

Main cause food

According to survey data of Japanese people, chicken eggs accounted for the most of causative foods at 33.4%. Below that is Dairy at 18.6%, tree nuts (walnuts, cashews, etc.) at 13.5%.

However, early allergy development of causative foods differs depending on age. In infants (0 yrs.), chicken eggs and dairy are common, while ages 1-6 show an increase in nuts, fish eggs, peanuts, etc. Wheat, crustaceans (shrimp, crab), various fruit are common among adults.

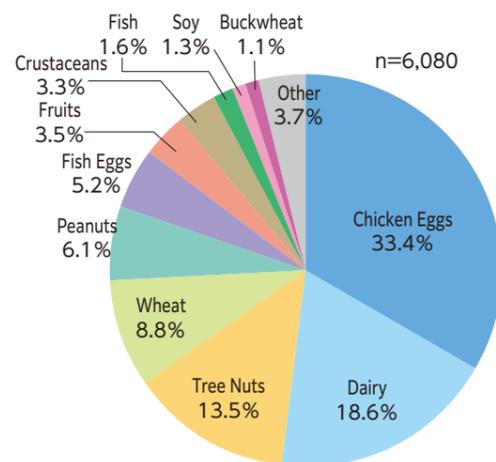


図 令和3年度食物アレルギーに関連する食品表示に関する調査研究事業 報告書(消費者庁)
(https://www.caa.go.jp/policies/policy/food_labeling/food_sanitation/allergy) より作成

If you think you have a food allergy:

First, consult with your doctor.

Self-directed dietary restrictions may lead to malnutrition in growing children.

Consult with healthcare professionals to determine causatives, and observe medical advice.



Use the Food Allergy Communication Sheet

消費者庁 (Consumer Affairs Agency)

(smart phones) Food Allergy Communication Sheet URL/QR Code,
QR Codes for available languages

https://www.caa.go.jp/policies/policy/food_labeling/information/pamphlets/#generally



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Food Allergy Guide



English



What are Food Allergies?

Our bodies protect our health from viruses and bacteria by eliminating them through a mechanism known as "Immunity." Symptoms that occur due to an overreaction of the immune system to specific foods is what is called a "food allergy." Symptoms can occur not only through ingestion, but also through contact and/or inhalation.

Main Symptoms

In most cases, one or more symptoms may appear within 2 hours of eating certain foods. Of these, symptoms on the skin appear in 90% or more of people.

Neurological Symptoms

Headaches, lethargy, loss of consciousness, urine or stool leakage.

Mouth/Throat Symptoms

Discomfort, Irritation, Tongue/Lips Swelling

Skin Symptoms

Itching, Redness, Rash (Hives, Eczema)

Digestive Symptoms

Abdominal Pain, Vomiting, Diarrhea

Eye Symptoms

Red Eye, Itchiness, Swelling of Eyelids

Nasal Symptoms

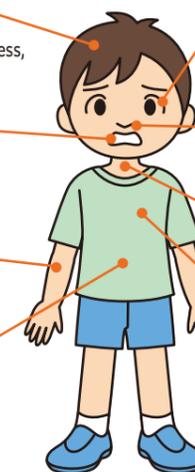
Sneezing, Runny Nose, Stuffy Nose

Respiratory Symptoms

Coughing, Difficulty Breathing

Cardiovascular Symptoms

Increased heart rate, decreased blood pressure



Life-threatening anaphylactic shock may occur!

"Anaphylaxis" is a systemic allergic reaction that causes the various symptoms in the skin, respiratory system, circulatory system, digestive system, etc. In severe cases, the body may experience "anaphylactic shock" symptoms, which are life-threatening conditions such as loss of consciousness, and/or decreased blood pressure, requiring immediate emergency response.

