

Allergen Bureau

Food Allergy overview and Food Allergen Labelling Requirements

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NSW TAFE Allergen Spotlight Session 1 – 6th April 2022

Informing the
food industry



Agenda

- Who is the Allergen Bureau?
- Food Allergy & Intolerance
- Consumer Impacts (Recalls)
- Labelling Regulations (ANZ & International)



Allergen Bureau

- Membership based organisation established to provide food industry with rapid responses to questions about allergen risk management in food ingredients and manufactured foods
- Established in 2005, pre-competitive, 'not-for-profit', Allergen Bureau directors provide voluntary, unpaid services

[Become a member](#)

Global Member



Full Members



gen
au

- ALDI Stores
- BBF Hull Limited

Vision & Mission

Vision:

A trusted food supply for allergen sensitive consumers around the world.

Mission:

Lead the global food industry in best practice allergen management, sharing information that builds trust and transparency that supports allergen sensitive consumers to make informed choices.

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Food allergy

A food allergy is an overreaction by the body's immune system to a certain food.

The body produces antibodies against a food protein and releases histamine and other chemicals causing inflammation.

An allergic reaction often occurs within minutes, though can take place up to two hours after ingestion.



Food allergen

A normally harmless substance that triggers an allergic reaction. Most food allergens are proteins. A food may comprise of one or more allergenic proteins.

Cow's milk, for example, contains allergenic proteins in the whey fraction and different allergenic proteins in the casein fraction. Individuals may be allergic to only one milk protein or more.



Food allergy

Food allergy symptoms vary in nature and severity between individuals. Signs of a mild to moderate allergic reaction can include:

- swelling of the lips, face, eyes
- hives or welts
- tingling mouth
- abdominal pain
- vomiting



Anaphylaxis

Anaphylaxis is a severe allergic reaction involving swelling of the airways and can be fatal if not treated with adrenaline within minutes.

In rare cases multiple organ systems are affected and death can occur in as little as ten minutes.

The incidence of anaphylactic reactions to food in allergic individuals is increasing.

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Individuals with food allergy may be at risk of anaphylaxis.



Impact of food allergy

There is currently no cure.

Sensitivity differs between individuals and depends on type of food, amount ingested and other activities at time of ingestion.

People with food allergy do not know when their next allergic reaction will occur or how severe it will be.

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Avoidance of the food is the only protection.





Foods responsible for triggering allergic reactions

There are hundreds of foods that can trigger allergic reactions but only a small number are foods of public health significance in Australia and New Zealand (ANZ).

Foods of public
health significance in
ANZ with the
potential to cause...

allergic reactions

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Wheat (of the genus *Triticum*, including spelt, and its hybridised strain such as triticale)



Any of these tree nuts
almond, Brazil nut, cashew,
hazelnut, macadamia, pecan,
pine nut, pistachio, walnut



Crustacea



Egg



Fish



Lupin



Milk



Mollusc



Peanut



Sesame seed



Soybean

Global Clinical View – the latest update

- Prevalence of food allergy sensitization in Australia since 1990's to 2017 has remained stable, although anaphylaxis reaction have increased
- Rate of food allergy incidence in many countries appears stable
- Global increase in hospital admission
- Global decrease in fatalities due to anaphylaxis



Foods associated with anaphylactic reactions

- Cows milk attributed to 1:4 fatalities in children in the UK
 - Equates to 26% versus peanut at 14% for total fatalities
- Top allergens globally are cows milk, peanut, crustacea, tree nuts
- Regional differences globally

FAMS 2021 Presentations Paul Turner – Imperial College London

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How does this translate to Australia?

- 1 in 10 infants clinically diagnosed with food allergy
- Egg, cows milk, peanut, tree nuts – most common in children / Fish and Shellfish in adults
- 22 fatalities between 1997-2013: 50% due to seafood, followed by peanut, tree nut, cows milk and wheat
- Most reactions occur away from home

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<https://allergyfacts.org.au/allergy-anaphylaxis/food-allergy>
Increase in anaphylaxis fatalities in Australia from 1997 to 2013
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/cea.12748>



Food intolerance

A food intolerance is an adverse reaction to a food but does not involve the immune system.

