

Hidden allergens

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Learning objectives

- Hidden allergens are an unpredictable health risk for the food allergic individual.
- Precautionary labelling such as "may contain..." is frequently used for liability reason, but arbitrary use without proof of evidence is misleading and thus without benefit for the allergic individual.
- Hidden allergens in food industry may be eliminated by allergen control plans, sanitation procedures and self-auditing, including analytical testing.
- Elimination of hidden allergens is a great contribution to the avoidance of allergenic foods which at present is the most effective means of preventing the disease.

Selected references

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