

Food Allergens in the Deli



Major food allergens are: fish, peanuts, wheat, soy, tree nuts (such as almonds, filberts/hazelnuts, pecans, pistachios, walnuts), eggs, milk/dairy, and shellfish (such as shrimp, crab, or lobster). A food allergen can cause illness or death in some of your customers. Other sensitive ingredients include lactose, gluten, and sesame. Be aware of deli products that contain allergens.

The list below is **not** a full listing of potential allergens, but a list of more common ones found in deli products:

<p>Milk/ Lactose</p> 	<ul style="list-style-type: none"> • Cheese • Salad dressing 	<ul style="list-style-type: none"> • Sandwich bread, rolls • Deli meat
<p>Eggs</p> 	<ul style="list-style-type: none"> • Bread, rolls • Egg dishes • Mayonnaise/mayonnaise-based foods • Meatballs, meatloaf • Pasta 	<ul style="list-style-type: none"> • Salad dressings • Sauces • Sausage • Soup
<p>Wheat/ Gluten</p> 	<ul style="list-style-type: none"> • Bread, rolls, crackers • Deli meat, sausage, hot dogs • Meat substitutes • Pasta • Potatoes (scaloped, creamed, au gratin) • Salad dressings, croutons • Sauces, gravies 	<ul style="list-style-type: none"> • Seasonings (some vinegars and ketchup) • Soup • Surimi • Tortillas • Vegetables (scaloped, casseroles, fried)
<p>Peanuts/ Tree Nuts</p> 	<ul style="list-style-type: none"> • Pesto and pesto-based dishes • May contain pine nuts or walnuts and be present in Italian foods, including pasta sauces and pasta salads 	<ul style="list-style-type: none"> • Asian Food • Salads • Mortadella • May contain pistachios
<p>Shellfish/ Fish</p> 	<ul style="list-style-type: none"> • Asian food, Thai food (may contain fish sauce) • Fish entrees • Fish tacos • Herring 	<ul style="list-style-type: none"> • Lox, smoked salmon • Salad • Surimi • Salad dressing • Worcestershire sauce
<p>Soy</p> 	<ul style="list-style-type: none"> • Asian food • Deli meats (as “vegetable protein” or “textured vegetable protein”) • Edamame • Marinades 	<ul style="list-style-type: none"> • Soy sauce • Teriyaki sauce • Tofu • Tuna



Focus on Allergens

How Can I Help My Customers?

- Some customers will ask you for ingredient information to make informed decisions.
- Know where to find labels or product ingredient information to give them.
- DO NOT use this information to make health recommendations. Let customers decide.

For more in-depth information on the top 8 food allergens, see FARE's *Tips for Avoiding Your Allergen* at foodallergy.org.

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Disclaimer: The information presented in this Job Guide has been compiled from sources and documents believed to be reliable and represents the best professional judgment of International Dairy-Deli-Bakery Association (IDDBA). However, the accuracy of the information presented is not guaranteed, nor is any responsibility assumed or implied, by IDDBA for any damage or loss resulting from inaccuracies or omissions.