Often dose related, it includes reactions to non-protein substances in foods like carbohydrates, chemicals, food additives, toxins and irritants.

Unlike food allergy, symptoms can occur many hours after ingestion.



Foods of public health significance in ANZ with the potential to cause non-allergic, hypersensitivity reactions. Also known as...

food intolerance

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Added sulphites
in concentrations of
10mg/kg or more



Any of these cereals containing gluten
wheat, barley, oats,
rye and their hybrids



Lactose
intolerance is due to a
sugar naturally
occurring in milk



Lactose intolerance

A person who is lactose intolerant cannot digest the sugar component in milk. This is different to an allergy to milk protein.

Declaring milk on a label informs individuals with milk allergy and those with lactose intolerance of the presence of the protein and the lactose.



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Sulphite intolerance

Sulphites are naturally found in some foods. They can also be added to a food (as an additive) to perform a technological purpose.

Sulphite intolerance can trigger asthma symptoms in individuals with underlying asthma.

Coeliac disease

Individuals diagnosed with coeliac disease have gluten intolerance.

It is a genetic immune disease caused by gluten, a protein in wheat, rye, barley, oats and their various subspecies and hybridised strains.

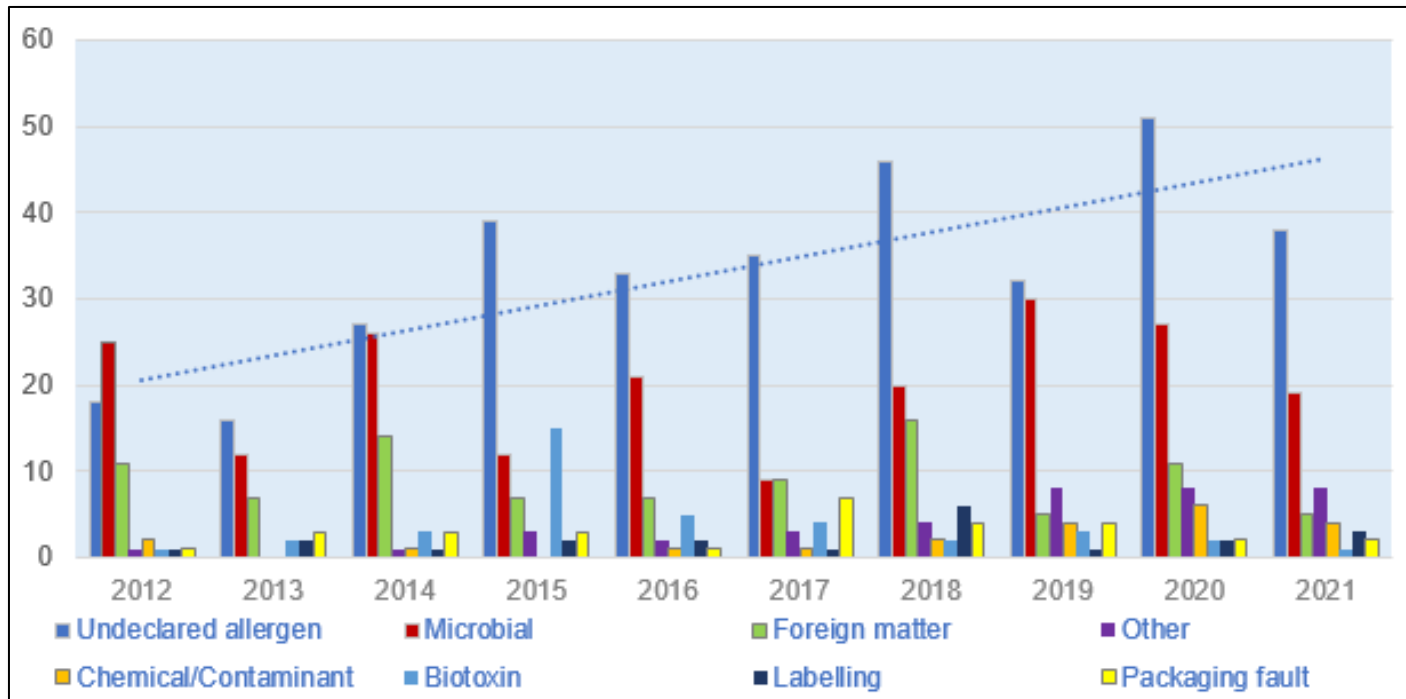
About 1 in 70 Australian and New Zealand are affected.

