

Welcome!

The webinar will begin shortly.



August 3rd, 2023



NAVIGATING
FOOD ALLERGIES AND
INTOLERANCES

WEBINAR
August 3rd
1:00 - 2:00 CST

CHARTING A COURSE FOR HEALTHCARE FOODSERVICE TEAMS





Jenny Kinter

**Healthcare Associate Marketing Manager
General Mills**

Featured Speaker



“**Maggie**” **Roche** is the founder of **Roche Dietitians** and a nationally recognized leader in nutrition consulting.

Maggie’s mission is to educate and empower those who nourish others. Maggie believes that food is medicine, and she uses evidence-based standards to promote health and wellness through nutrition, especially for the older adult.

She guides organizations and individuals through the complexities of medical nutrition therapy and the business of serving food in healthcare.

Maggie is a registered dietitian with a master’s degree in clinical nutrition. She has advanced credentials as a board-certified specialist in gerontological nutrition and is distinguished as a Fellow of the Academy of Nutrition and Dietetics.



Margaret Roche, MS, RD, CSG, FAND

Learning Objectives

1. Identify common food allergies and intolerances.
2. Distinguish between a food allergy, food intolerance, and celiac disease.
3. Describe common approaches and best practices to managing food allergies, intolerances in healthcare foodservice.

Polling Question # 1

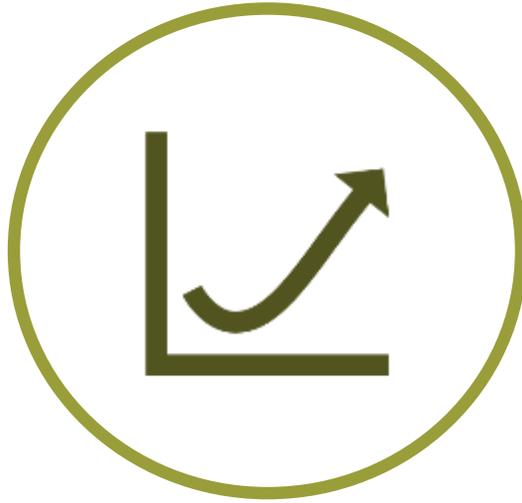
In which setting do you work?

