the Limestone Coast Councils.

IN FOCUS THIS EDITION: FOOD ALLERGIES

- Fast Facts
- Food Labelling
- The reality of dining away from home
- I'm Allergy Aware
- Anaphylaxis Explained
- Allergy v Intolerance



Fast Facts

Allergy and immune diseases are among the fastest growing chronic conditions in Australia

In Australia, food allergy is estimated to affect:

- 1-2 % of adults
- 4-8 % of children under 5 years of age

Recent Australian data indicates that 10% of children aged under one year have a proven food allergy

EMERGENCY PLAN

Have you got Food Safety Emergency Plan Ready? What do you do when there is no power outage for more than two hours?

SA Health have created a fact sheet to assist during Emergency events. We recommend a printed copy is kept onsite and forms part of your emergency plan.

Food Labelling

Labelling Standard 1.2.3

The food or substance may be present as:

- an ingredient or as an ingredient of a compound ingredient; or
- a substance used as a food additive, or an ingredient or component of such a substance; or
- a substance or food used as a processing aid, or an ingredient or component of such a substance or food.



The reality of dining away from home

- Eating away from home can pose a significant risk to people affected by food allergy
- Research suggests that close to half of fatal food allergy reactions are triggered by food consumed outside the home
- In recent years fatalities as a result of food purchased in a restaurant have been reported
- Most times the trigger food was an actual ingredient in the food eaten and not a cross contaminant
- Individuals with food allergy and those working in food service need to communicate more effectively in an effort to reduce risk



Be Allergy Aware

- an ingredient or as an ingredient of a compound ingredient; or
- a substance used as a food additive, or an ingredient or component of such a substance; or
- a substance or food used as a processing aid, or an ingredient or component of such a substance or food.

Know your products

- an ingredient or as an ingredient of a compound ingredient; or
- a substance used as a food additive, or an ingredient or component of such a substance; or
- a substance or food used as a processing aid, or an ingredient or component of such a substance or food.

Anaphylaxis

What are the common signs?

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Wheeze or persistent cough
- Difficulty taking and/or hoarse voice
- Persistent dizziness or collapse



DID YOU KNOW?

- *Hospital admissions for anaphylaxis have increased 5-fold in the last 20 year**
- *Deaths due to anaphylaxis have increased by 7% per year for the last 7 years**
- *Food allergy anaphylaxis has doubled in the last 10 years**

SKIN	RESPIRATORY	GASTROINTESTINAL	CARDIOVASCULAR	NEUROLOGICAL
hives, swelling, itching, warmth, redness	coughing, wheezing, shortness of breath, chest pain or tightness, throat tightness, trouble swallowing, hoarse voice, nasal congestion or hay fever-like symptoms, (sneezing or runny or itchy nose; red, itchy or watery eyes)	nausea, stomach pain or cramps, vomiting, diarrhea	dizziness/ lightheadedness, pale/blue colour, weak pulse, fainting, shock, loss of consciousness	anxiety, feeling of "impending doom" (feeling that something really bad is about to happen), headache
				OTHER
				uterine cramps



ALLERGY VS INTOLERANCE

Allergy	Intolerance
Immune system activated by proteins in certain foods	Does not involve the immune system
- Hives & eczema - Wheezing & asthma - GI symptoms - Facial swelling - Anaphylaxis	Affects: - Central Nervous System - Skin - GI tract - Airways
Predominantly babies, Infants, & toddlers	Any age
Minutes - 24 hours usually	Reaction: hours-days
- Egg - Cow's milk - Nuts - Soy - Seafood - Wheat	- Food chemicals - Food additives - Lactose - FODMAPs
Skin prick, Blood test or Elimination diet & challenges	Elimination diet & food challenges led by a dietitian

FOOD ALLERGY

- Immune system reacts to a food protein which is usually harmless
- The immune system releases chemicals that trigger symptoms
- Allergic reactions range from mild to severe
- Anaphylaxis is the most severe form of allergic reaction & can rapidly progress to life threatening

FOOD INTOLERANCE

- Does not involve the immune system
- Body cannot digest or process some foods