A gluten free diet must be strictly adhered to.

Wheat allergy & gluten intolerance are not the same.

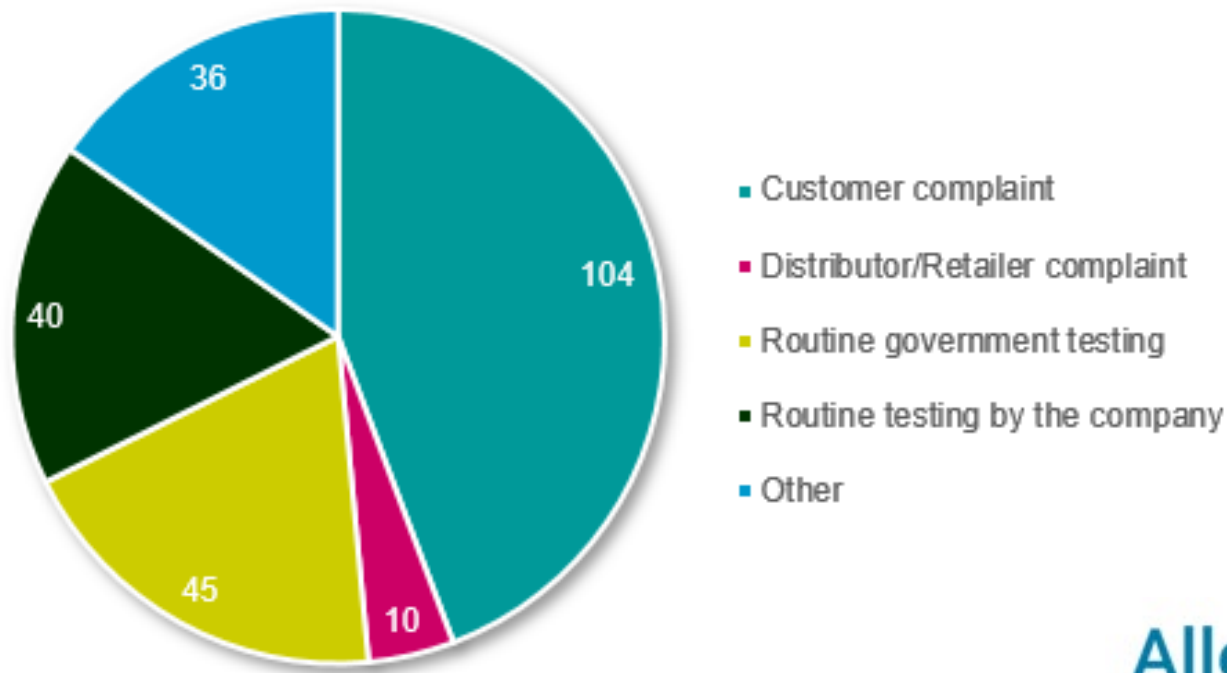


FSANZ food recalls by classification 2012-2020

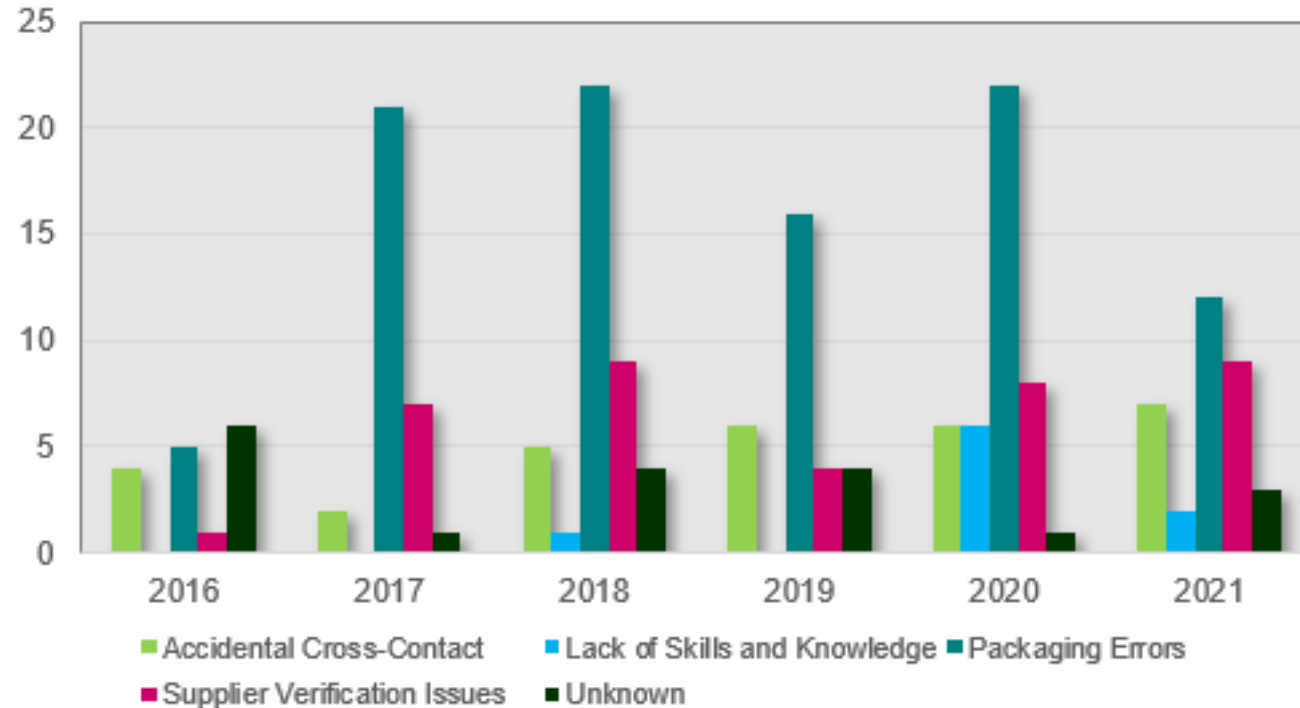


Thank you to FSANZ for providing this data including 2021

Problem detection for undeclared allergen recalls 2016–2021



Root cause for undeclared allergen food recalls



Victoria Hospital Admission Data

- November 2018 – December 2020 (n=4,272)
- 60% (2,658) related to food (unpackaged, packaged, other)
- Packaged foods
 - Most reactions are in children
 - Many are first time reactions
 - In many instances labelling is correct
- Unpackaged foods = teens and young adults
 - Allergy not disclosed is largest contributor
 - 2 deaths related to this category



ANZ Mandatory Allergen Labelling Requirements

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ANZ allergen labelling requirements

Most allergen declaration requirements are set out in FSANZ, [Std 1.2.3](#) with additional information in [Schedule 9](#) which lists the allergens to be declared.

The allergen declaration requirements are very comprehensive and apply to packaged foods, non packaged foods, foods offered for retail sale, foods for catering purposes and all other foods.