1. Hospital
2. Long Term Care
3. Assisted Living
4. Independent Living
5. Industry
6. Other

Statistics



Food Allergies and Intolerances



Anaphylactic Reactions



Allergy Reaction



FARE (Food Allergy Research & Education)
<https://www.foodallergy.org/>

Statistics



1 in 10 adults



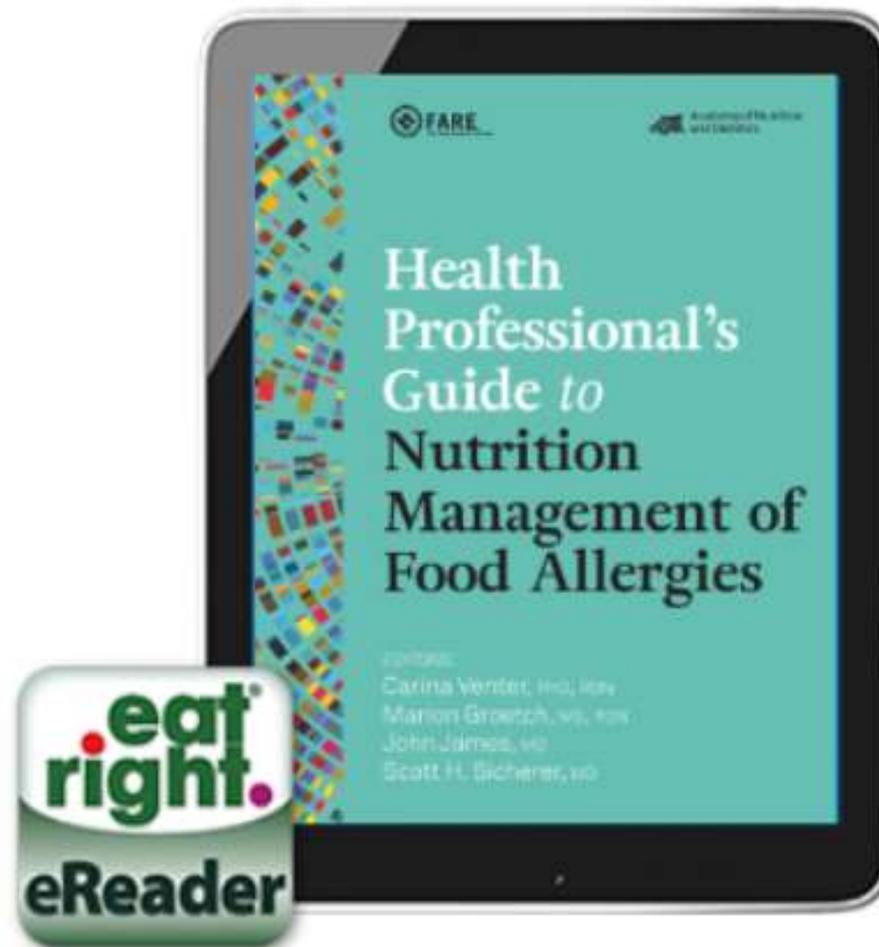
1 in 13 children

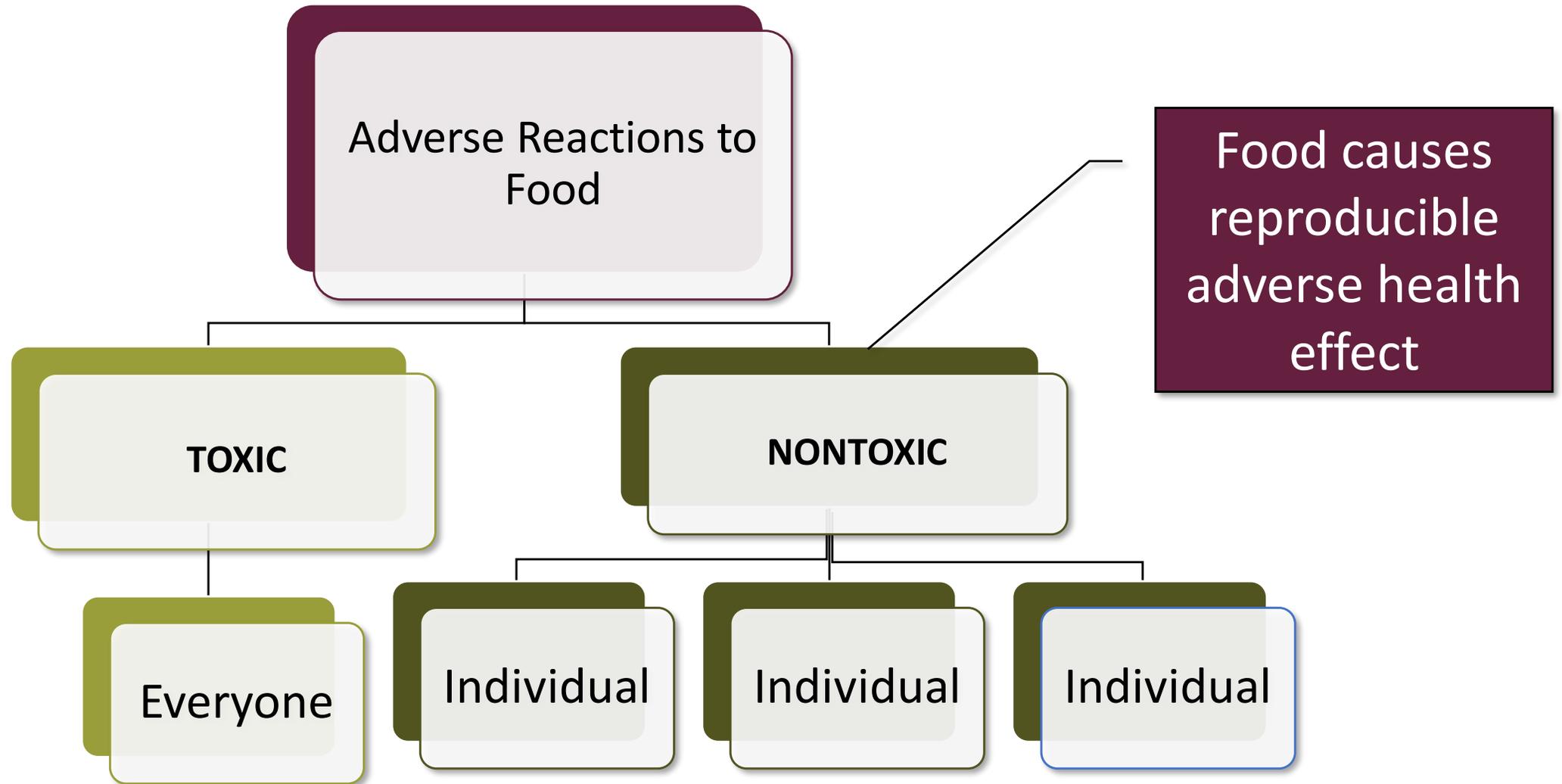


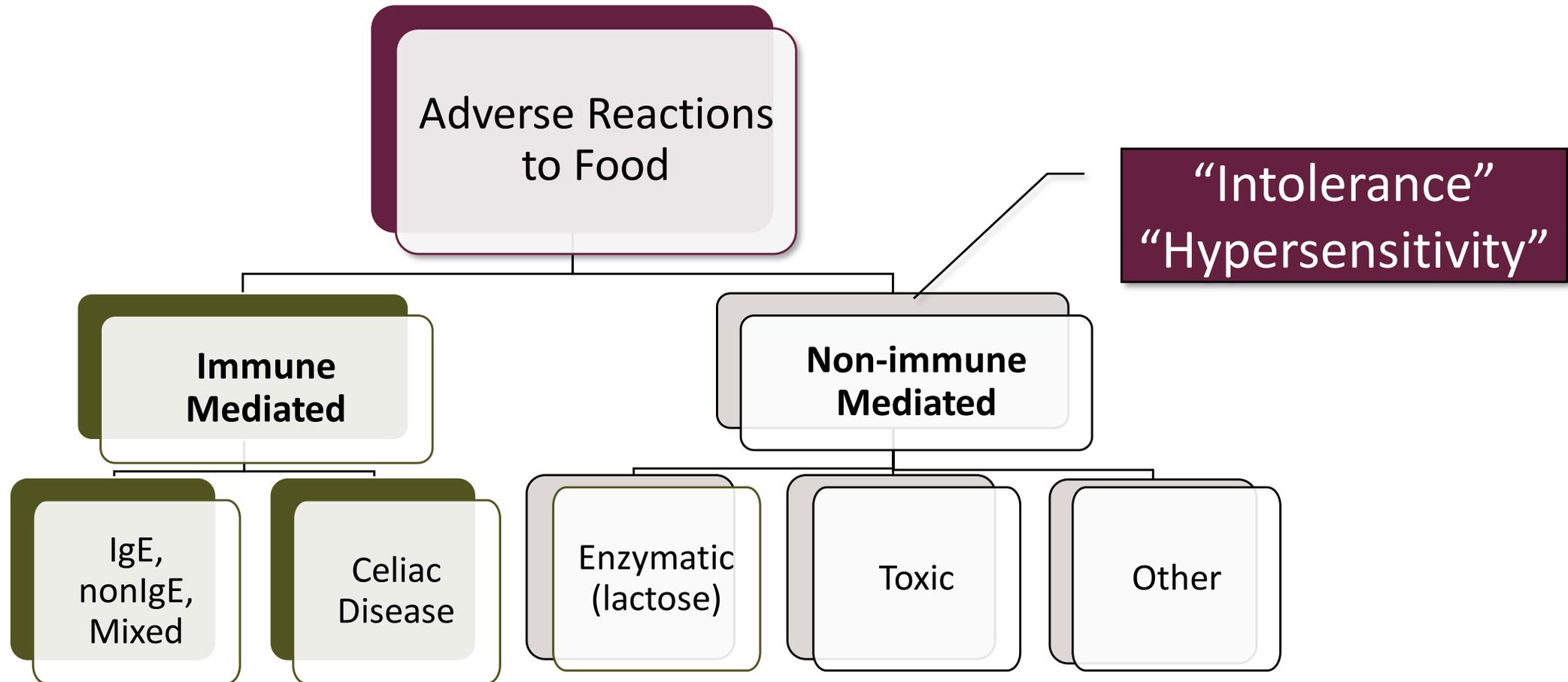
National Institute of
Allergy and
Infectious Diseases

Statistics

- Trends are difficult to verify
- Self reported cases of immune-mediated adverse food reactions “grossly overestimate” prevalence
- Age makes a difference. Younger have higher prevalence
- Everyone agrees on **at least 5% - 6.5%**







What is a Food Allergy?

