

Xasaasiyadaha Wayn ee Cuntada

Major Food Allergens

Somali

Xasaasiyadda ugu badan ee cuntada

Cuntooyinkan waaweyn ayaa ku xisaabtama xasaasiyadaha ugu badan ee cuntada:

- Lawska
- Miraha geedaha (sida yicibka, beekan (pecans), iyo lawska)
- Kalluun qolfeed (sida carsaanyo, aargoosato, iyo haar)
- Kaluun (sida salmon (nooc kalluun ah), tuuna, iyo halibut (nooc kalluun ah))
- Ukunta
- Caano
- Sooyga
- Sareenka
- Sisinta

Laga bilaabo Jan. 1, 2023, FDA waxay sisinta u aqoonsatay xasaasiyadda cuntada ee sagaalaad. Inkasta oo sisinta aan loogu magacaabin xasaasiyad ahaan xeerka cuntada ee Minnesota, shuruudaha calaamadaynta cuntada hadda waxa ku jira sisinta.

Cuntooyinkaan, iyo maado kasta oo ay ku jirto barootiin lagasoo qaatay mid kamid ah ama ka badan oo cuntooyinkaan ah, ayaa loo aqoonsadaa “xasaasiyadaha wayn ee cuntada.” Tusaalayaasha maadooyinka cuntada qaar ee xasaasiyaadku ugu jiraan qayb ahaan waxaa kamid ah:

- Nacnaca
- Muraayado (Glazes)
- Maraqa

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

- Badalada hilibka

Astaamaha

Astaamaha falcelinta xasaasiyada waxaa kamid ah:

- Calool xanuun
- Matag
- Finan
- Dhibaato neefsiga ah
- Barar
- Hoos u dhaca cadaadiska dhiiga
- Naxdin

Astaamahaan ayaa imaan kara isla marka ama ilaa dhawr saacadood kadib markaad maadada xasaasiyada keenta laqdo.

Waajibaadka PIC

Arimaha la xariira maadooyinka falcelinta xaasiyada, PIC waa inuu:

- Awoodaa inuu qeexaa cuntada loo asteeyay mid leh xasaasiyadaha wayn ee cuntada.
- Waa inuu yaqaanaa astaamaha ay keenaan xasaasiyadaha wayn ee cuntada.
- Waa inuu xaqiijiyaa in shaqaaluhu qabaan tababarka badqabka cuntada, ayna ku jirto inay yaqaanaan xasaasiyada cuntada ka dhalata.

Calaamadaynta xasaasiyad kiciye

Calaamadaynta xasaasiyadda ayaa looga baahan yahay badeecooyinka cuntada baakadaysan ee ay ku jiraan mid kasta oo ka mid ah xasaasiyadaha cuntada ee waaweyn.

Calaamadu waa inay aqoonsataa magac ahaan xasaasiyad kiciye kasta oo ku jira cuntada asagoo qayb ka ah liiska

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

maadooyinka. Liiska waa inay sidoo kale ku jirtaa barootiinka lagasoo qaatay xasaasiyaadaha wayn ee cuntada. Adeegso mid kamid ah dookhyada calaamadaynta ee soo socda:

1. Qor magaca guud ama caanka ah ee isha cuntada, kadibna raaci magaca xasaasiyad curiyaha ood gelinayso labo qaanse dhexdood. Tusaale: burka (khamadiga), labeenta caanaha (whey) (caanaha).

AMA

2. Kadib markaad qorto maadada, ku dar erayga “Contains (waxaa ku jira)” adoo raacinaaya xasaasiyad curiyaha cuntada. Tusaale: Waxaa ku jira: khamadi, caano.

Miraha geedka, sheeg nooca gaarka ah ee miraha. Tusaalooyinka: Waxaa ku jira: yicibka, qunbe, beekan (pecans).

Markay yihiin kaluun ama kalluun qolfeedka, sheeg nooca noolayaasha. Tusaalooyinka: Waxaa ku jira: walleye, haar, iyo aargoosato.

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.

Macluumaadka (Resources)

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

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

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