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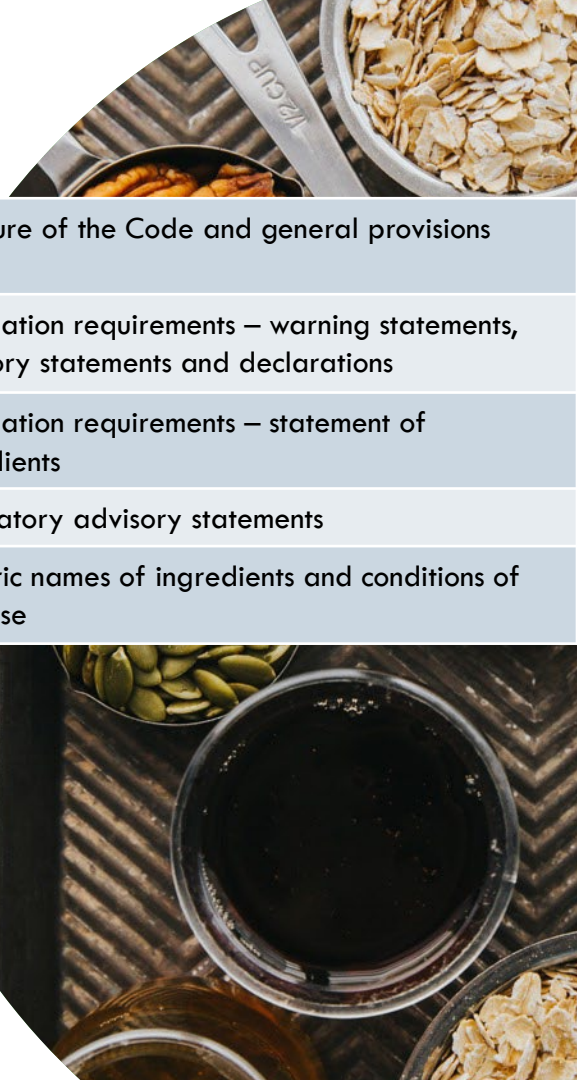
The FSANZ website provides more information.
Go to www.foodstandards.gov.au



What is PEAL?

- PEAL is the Plain English Allergen Labelling variation to the Australia New Zealand Food Standards Code (the Code)
- Sets out how to declare allergens to ensure that they are clear and consistent
- Applies to all foods
- Food can be sold with either old or new allergen labelling up to 25 Feb 2024
- Food packaged & labelled with old allergen info before 26 Feb 2024 may still be sold until 26 Feb 2026

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Standard 1.1.1	Structure of the Code and general provisions
Standard 1.2.3	Information requirements – warning statements, advisory statements and declarations
Standard 1.2.4	Information requirements – statement of ingredients
Schedule 9	Mandatory advisory statements
Schedule 10	Generic names of ingredients and conditions of their use

PEAL in one page...

- **Required names:**
Mandatory specified names for allergens
- **Molluscs** & individual (specified) **tree nuts** to be declared
- Focus on **wheat** and **gluten** as substances of concern
- **‘Contains’ summary statement** is required
- Format and location requirements for the allergen declaration

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PEAL
Updates

Mandatory Allergen Summary

Allergen
Wheat, irrespective if it contains gluten
Cereals and their hybridised strains if they contain gluten
Crustacea
Egg
Lupin
Milk
Mollusc
Peanut
Sesame
Soy
Sulphites >10 mg/kg

Allergen
Almond
Brazil nut
Cashew
Hazelnut
Macadamia
Pecan
Pine nut
Pistachio
Walnut

Cheesy Seafood Pasta

Ingredients

Spaghetti (30%) (durum **wheat** pasta, water), seafood (20%) [prawns (**crustacean**), clams (**mollusc**)], diced tomato, water, onion, toasted **pine nuts**, parmesan cheese (5%) (**milk**), salt.

Contains: wheat, gluten, crustacean, mollusc, pine nut, milk.

Note the following PEAL requirements:

- Allergens are declared in the statement of ingredients using required names using **bold** font.
- 'Contains' summary of ingredients – meets location, terminology & format requirements.



International food allergen regulation

Imported foods offered for sale in ANZ must comply with the Code and Food Acts.

It cannot be assumed that allergen information provided with imported foods and ingredients will automatically comply with ANZ requirements because allergen labelling requirements differ across countries and regions.

All imported foods and ingredients should be checked carefully for compliance before being offered for sale.