Food allergy is a reproducible immune-mediated reaction following consumption of a particular food allergen.



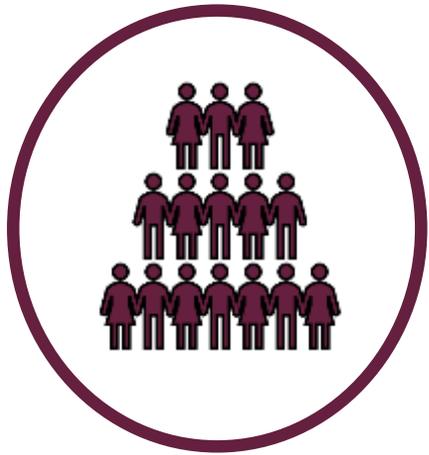
“Food allergy is a serious and potentially life-threatening medical condition affecting 32 million Americans.”



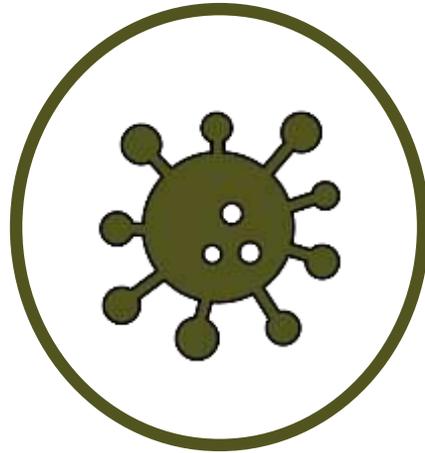
FARE

FARE (Food Allergy Research & Education)
<https://www.foodallergy.org/>

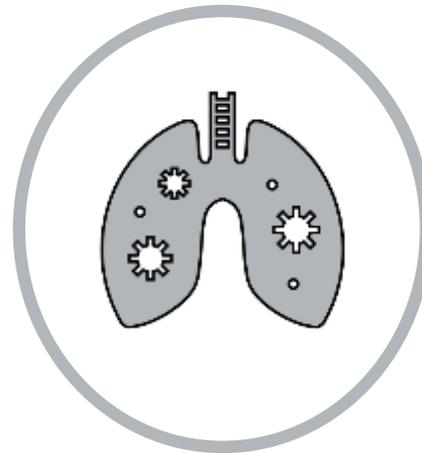
What is a Food Allergy?



**Millions of
Americans**



**Body's Immune
System**

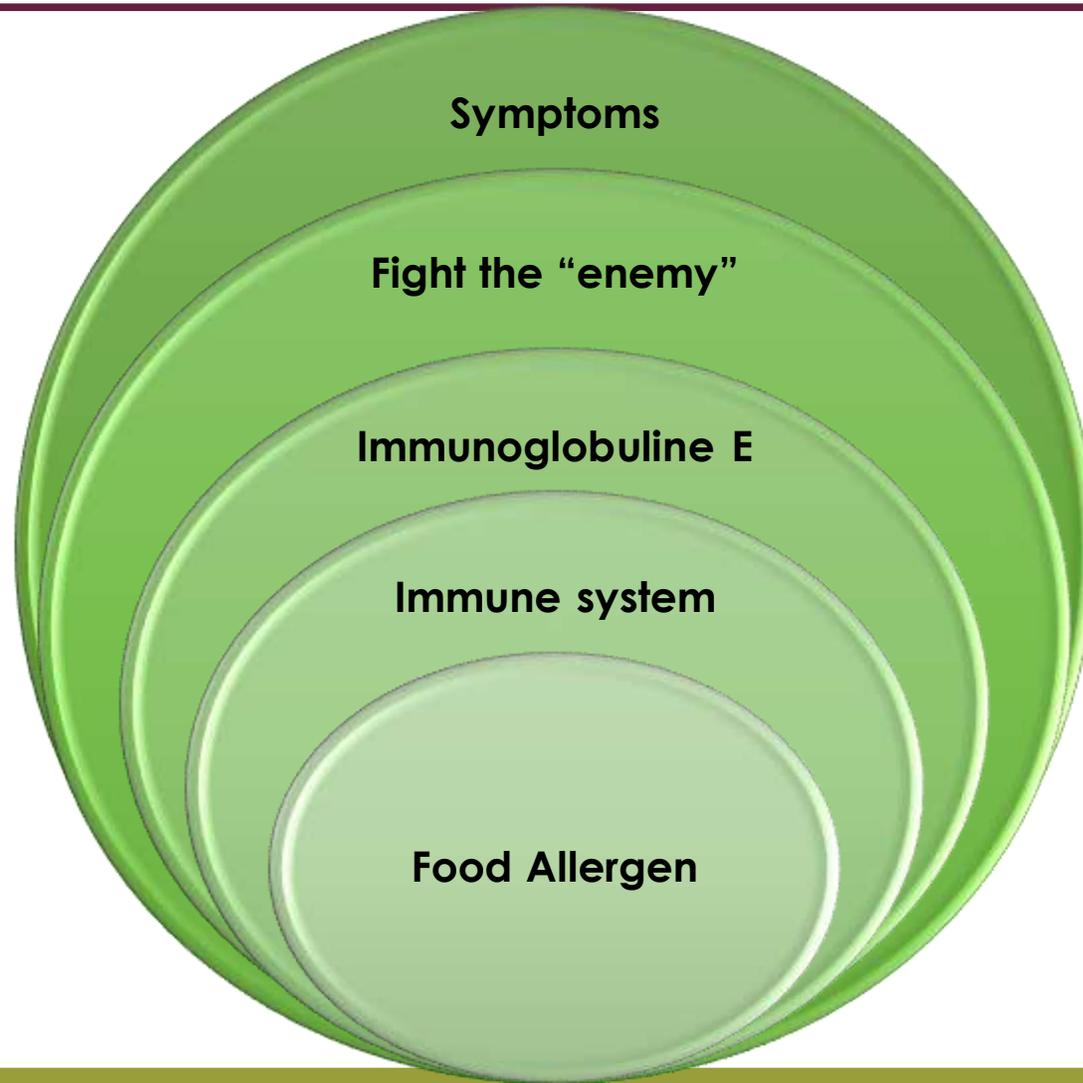


Vary in Severity



Cannot be Cured

Classic Food Allergy



Symptoms: Classic Food Allergy

- **Skin**

- Hives
- Itching
- Swelling

- **GI**

- Vomiting
- Diarrhea
- Abdominal Pain

- **Cardiovascular**

- Hypotension
- Loss of consciousness

- **Respiratory**

- Wheezing
- Coughing
- Sneezing
- Rhinorrhea
- Congestion
- Swelling of throat and vocal cords
- Difficulty breathing

