# The Marketing Guide

The Marketing Guide provides special purchasing information on foods that will sustain trimming loss during production. These foods are marked with an asterisk (*) in the ingredient column of the recipe format.

For items marked with an asterisk, the quantity listed under "Weight" and "Measure" in the recipe is the edible portion. This is the quantity required for production and therefore does not account for trimming loss. The Marketing Guide shows the as purchased quantity required when ordering. For example, 5 pounds 1 ounce of broccoli must be purchased in order to yield 4 pounds 1 ounce.

# Food Allergens

Each year, millions of Americans have allergic reactions to food. Although most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions, and may even be life-threatening.

There is no cure for food allergies. Strict avoidance of food allergens — and early recognition and management of allergic reactions to food — are important measures to prevent serious health consequences. Check with parents of the children in your care to make sure that you are aware of any food allergies they may have.

**TOP 8**
**Food Allergens:**

1. Fish
2. Shellfish
3. Eggs
4. Milk
5. Wheat
6. Peanuts
7. Tree Nuts
8. Soybeans

For more information go to the *Special Needs Section* on the Food and Nutrition Service's School Meals *Guidance & Resources* web page at fns.usda.gov/cnd/guidance/default.htm.

## Know the Symptoms

Symptoms of food allergies typically appear from within a few minutes to two hours after a person has eaten the food to which he or she is allergic. Allergic reactions can include:

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Face, tongue, or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing or wheezing
- Dizziness and/or lightheadedness
- Swelling of the throat and vocal cords
- Difficulty breathing
- Loss of consciousness