















EPICURE DIGITAL MENU SYSTEM

NUTRITION & ALLERGEN MENU LABELING ICONS

JANUARY 20, 2023

TOP NINE ALLERGIC FOODS

Although more than 160 foods can cause allergic reactions in people with food allergies, the Food Allergen Labeling and Consumer Protection Act of 2004 identifies these eight most common allergenic foods that account for 90 percent of food allergic reactions: Milk, Eggs, Fish (e.g., bass, flounder, cod), Crustacean shellfish (e.g. crab, lobster, shrimp), Tree nuts (e.g., almonds, walnuts, pecans), Peanuts, Wheat and Soybeans. In April 2021, the Food Allergy Safety, Treatment, Education, and Research (FASTER) Act was signed into law, declaring sesame as the 9th major food allergen. In 2024, Coconut is expected to be declared the 10th major food allergen.

 Milk or Dairy	 Egg	 Soy	 Tree Nuts, Peanuts or Nuts	 Sesame Seeds	 Coconut
 Wheat, High Fiber or Gluten	 Gluten Free or Gluten Friendly	 Fish or Seafood	 Shellfish	 Beef	 Pork
 High Sodium	 Heart Healthy or Healthy Choice	 Organic	 Local/Sustainable	 Farm To Table	
 Vegetarian/Vegan	 Raised without Antibiotics		 Non-GMO	 Ovo-Lacto	
 Religious	 Go Slow Whoa!	 Spicy/Very Spicy		 Popular	 Not Analyzed

DISCLAIMERS

FDA mandatory statements that need to appear on all menu formats in 20-unit or greater restaurant chains:

“2,000 calories a day is used for general nutrition advice, but calorie needs vary” and “Additional nutrition information is available upon request.”

If you offer extensive child-friendly items, you might want to include the optional disclaimers,

“1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary.”

ALLERGEN STATEMENTS

Vegan: *Item does not contain animal by-products such as beef, chicken, fish, eggs, milk, cheese, gelatin & honey.*

Vegetarian: *Item may contain eggs, dairy, gelatin & honey, but does not contain meats such as beef, chicken, pork, fish, & shellfish.*

Ovo-Lacto: *A vegan item with eggs and/or dairy products.*

Gluten-Friendly: *Product is not made with ingredients containing gluten. Cross contact is possible.*

Menu items do not contain gluten and are prepared & served in a designated area, yet cross-contact may occur.

CONSUMER ADVISORY

**Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*