- **Miscellaneous**

- Dizzy
- Sense of impending doom

Testing & Treatment: Classic Food Allergies

- Testing not 100% diagnostic
- Consider context of reproducible symptoms
- Avoidance is primary treatment
- Immunotherapies



What is a food intolerance?

Food Allergy

Immune-mediated

Symptoms

IgE Testing

Clinical History

Food Intolerance

Nonimmune-mediated

Symptoms

No Testing

Clinical History

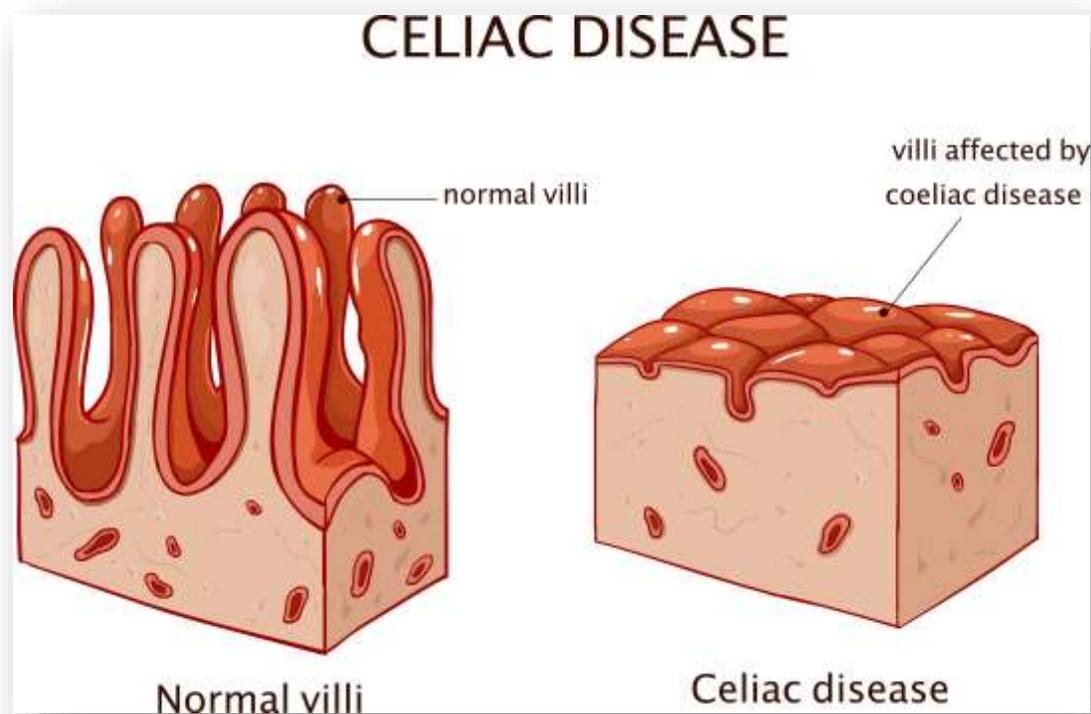
Celiac Disease: What is gluten?

- **Gluten: alcohol soluble proteins in cereals**
 - Wheat
 - Barley
 - Rye
- **Common gluten containing foods**
 - Breads
 - Pasta
 - Baked Goods
 - Soy Sauce
 - Soup
 - Candy



Celiac Disease

- Immune mediated
- Small intestine
- Chronic
- Gluten Exposure
- GI tract damage
- Malabsorption
- 1% to 1.5% worldwide



Celiac Disease

Symptoms

- Diarrhea
- Steatorrhea
- Weight Loss
- Mild, non-specific GI
- Dermatitis herpetiformis

