

# Food allergies and maple syrup production



Producteurs  
et productrices  
acéricoles du Québec

## Did you know...



Approximately **4%** of Quebecers have a food allergy.



More than **90%** of all allergic reactions are caused by ten foods.

# 160

In Canada, there are more than **160** foods known to cause allergic reactions.



Even in microscopic quantities, an allergen can be fatal for someone who's allergic. Death can occur in a matter of minutes if the necessary treatment can't be administered on the spot.

## Canada's priority food allergens



Tree nuts

Peanuts

Sesame seeds

Wheat

Eggs

Cow's milk

Soy

Fish

Crustaceans

Molluscs

Mustard

Sulphites

## Best practices

- Wash your hands frequently with soap and water
- Never bring food into the production area (in the boiling room/near the evaporator)
- Use an allergen-free antifoaming agent

