

MAMMALIAN Meat Allergy

Mammalian Meat Allergy (MMA) / ALPHA-GAL ALLERGEN CARD

A mammal is any animal born alive and not in the form of an egg/shell.

Ingredients to AVOID if you are allergic to Mammalian Meat / Alpha-gal:

Mammalian meat products (red & white meat)

These include:

Beef
Ox
Bull
Lamb / mutton
Veal
Goat
Venison / deer
Buffalo
Pork
Bacon
Ham
Sausages (including chicken sausages as casings are made with collagen from beef)
Deli and cold meats e.g. silverside, salami
Offal e.g. kidneys, liver, brains, tripe
Rabbit
Marsupials e.g. kangaroo, wallaby
Others not commonly eaten e.g. guinea pig, possum, whale, dolphin

Gelatine products (e.g. gelling or setting agents)

Seek advice from a doctor with MMA / Alpha-gal allergy experience before eating foods or taking medications that may contain or have been made from any of the above food sources.

Further information may also be obtained from: www.tiara.org.au
www.allergyfacts.org.au
ph. 1300 728 000
www.allergy.org.au
Australian food labelling:
www.foodstandards.gov.au or
www.afgc.org.au



Other Foods containing mammal derived products may include:

Lollies such as jube confectionary, jelly babies
Marshmallows
Desserts including mousse and jelly
Jam
Meat extracts e.g. Bonox, Bovril
Tallow, suet, beef & meat fat, lard, dripping and foods cooked in these.
Soups, soup powders, stock cubes, liquid stocks.
'Flavour' ingredients in savoury packaged products.
Packets of potato chips, Burger Rings, Cheezels.
Energy drinks containing taurine.
Gravy, Gravox

Please note this is not a complete and comprehensive list of ingredients to avoid but is intended as a helpful aid for living with MMA / Alpha-gal allergy. IT IS NOT meant to replace advice given by your doctor. Food served in a restaurant and cooked on a BBQ may be cross contaminated with meat &/or meat by-products. It is also possible to have an allergic reaction from meat fumes or handling of meat / by-products.

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Products to be avoided which may contain meat by-products include:

Vitamins & 'over the counter' treatments
Some vaccinations (speak with your doctor)
Artificial Blood
Cetuximab
Pancreatic enzyme replacements
Heparin
Please consult your doctor prior to taking any of the above and/or related medications.
Remember:

Cosmetics, lotions, shampoos, moisturisers, band aids, and alternative therapies may also contain animal by-products.

People with Alpha-gal/ mammalian meat allergy can sometimes have an allergy to products that come from mammals e.g. milk products.

People can therefore also be allergic to DAIRY including the following:

Milk
Yoghurt
Cheese
Butter, margarine
Chocolate
Cream and ice cream
Rennet

I am able to eat:

Chicken / Turkey / Duck / Quail
Fish / Shellfish / Molluscs

FOOD ALLERGY SAFETY

Avoidance of the food allergen is crucial if you are food allergic. There are many strategies you can put in place to help reduce the risk of an allergic reaction or anaphylaxis.

These include:

- Plan ahead; educate those around you.
- Always read the food label, even if the product has been purchased and eaten safely before.
- Disclose your allergy when eating out.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- Have an appropriate snack available when you go out. If you are hungry, you will be more tempted to take a risk with a non-labelled food purchase.
- Do not share straws, cups, cutlery and other utensils.
- Call food manufacturers and ask about food labels if you are unsure about a product.
- Be extra careful when eating away from home. Whilst a particular food order may be fine to eat, questions must be asked about the risk of cross-contamination during food storage, preparation and serving.
- ALWAYS have your ASCIA Action Plan for Anaphylaxis and your adrenaline (epinephrine) autoinjector with you.
- **No Adrenaline = No Eat!**