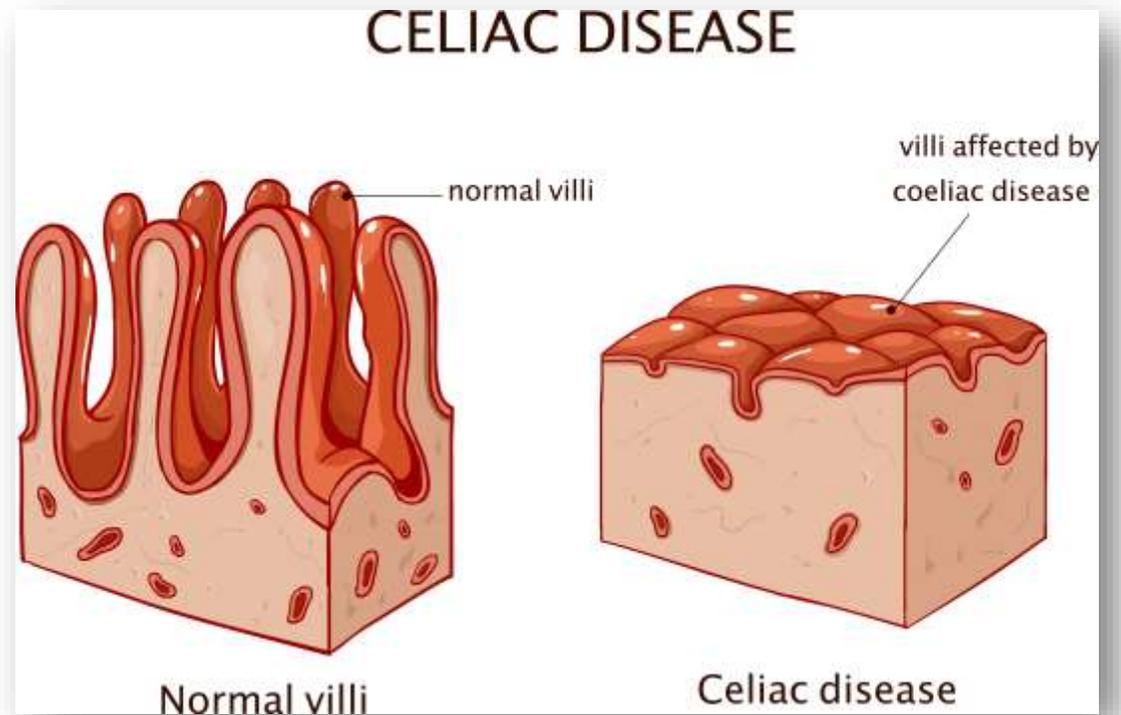
Nutrition Related

- Delayed puberty
- Fatigue
- Iron deficiency anemia
- Oral ulcers and other dental problems
- Low bone mineral density and osteoporosis
- Malnutrition is of concern
- Autoimmune and cancer

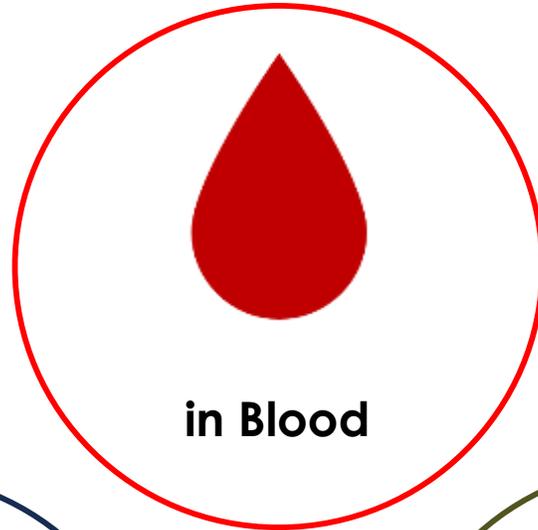
Celiac Disease

Treatment

- Strict gluten free diet
- Lifetime
- Saves serious damage to intestines



Celiac Disease and Older Adults



9 Major Food Allergens



Milk



Eggs



Fish



Crustacean/Shellfish



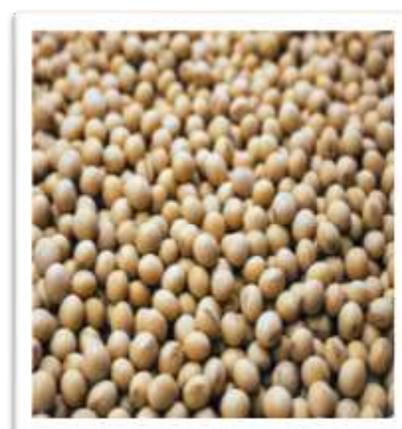
Tree Nuts



Peanuts



Wheat



Soybeans



Sesame

FDA Food Labeling Requirements

Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA)

Food Allergy Safety, Treatment, Education, and Research (FASTER) Act

- Thresholds have not been established
- Applies to commercial packaged foods
- Extends to retail and food service establishments that package, label, and offer products to eat
- Not for foods prepared at point of purchase

FDA: Declare allergen on the label

- Common name is used as ingredient
 - Example: buttermilk
- Name of the food source in parentheses following ingredient name
 - Example: “lecithin (soy),” “flour (wheat)”
- In a “contains” statement after list of ingredients
 - Example: “Contains wheat, milk, and soy”
- Specify tree nut
- Specify species of fish
- Specify type of crustacean shellfish

Advisory Statements

- Not required by law
- Can be used to address unavoidable “cross-contact”
- Should not be used as a substitute for adhering to current good manufacturing practices
- Must be truthful and not misleading.

Ingredients: Sugar, Enriched Flour Bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), **Walnut Pieces, Cocoa Processed with Alkali, Palm Oil, Corn Syrup.** **Contains 2% or less of:** Corn Starch, Salt, Carob Powder, Artificial Flavor. Freshness Preserved by BHT.

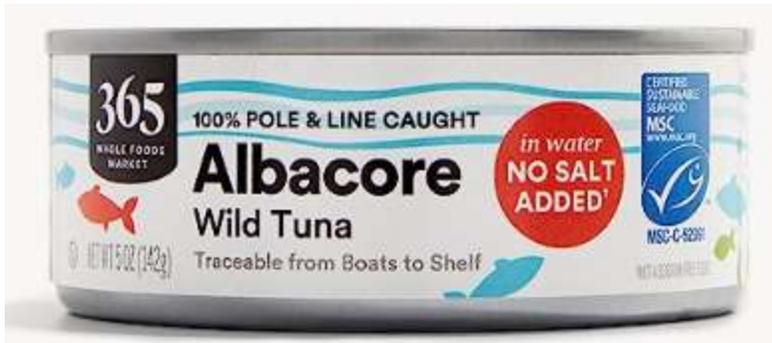
CONTAINS WHEAT, WALNUT; MAY CONTAIN EGG, MILK AND SOY INGREDIENTS.

Advisory Statements

INGREDIENTS: Whole grain oats, unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), prune puree, evaporated cane sugar, walnuts, banana puree, brown rice syrup, expeller pressed canola oil, water, inulin (vegetable fiber), molasses (sugar, sugarcane molasses), baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), sea salt, cinnamon, nutmeg.

Contains: Walnuts, wheat.

PRODUCED IN A FACILITY THAT PROCESSES WHEAT, PEANUTS, TREE NUTS, EGGS, SOY, AND DAIRY.



INGREDIENTS: WHITE TUNA, WATER, VEGETABLE BROTH, SEA SALT. CONTAINS: TUNA, SOY.

Polling Question #2

Do you have a formal food allergy policy?