Only 5 Food Allergens common to these jurisdictions

Food Allergens	USA	Canada	EU	Australia/NZ	China	Japan	South Africa
✓ Crustacean Shellfish	x	x	x	x	x	Crab/Shrimp	x
✓ Egg	x	x	x	x	x	x	x
Fish	x	x	x	x	x		x
✓ Milk	All mammal	x	Farmed mammal	Milking animals	x	x	Cow & Goat
✓ Peanut	x	x	x	x	x	x	x
Soy	x	x	x	x	x		x
✓ Tree nuts	x	x	x	x	x	Walnut	x
✓ Wheat	x	x	x	x	x	x	x
Cereals / Gluten		x	x	x	x		
Buckwheat						x	
Celery			x				
Lupin			x	x			
Molluscan Shellfish		x	x	x			x
Mustard		x	x				
Sesame	x	x	x	x			
Sulphites ≥ 10 mg/kg	x	Directly added or ≥ 10 mg/kg	x	x			

Refer: <https://farrp.unl.edu/IRChart> for more details

“Gluten Free” Australia & New Zealand

- ‘**Gluten free**’ is a nutrition content claim ([Schedule 4](#))
 - The food must not contain:
 - a) detectable gluten; or
 - b) oats or oat products; or
 - c) cereals containing *gluten that have been malted, or products of such cereals.
- Analysis is required to support the claim
- Allergen Bureau view:
 - ✓ Use a validated/approved kit
 - ✓ Performed by an accredited laboratory and routinely as part of a proficiency program





“Gluten Free” - Codex

Many Countries outside of ANZ follow the food safety standard **Codex Alimentarius** established by the Food and Agriculture Organization (FAO) and the World Health Organization (WHO).

Codex defines a product may be labelled as “gluten free” if it contains **no more than 20 mg/kg** gluten.



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Figure 3. Examples of summary statement loc

Preferred format - the summary statement is to

Ingredients
Water, vegetable
thickener (1412),
flavour (wheat ma
Contains: egg, al

Alternative formats - the summary statement is

Ingredients
Water, vegetable oil, vinegar, Contai
egg, female paste,
capsicum, salt, egg yolk, all
thickener (1412), almonds, milk,
parmesan cheese (milk), gluten
garlic, wheat flour, flavour
(wheat multivitamin, sesame
oil), antioxidant (202).

Alternative format for labels with very limited

between the statement of ingredients and the su

INGREDIENTS: Water, vegetable oil, vi
peas, capsicum, salt, egg yolk, thick
parmesan cheese (milk), garlic, wheat
multivitamin, sesame oil), antioxidant (2
Contains: egg, almond, milk, wheat,

Terminology

The required names for summary statement
for soybean and cereals containing gluten,
same as those in the statement of ingredie
are listed in Column 4 of the table to sector
The following example shows how the requ
can be presented in a statement of ingredie
summary statement using the required nam

Example: Ingredient list for Frozen Green V
Mix:

Ingredients
Green beans, sugar snap peas, edamame
(soybean).
Contains: soy.

Note that soy, soya and soybean are requ
in the statement of ingredients, but not in th
statement where soy is the only permitted n
name.

2021 Food Industry Guide to Allergen Management and Labelling

For Australia and New Zealand

PEAL
updated

A partnership document of the
Australian Food and Grocery Council and the Allergen Bureau

Essential Allergen Guidance for the ANZ food business operator



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Food Industry Guide to Allergen Management and Labelling

Applicable to:

- food manufacture (supply, handling, production, distribution & sale of foods)
- food ingredients (local & imported)
- packaged foods (retail ready, bulk & imported)
- non-packaged foods



FIGAML Includes:

- **Regulatory requirements**
- **Allergen Management**
 - Policies, procedures, practices in place to manage allergens
- **Allergen Risk Review**
 - the thorough investigation of the allergen status of a food
- **Allergen Analysis**
 - appropriate for validation & verification purposes





FIGAML Includes:

- **Allergen Labelling**
 - best practice
- **Allergen Communication**
 - communicating allergen status change
 - differentiation of similar products
 - parallel imports
 - other forms of communication (online shopping, websites, in store demonstrations)
 - consumer & customer contact
- **Recalls**

THANK YOU

CONTACT US:



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