このパンフレットは、英語を話される方のために作成しました。

群馬県

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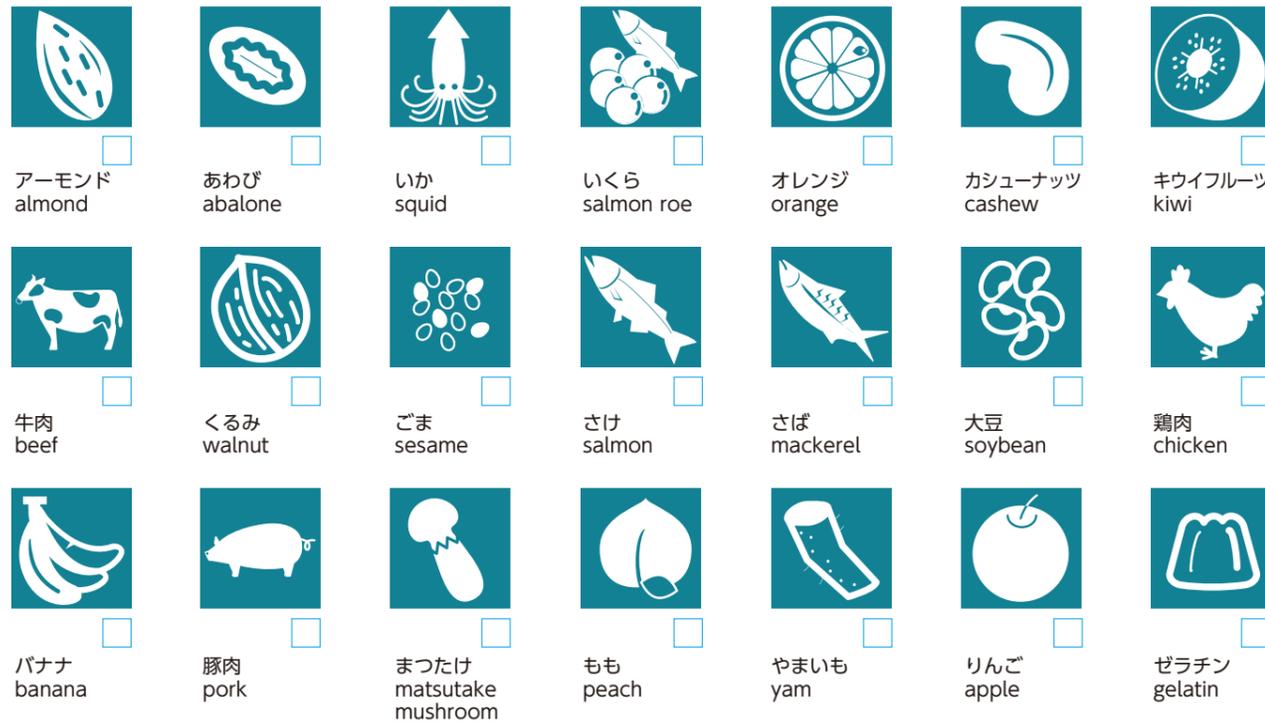
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Japanese Allergen Labeling Rules

Allergens that are always labeled



Allergens recommended for labeling (May not be labeled in some cases)



- Allergens listed in Japan may not match labels in foreign countries.
- Alcoholic beverages are not required to list allergens.

Be cautious of the following labels

Even if ingredients do not have an allergen label, they may have been exposed to allergens in during the manufacturing process.

Example: Udon Noodles

本製品の製造ラインでは、「そば」を製造しています。
The production line for this product produces buckwheat noodles.

Example: Dried Shirasu (Whitebait)

本製品のしらすは、「かに」が混ざる漁法で採取しています。
The whitebait in this product is collected using a fishing method that also captures crab.

Example: Snacks

本製品の製造施設では、卵、乳、落花生を含む製品を製造しています。
This product is manufactured in a facility that also manufactures products containing eggs, milk and peanuts.

Examples of Allergen Labeling for Packaged Processed Foods

① When each ingredient is labeled separately

名称	ビスケット
原材料名	小麦粉、砂糖、マーガリン、生クリーム (乳成分を含む)、植物油脂 (大豆を含む)、食塩/膨張剤、香料、乳化剤 (卵由来)

Allergens are labeled separately.

The name of the allergen is displayed in parenthesis immediately after the ingredient/additive name (○○を含む)/(○○由来).

② When allergens are listed at the end as a collective

名称	ビスケット
原材料名	小麦粉、砂糖、マーガリン、生クリーム、植物油脂、食塩/膨張剤、香料、乳化剤、(一部に小麦・乳成分・卵・大豆を含む)

Allergens are listed collectively at the end of Ingredients List in parenthesis: (一部に○○・○○を含む).

Labeling of allergies is not required in some cases

Unpackaged foods, such as restaurant menus, breads and sweets made in shops are not required to label allergens.

Ask staff directly concerning ingredients.