1. Yes, it is basic
2. Yes, and it is comprehensive
3. No

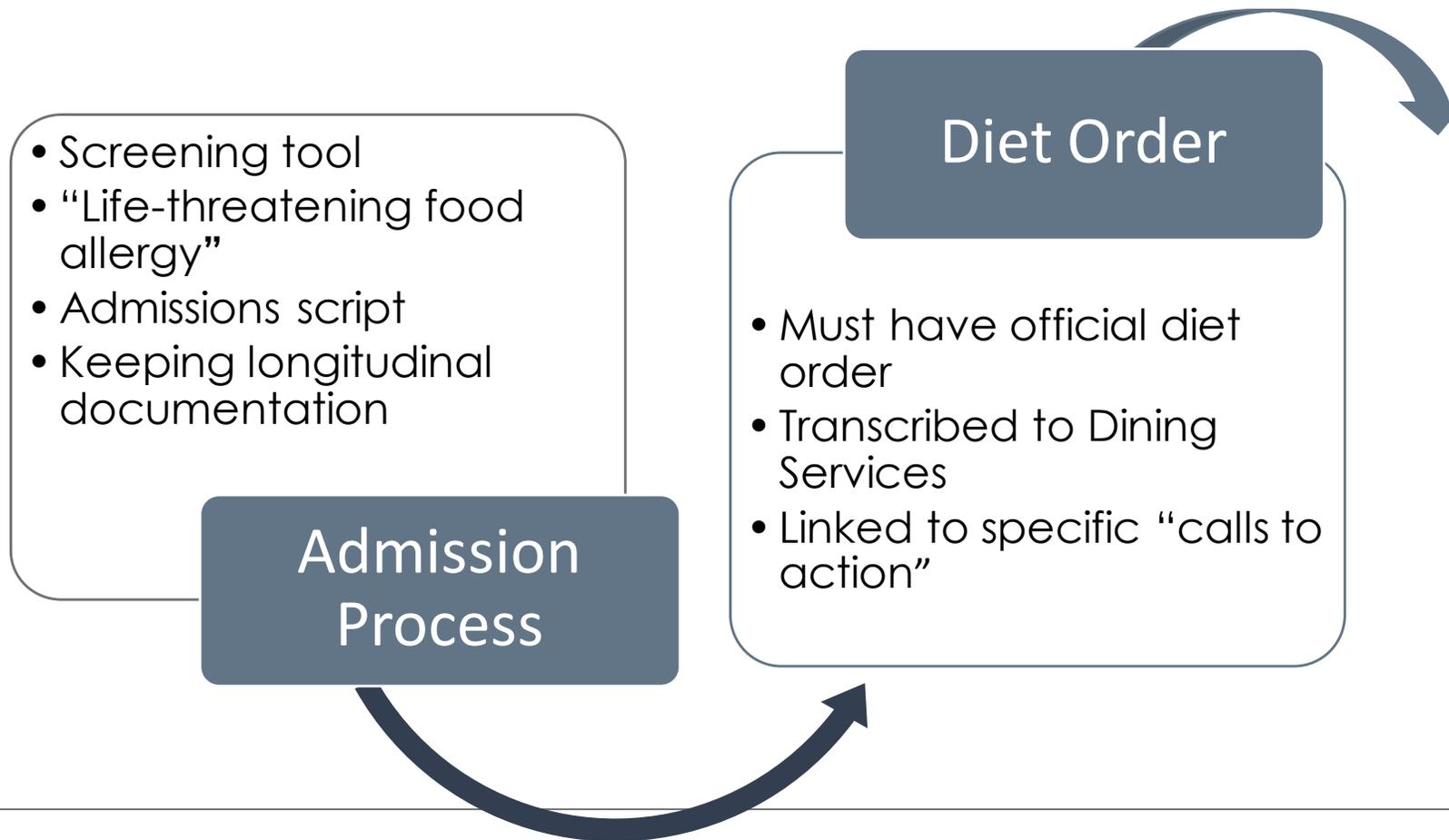
How to accommodate allergies/intolerances?

- What is your average length of stay?
- What can your systems and facilities accommodate?
- What is your team's skill set?
- What are your local requirements?
- What does your organizations legal/regulatory team say?

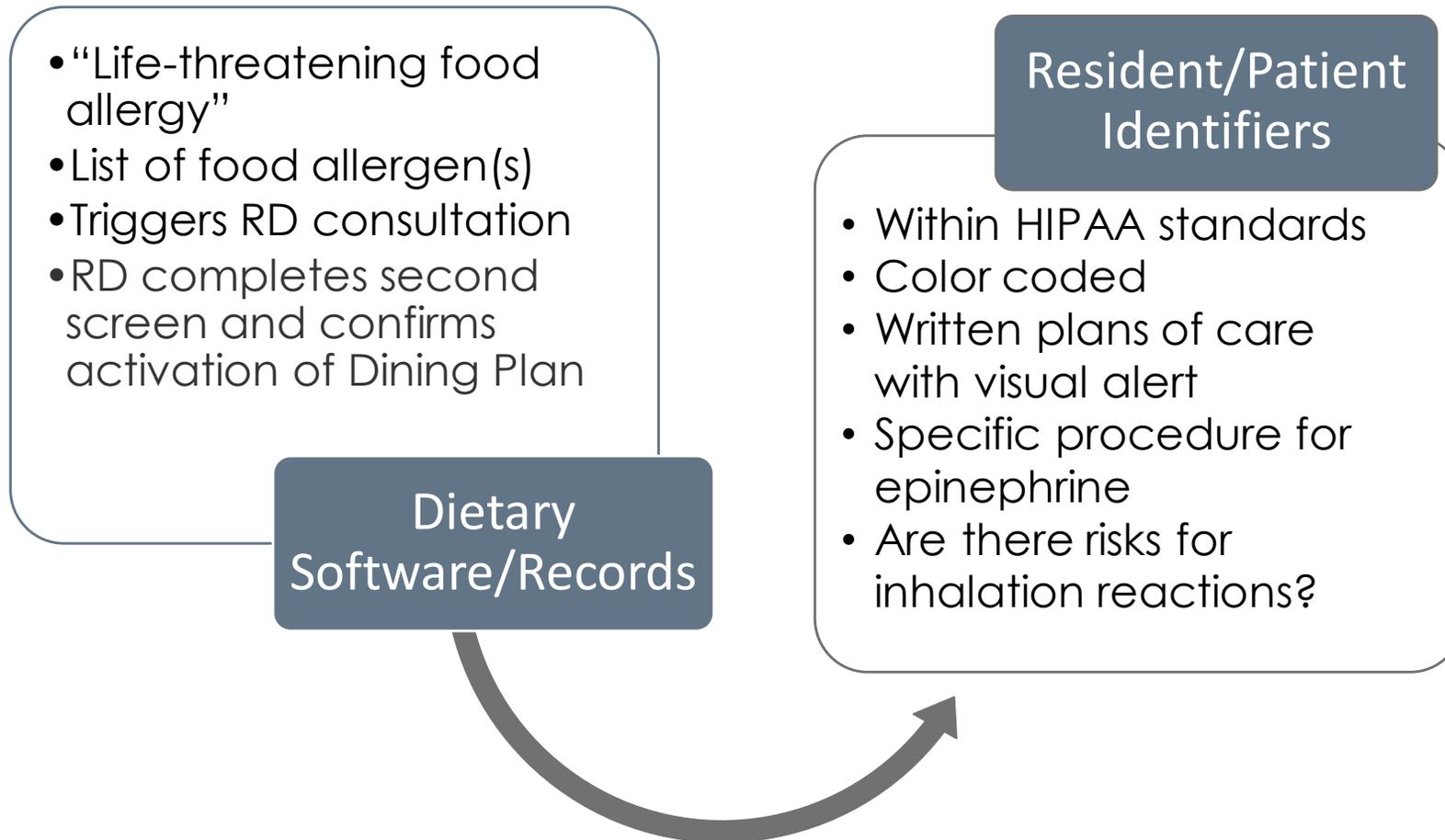
Healthcare foodservice allergy plan and policies

