

Tej zaub mov noj tsis haum uas nquag tshwm sim

Major Food Allergens

Hmong

Cov zaub mov uas noj tsis haum

Cov zaub mov no muaj feem noj phiv tsis haum rau tib neeg:

- Txiv laum huab xeeb
- Noob txiv qab rog (xws li almonds, pecans, thiab walnut)
- Crustacean shellfish (xws li roob ris, cws loj, thiab cws me)
- Ntses (xws li salmon, pas thus, thiab halibut)
- Qe
- Mis
- Taum pauv
- Txiv noob nas

Txij li thaum lub 1 hli tim 1, 2023 los, FDA tau tshawb fawb tau tias txiv noob nas yog yam khoom noj uas noj phiv thiab tsis haum.

Txawm hais tias txiv noob nas tsis muaj npe tee rau Minnesota daim food code, yog muaj cov khoom noj ua muaj cov no nyob rau hauv, yuav tau muaj sau npe cia rau daim ntawv lo.

Yam zaub mov no, thiab tej khoom ua mov noj uas muaj cov plhaus these (proteins) los ntawm ib los sis ob peb yam ntawd, yog muab kem hu tias “cov zaub mov noj tsis haum uas nquag noj phiv” Tej yam khoom no uas muaj cov txhaum fab no yog xws li:

- Khaub noom
- Muab kua ywg rau
- Kua tso ntxiv
- Lwm yam khoom noj zoo li nqaij

English

Most common food allergens

These major foods account for the most common food allergies:

- Peanuts
- Tree nuts (such as almonds, pecans, and walnuts)
- Crustacean shellfish (such as crab, lobster, and shrimp)
- Fish (such as salmon, tuna, and halibut)
- Eggs
- Milk
- Soy
- Wheat
- Sesame

As of Jan. 1, 2023, FDA recognized sesame as the ninth major food allergen. Even though sesame is not named as an allergen in the Minnesota food code, food labeling requirements now include sesame.

These foods, and any ingredient that contains protein derived from one or more of them, are designated as “major food allergens.”

Examples of some food products that may allergens as ingredients include:

- Candy
- Glazes
- Sauces
- Meat substitutes

Tej tsos mob

Tej tsos mob ntawm yam ntxwv txhaum fab yog:

- Mob plab
- Ntuav
- Mob xua
- Ua pa nyuaj
- Phob vog
- Ntshav poob qis
- Ib ce tsis muaj ntshav ntws txaus

Tej tsos mob no tshwm sim tom qab noj yav mov tsis haum ntawd los sis tom qab ob pex xaub moos.

Tej luag hauj lwm ntawm tus PIC

Ntsig txog tej yam txhaum fab, tus PIC yuav tsum:

- Paub piav tej npe ntawm cov zaub mov uas muaj nyob hauv cov zaub mov noj tsis haum uas nquag noj phiv .
- Paub cov tsos mob ntawm cov zaub mov noj tsis haum uas nquag noj phiv .
- Cob qhia kom cov neeg ua hauj lwm paub xyuam xim txog kev ua zaub mov, nrog rau kev paub txog cov zaub mov noj tsis haum uas nquag noj phiv.

Ntawv lo txog qhov mob noj txhaum

Yuav tsum lo ntawv rau cov khoom noj uas muab ntim kom muaj kev qhia txog cov tej yam uas nyob hauv uas yuav muaj feem noj phiv.

Daim ntawv lo pob zaub mov ntawd yuav tsum qhia tias yam khoom noj tsis haum ntawd yog hom twg nyob rau hauv. Daim

Symptoms

Symptoms of an allergic reaction include:

- Stomachache
- Vomiting
- Hives
- Difficulty breathing
- Swelling
- Blood pressure drop
- Shock

These symptoms can occur right away or up to several hours after exposure to an allergen.

Responsibilities of the PIC

Regarding allergens, the PIC must:

- Be able to describe foods identified as major food allergens.
- Know the symptoms caused by the major food allergens.
- Ensure employees are trained in food safety, including food allergy awareness.

Allergen labeling

Allergen labeling is required for packaged food products that contain any of the major food allergens.

The label must identify by name any major food allergens in the product as part of the ingredient list. The list must also include

ntawv yuav tsum qhia seb puas muaj cov plhaus thees los ntawm yam zaub mov noj tsis haum ntawd siv nyob rau hauv. Siv cov ntawv lo nplaum li no:

1. Sau lub npe ntawm yam zaub mov, nrog rau hom zaub mov noj tsis haum ntawd sau rau ob tug parentheses. Piv txwv: flour (wheat), whey (milk).

LOSSIS

2. Tom qab sau txog cov khoom ua yam zaub mov ntawd tag, sau tias 'Contains' nrog lub npe ntawm cov zaub mov noj tsis haum uas nquag noj phiv . Piv txwv: Contains: wheat, milk.

Rau cov noob txiv qhib, sau seb yog hom noob twg. Piv txwv: Contains: almonds, coconuts, pecans.

Rau ntses los sis crustacean shellfish, sau seb yog hom twg. Piv txwv: Contains: walleye, shrimp, and lobster.

protein derived from a major food allergen. Use one of the following labeling options:

1. List the common or usual name of the food source, followed by the name of the allergen in parentheses. Example: flour (wheat), whey (milk).

OR

2. After the ingredient list, place the word 'Contains' followed by the food allergen. Example: Contains: wheat, milk.

For tree nuts, declare the specific type of nut. Examples: Contains: almonds, coconuts, pecans.

For fish or crustacean shellfish, declare the species. Examples: Contains: walleye, shrimp, and lobster.

Ntaub Ntawv Pab Ntxiv (Resources)

[Minnesota Department of Health Food Business Safety \(www.health.state.mn.us/foodbizsafety\)](http://www.health.state.mn.us/foodbizsafety)

[Food Allergy Safety, Treatment, Education, and Research \(FASTER\) Act Overview: FDA's Perspective](#)

Minnesota Department of Health
Food, Pools, and Lodging Services
PO Box 64975
St. Paul, MN 55164-0975
651-201-4500
health.foodlodging@state.mn.us
www.health.state.mn.us

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Minnesota Department of Agriculture
Food and Feed Safety Division
625 Robert Street N
St. Paul, MN 55155-2538
651-201-6027 or 1-800-697-AGRI
MDA.FFSD.Info@state.mn.us
Minnesota Department of Agriculture
www.mda.state.mn.us

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To obtain this information in a different format, call: 651-201-4500 or 651-201-6000.