

## FOOD ALLERGY CASES CLINICAL QUIZ: ANSWERS TO QUESTIONS

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2. f. Chinese and southeast Asian foods are frequently cooked with peanut oil. None of the above are safe. Ice cream is potentially contaminated by nuts since nuts are frequently served with ice cream or mixed with ice cream. Dry pet food and chili frequently contain peanuts. Pastry may contain peanuts even if

they are called other types of nuts such as almonds.

3. a. Lactose is merely a disaccharide. Lactose by itself is not part of milk protein. However, if the source of lactose is a dairy product, then this dairy produce should be avoided. All of the other products including “non-dairy” creamers and canned tuna may contain milk or milk products.