- 1 Admissions and Diet Orders
- 2 Menus, Recipes and Ingredients
- 3 Segregation
- 4 Communication

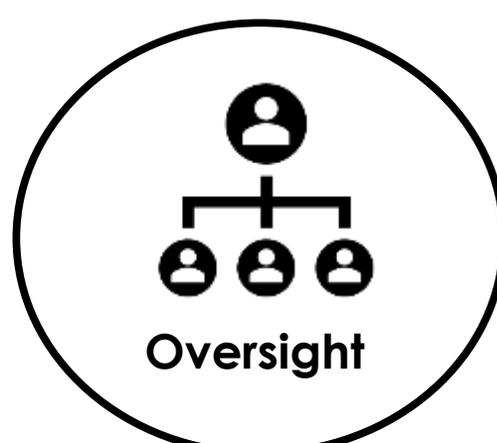
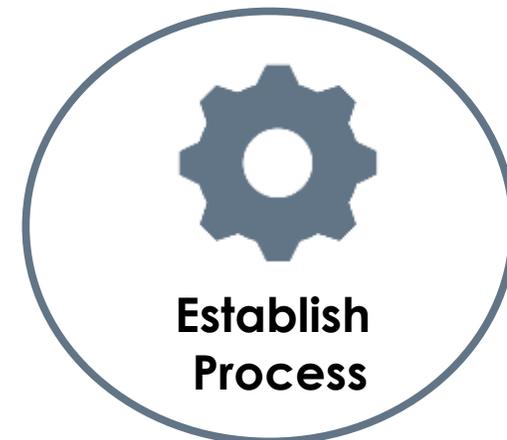
Admissions and Diet Orders



Admissions and Diet Orders



Best Practices: Admissions and Diet Orders



Menus, Recipes and Ingredients

- Special allergen menu
- Menu Matrix lists menu items across a spreadsheet of the allergens
- “Supported” self selected menus
- Menu or recipe substitutions are checked with a dietitian before supplying item to a patient with a food allergy/intolerance
- What about choice?

Menus and Recipes: Follow the allergen

1. Standardize Recipes
2. Each ingredient has product specification

What is included in a specification?

Name of Product	Use common language of the industry Example: chicken, tender or corn. When available the Standard of Identify should be used.
Description	Describe the product, weight, portion size (raw or pre-cooked), shape, and main ingredients. In some cases, manufacturer's name, product code and pack size may be included. If specifying manufacturer and product code respondents may quote on brand name or preapproved equal products to insure maximum open competition.
Main ingredients	Describe the main and secondary ingredients desired in the product in as much detail as possible such as whole chicken breast meat or once frozen pollack.
Case and pack weight.	How should the item be packaged, and how big are the cases? Example: 6/#10 cans, or 4/5# loaves, or case not to exceed 25#, Items individually wrapped, 48count, cases not to exceed 30 pounds.
Meal pattern contribution	What is the desired meal pattern contribution from the product? CN label preference.
Minimum and Maximum size pieces	What is the minimum size of the product? What is the maximum size of the product?
Prohibited ingredients.	When creating a specification indicate what ingredients are prohibited in the product such as food additives, artificial colors and flavors, hydrogenated fat, monosodium glutamate (MSG), and assorted allergens.
Desired or required nutritional standards.	What are the nutritional standards for the product? Minimum or maximum nutrient or ingredient requirements or limitations. Example: Product must meet NSLP specific meal pattern requirements, or sodium, or sugar content per serving.

Food Item	Rules	Acceptable US Foods Product
<p>FLOUNDER FILLETS, RAW</p> <p>Protein: Fish</p>	<p>a. Grade Requirement: US Grade A</p> <p>b. Portion Size/Weight Range: 4 - 6 oz. ea.</p> <p>(c) Sodium should not be more than 120 mg per 1oz</p>	<p>HARBOR BANKS FLOUNDER, 5-8 OZ FILLET BONELESS SKINLESS RAW TWICE FROZEN BULK WILD MSC 2-</p>
<p>COD FILLET, RAW</p>	<p>Portion Size/Weight Range: 4 – 6 oz. each Sodium should not be more than 120 mg per 1 oz.</p>	<p>HARBOR BANKS COD, ATLANTIC 4 OZ LOIN BONELESS SKINLESS CHEMICAL FREE RAW IQF FROZEN BULK</p>
<p>HALIBUT STEAK OR FILLET, RAW</p>	<p>Sodium should not be more than 120 mg per 1oz.</p>	<p>PACKER HALIBUT, RANDOM FILLET BONELESS SKIN-ON RAW REF IMPORTED & USA WILD</p>
<p>SALMON, PINK, CANNED</p>	<p>Sodium should not be more than 120 mg per 1 oz.</p>	<p>PACKER SALMON, PINK CANNED</p>
<p>TUNA, CANNED OR VACUUM POUCH</p>	<p>Sodium should not be more than 125 mg per 1oz. and 150 mg per oz. for flavored.</p>	<p>CHICKEN OF THE SEA INTERNATIONAL TUNA, WHITE ALBACORE CHUNK IN WATER EXTRA LOW SODIUM CAN SHELF STABLE</p>

