

Food allergy in non-food items

BY DR. JOHN LEUNG AND REBECCA STANSKI, TUFTS MEDICAL CENTER

Although an allergic reaction is usually due to contact or accidentally eating the food, there are non-food items that can contain food ingredients that can cause an allergic reaction. These include cosmetics, lotions, medications and more.

Why is there food in medications?

Excipients are all substances found in medications other than the active ingredient(s). They are added to aid the manufacturing process, to enhance the stability of the product, or to make the product more appealing to the patient. Sometimes excipients come from foods, which can potentially be dangerous for those with food allergies.

Do people with food allergies normally have reactions to medications

that contain the food they are allergic to?

It depends on how allergic the patient is to the food, and the amount of food substance in the medication. In general, reactions are rare since it is such a small amount of the food in the medication. Most people will tolerate these medications without having a reaction, but an allergic reaction is possible in some patients.

What are the common non-food items that may contain food substance?

1. Some vaccines contain egg, chicken, cow's milk and gelatin proteins.
2. Certain asthma inhalers may contain a trace amount of soy protein or

milk protein.

3. Dustless chalk may contain casein.

4. Children's modeling dough such as Play-Doh contains wheat.

5. Cosmetics may contain milk, nut oils, wheat and soy.

What if I am concerned about a food allergen being in my medication or other non-food items?

1. It is important to tell your doctor or pharmacist if you have a food allergy so that appropriate (food-allergen free) medications can be prescribed.
2. Read the label. However, please note that federal labeling laws do not apply to these non-food products and manufacturers are not mandated to list

the potential food allergens.

3. Contact the manufacturer. You have the right to know.
4. Contact your doctor if you have any concern or question.

For more information please visit www.foodallergy.org and www.kidswithfoodallergies.org.

Rebecca Stanski is a dietetic intern. John Leung, MD, is an allergist, immunologist and gastroenterologist. Leung speaks Cantonese. He can be reached at (617) 636-5333.

Tufts Medical Center

非食品物件中的過敏隱患

搭芙茨醫療中心梁爾尊醫師和實習醫生Rebecca Stanski撰寫

非食品物件中是否存在引發過敏的物質？

是的！傳統的過敏概念是食用含過敏物質的食品後肌體有過敏症狀發生。非食品物件中，例如化妝品、護膚品，及藥品等，有時會有食物添加劑成分，因而也有可能含有過敏物質。

為什麼藥品中有食品成分？

藥品中經常會添加輔料。輔料並無療效，但因其可增加藥品穩定性或是改善藥品外觀等緣由在藥品生產過程中時有添加。有的輔料由食品提煉而來，所以對某些食品過敏的人群要多加注意。

對某些食品有過敏的人群對藥品添有該食品過敏成分是否會有過敏症狀？

這取決於具體個人對該過敏物質的過敏程度及該物質在藥品中的具體添加量。一般來講，輔料在藥品中的添加量很小，大部分過敏肌體都不會有過敏症狀發生。但某些人的確會有過敏反應。

哪些常見非食品物件中會含有食品成分？

1. 一些疫苗中會含有雞蛋、雞肉、牛奶，及明膠蛋白等成分
2. 一些哮喘吸入器中含有微量豆蛋白或乳類蛋白
3. 無末粉筆可能會含有酪蛋白



Play-Doh玩具黏土有酵母成分。（圖片由Play-Doh提供。）

4. 孩子們經常玩的橡皮泥含有麥粉
5. 化妝品中可能會含有奶類、堅果果油，及大豆類食品成分

哪裡可以查到更多詳情？

1. 向醫生及藥師講明自己的過敏情況，這樣醫生及藥師在抓藥時

會有留意。

2. 閱讀成分標籤。需注意，美國國家的標籤法對非食品標籤是否要完全註明成分並無嚴格要求，所以製造商可能不會把所有成分逐一列出。

3. 與製造商聯繫。你有權知道產品詳細成分。

4. 如有疑問，隨時與醫生聯繫

5. 上網查詢：

www.foodallergy.org及www.kidswithfoodallergies.org

關於作者

Rebecca Stanski是飲食科實習生。梁爾尊醫生是過敏症專家，免疫學專家，及胃腸病專家。如果想看梁醫師，搭芙茨醫療中心的中文預約專線是617-636-8833。

—文章由許可可翻譯

Tufts Medical Center