

# PRIORITY FOOD ALLERGENS: ANSWER SHEET



1. Can someone without food allergies help to prevent a serious reaction from occurring in another individual?  
**Yes**
2. Approximately how many Canadians are impacted by food allergies according to 2020 data?  
**3,000,000**
3. Anaphylaxis is  
**a serious allergic reaction that is rapid in onset and may cause death.**
4. What are the priority food allergens in Canada?  
**Peanuts, tree nuts, milk, eggs, mustard, fish, crustaceans and molluscs, wheat and triticale, sesame, and soy.**
5. You can rely on “free from” claims on product packages.  
**Maybe. The true indicator is the ingredients list and “may contain” claims.**
6. Washing your hands well and often is one of the most effective ways to prevent cross-contamination when preparing/handling food.  
**True**
7. Picking the peanuts off your nephews packaged ice cream treat will prevent him from experiencing a reaction due to his peanut allergy.  
**False**
8. Gluten-free diets must avoid  
**Both 1 and 2**
9. High Caliber Products offers gluten-free sausage blends in many popular flavours.  
**True**
10. High Caliber Products recently announced a new Higher Caliber line of sausage-blends that contain how many priority food allergens as outlined by Health Canada?  
**0**