Menus and Recipes: Follow the allergen

1. Standardize Recipes
2. Each ingredient has product specification
3. Tag allergens in ingredients
4. When ingredients are added to recipes – allergens follow
5. When recipes are added to menus – allergens follow

Therefore, any ingredient change will change the menu

Best Practices: Menus, Recipes, Ingredients



Segregation during preparation

Kitchen environment; cross contact

- Identify allergen storage protocol
- Pre-plated allergy meal covered and stored appropriately
- Cleaning procedure written and displayed for pre-cleaning prior to preparation of allergy free meal.
- All surfaces and utensils cleaned and sanitized as per procedure prior to preparing allergy free meal
- PPE available and clearly identified for use for allergy free meal preparation
- Clean utensils sourced

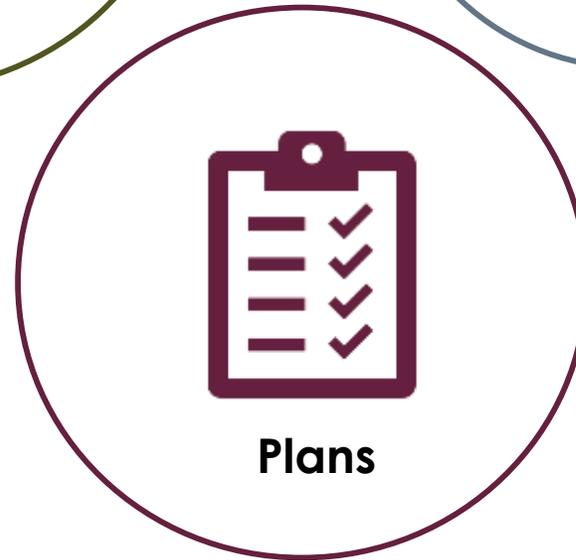
Segregation during preparation

- Identify foods required (check stored appropriately as per allergen storage in FSP) and check ingredient labels.
- Preparation of meal in isolation to other food preparation
- Meal checked as accurately prepared and/or plated by supervisor
- Have a process for managing products decanted from original containers;

Segregation during meal service

- Meal is checked as correct
- Meal is transported to the patient in a manner that minimizes contact with other food
- Before meal is left with patient/resident ensure correct patient and meal using 3 approved patient identifiers
- If a patient with an allergen is not in the bed
- No additions/substitutions to items on meal trays
- Snacks
- Feeding

Best Practices: Segregation



Training: Allergy awareness and process

- A knowledgeable team can save lives
- Include in orientation for all
- Tailor to job function
- Include the “why”
- Know regulatory requirements for training
- Consider commercial programs

Emergency Plan

- Identifying symptoms of an allergic reaction
- Knowing what to do to provide help
- Follow up communication

FARE Save a Life: Recognizing and Responding to Anaphylaxis

In the next 15 minutes, you will learn:

**what
anaphylaxis
is and what
causes it**

**how to
recognize
it**

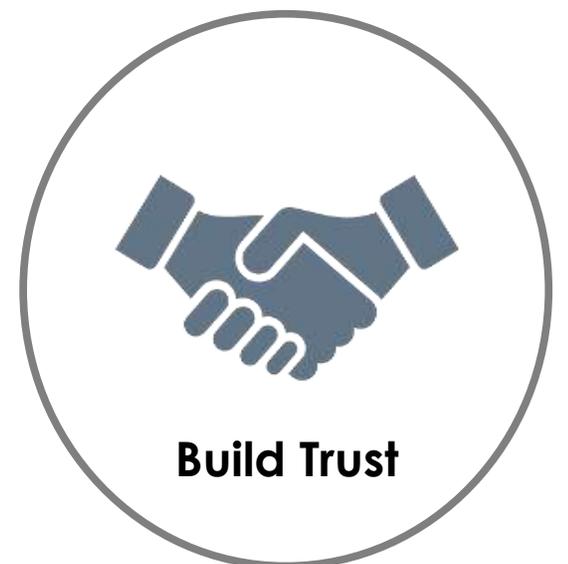
**what to do
if someone
is having an
anaphylactic
reaction**

**how to safely
use and
maintain
epinephrine
auto-injectors**

Communication

- A policy is in place to manage identification, documentation and communication of food allergies to appropriate areas
- Internal audits of the Food allergen management processes are conducted regularly as per the food safety program auditing schedule or after a food allergy incident.
- Incident Management: after allergy incident

Best Practices: Communication



Call to Action



1. Explore and define your food allergy policy
2. Track process from allergy identification through meal consumption
3. Strengthen recipe, menus and procurement standards
4. Establish strong communication for successful implementation



THANK YOU
FOR ALL
YOU DO!

Thank you & Questions



Additional Resources

Need some menu ideas?

[Check out our Gluten Free Recipes!](#)



Culinary Inspiration Video: [Find it here](#)

Dairy Free Recipes: [Find it here](#)

Gluten Free Products: Click the image to the right!



Marketing Tools

- Point of sale danglers and clings
- Social toolkit with imagery



Gluten Free Products from General Mills	
Gluten Free Cereal	Gluten Free Pancakes
Gluten Free Biscuits	Gluten Free Waffles
Gluten Free Bread	Gluten Free Pasta
Gluten Free Flour	Gluten Free Sugar
Gluten Free Oil	Gluten Free Salt
Gluten Free Vinegar	Gluten Free Soy Sauce
Gluten Free Mustard	Gluten Free Ketchup
Gluten Free Mayo	Gluten Free Dressing
Gluten Free Butter	Gluten Free Margarine
Gluten Free Shortening	Gluten Free Cocoa Powder
Gluten Free Baking Powder	Gluten Free Baking Soda
Gluten Free Yeast	Gluten Free Eggs
Gluten Free Milk	Gluten Free Cream
Gluten Free Yogurt	Gluten Free Ice Cream
Gluten Free Gelatin	Gluten Free Gelatin
Gluten Free Gelatin	Gluten Free Gelatin



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