



## ***Allergen Charts Little Kids Foods***

These allergen charts of Heinz food varieties have been prepared as a handy reference for consumers and health professionals.

The food allergy and intolerance information provided in these charts has been compiled using detailed ingredient evaluation and careful food production methods. Heinz makes all efforts to declare allergens (if present in a food) in simple terms in the ingredients lists.

**Please bear in mind that it is important to always check the labels carefully on any food product because foods are reformulated occasionally, and the allergen status may change without further notice. If in doubt, contact the manufacturer of the food prior to consumption.**

## FOOD ALLERGY / INTOLERANCE

Food allergy occurs when the body's immune system mistakes a normally harmless food for a dangerous invader. It's estimated that 1-2% of the Australian population have food allergies. Children are more likely to have food allergies (approximately 8%), but fortunately many children do grow out of allergies as they get older.

Food intolerance is generally a reaction to a chemical(s) in food, and does not involve the immune system.

The Australia New Zealand Food Standards Code Standard 1.2.3 requires that the following allergens and components must be declared on product labels:

Table to Standard 1.2.3.

Cereals containing gluten and their products, namely, wheat, rye, barley, oats and spelt and their hybridised strains including triticale.

Crustacea and their products

Egg and egg products

Fish and fish products

Milk and milk products

Tree nuts and sesame seeds and their products

Peanuts and soybeans, and their products

Added sulphites in concentrations of 10mg/kg or more

Most of these substances can provoke serious allergic (immunological) reactions, and are considered to be allergens. However, gluten and sulphites are not strictly allergens because these substances cause other adverse effects. Gluten, present in wheat, rye, barley, oats, spelt, triticale and products of these can cause adverse reactions in people with Coeliac disease. The presence of sulphites at concentrations of more than 10mg/kg can provoke asthma in some sensitive individuals.

Sensitive individuals must avoid foods containing the allergen or provoking substance, as there is no cure for food allergy.

For the purpose of this allergen chart, the term "allergens" will be used to refer to any of these substances (including in this case gluten and sulphites).

The allergen charts also include information about other substances.

### **Low in Sodium/Salt**

Sodium naturally occurs in a variety of foods. In the Little Kids Range, there may be some small amount of Salt or sodium compounds added. We will always endeavour to have Low in Sodium to levels below 120mg per 100g of product.

### **Sugar**

Sugar is added to some Little Kids foods in very small amounts.

### **Added Colours**

No colours are added to Heinz infant foods suitable for ages under 12 months. Some Little Kids foods contain added colours.

### **Added Flavours**

Where a flavour is required, Heinz strives to use a natural flavour. If a natural flavour is not available, a nature identical flavour may be used. Nature identical flavours are identical in all ways to their natural counterparts.

### **Added Preservatives**

No preservatives are necessary in Heinz infant foods in cans and jars since the food is sterilised in the container. The infant cereal range is also preservative free. Sulphur dioxide is present in the Little Kids fruit bars as it is a component of the dried fruit ingredients.

## MANAGING ALLERGENS AT THE HEINZ INFANT FOOD PLANT

The Heinz infant food plant is located in Echuca, Northern Victoria. It is specially designed to make Heinz and Wattie's infant foods in jars, cans and pouches and as such, has stringent processes and procedures in place to ensure the best quality. Food allergen management is treated as a priority at the Echuca plant. A list of key allergen management precautions taken when making infant foods is available upon request.

## LABELLING OF ALLERGENS

'**May Contain**' statements are not used for labelling of Heinz products. Heinz uses terms such as 'CONTAINS', 'CONTAINS TRACES OF' or 'FROM'.

The term '**Contains**' indicates that the product contains the allergen or derivatives of the allergen within it. For example, grated parmesan cheese can contain wheat flour to prevent clumping. Therefore the ingredients list would read 'Parmesan Cheese (Contains Wheat)'.

'**Contains Traces of**' is used when an allergen is not added directly to a food, however there is a real risk that the allergen is present. For example, in the case where traces of egg cannot be prevented from contaminating wheat pasta, the ingredients list would read "Wheat Pasta (Contains Traces of Egg)". This will be signified in the allergen charts by "(trace)".

The term '**From**' indicates that the ingredient was derived from an allergen. For example, malt is derived from barley; therefore the ingredients list would read 'Malt (from Barley)'.

## IMPORTANT

**PLEASE NOTE:** *Always* check the labels carefully on any food product because foods are reformulated occasionally, and the allergen status may change without further notice. If in doubt, contact the manufacturer of the food.

## FURTHER INFORMATION

For further information about allergen status of Heinz food products contact:

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