

Tej zaub mov noj tsis haum uas nquag tshwm sim

Cov zaub mov uas noj tsis haum

Cov zaub mov no muaj feem noj phiv tsis haum rau tib neeg:

- Txiv laum huab xeeb
- Noob txiv qab rog (xws li almonds, pecans, thiab walnut)
- Crustacean shellfish (xws li roob ris, cws loj, thiab cws me)
- Ntses (xws li salmon, pas thus, thiab halibut)
- Qe
- Mis
- Taum pauv
- Txiv noob nas

Txij li thaum lub 1 hli tim 1, 2023 los, FDA tau tshawb fawb tau tias txiv noob nas yog yam khoom noj uas noj phiv thiab tsis haum. Txawm hais tias txiv noob nas tsis muaj npe teev rau Minnesota daim food code, yog muaj cov khoom noj ua muaj cov no nyob rau hauv, yuav tau muaj sau npe cia rau daim ntawv lo.

Yam zaub mov no, thiab tej khoom ua mov noj uas muaj cov plhaus these (proteins) los ntawm ib los sis ob peb yam ntawd, yog muab kem hu tias "cov zaub mov noj tsis haum uas nquag noj phiv" Tej yam khoom no uas muaj cov txhaum fab no yog xws li:

- Khaub noom
- Muab kua ywg rau
- Kua tso ntiv
- Lwm yam khoom noj zoo li nqaj

Tej tsos mob

Tej tsos mob ntawm yam ntxwv txhaum fab yog:

- Mob plab
- Ntuav
- Mob xua
- Ua pa nyuaj
- Phob vog
- Ntshav poob qis
- Ib ce tsis muaj ntshav ntws txaus

Tej tsos mob no tshwm sim tom qab noj yav mov tsis haum ntawd los sis tom qab ob peb xaub moos.

Tej luag hauj lwm ntawm tus PIC

Ntsig txog tej yam txhaum fab, tus PIC yuav tsum:

- Paub piav tej npe ntawm cov zaub mov uas muaj nyob hauv cov zaub mov noj tsis haum uas nquag noj phiv .
- Paub cov tsos mob ntawm cov zaub mov noj tsis haum uas nquag noj phiv .
- Cob qhia kom cov neeg ua hauj lwm paub xyuam xim txog kev ua zaub mov, nrog rau kev paub txog cov zaub mov noj tsis haum uas nquag noj phiv.

Ntawv lo txog qhov mob noj txhaum

Yuav tsum lo ntawv rau cov khoom noj uas muab ntim kom muaj kev qhia txog cov tej yam uas nyob hauv uas yuav muaj feem noj phiv.

Daim ntawv lo pob zaub mov ntawd yuav tsum qhia tias yam khoom noj tsis haum ntawd yog hom twg nyob rau hauv. Daim ntawv yuav tsum qhia seb puas muaj cov

plhaus thees los ntawm yam zaub mov noj tsis haum
ntawd siv nyob rau hauv. Siv cov ntawv lo nplaum li no:

1. Sau lub npe ntawm yam zaub mov, nrog rau
hom zaub mov noj tsis haum ntawd sau rau ob
tug parentheses. Piv txwv: flour (wheat), whey
(milk).

LOS SIS

2. Tom qab sau txog cov khoom ua yam zaub mov
ntawd tag, sau tias 'Contains' nrog lub npe
ntawm cov zaub mov noj tsis haum uas nquag
noj phiv . Piv txwv: Contains: wheat, milk.

Rau cov noob txiv qhib, sau seb yog hom noob twg. Piv
txwv: Contains: almonds, coconuts, pecans.

Rau ntses los sis crustacean shellfish, sau seb yog hom
twg. Piv txwv: Contains: walleye, shrimp, and lobster.

Ntaub Ntawv Pab Ntxiv

[Food Allergy Safety, Treatment, Education, and Research
\(FASTER\) Act Overview: FDA's Perspective](#)
(<https://www.youtube.com/watch?v=Bhw1rLUNRLM>)