



Canadian Food
Inspection Agency

Agence canadienne
d'inspection des aliments

Undeclared Allergens and Gluten in Coconut Water - April 1, 2020 to March 31, 2021

Food allergen - Targeted surveys



Summary

Targeted surveys provide information on potential food hazards and enhance the Canadian Food Inspection Agency's (CFIA's) routine monitoring programs. These surveys provide evidence regarding the safety of the food supply, identify potential emerging hazards, and contribute new information and data to food categories where it may be limited or non-existent. We use them to focus surveillance on potential areas of higher risk. Surveys can also help to identify trends and provide information about how industry complies with Canadian regulations.

Food allergies can affect people of all ages but are particularly common in children. Food allergens can represent a serious or life threatening health risk for allergic individuals. Additionally, although it is not considered an allergen, undeclared gluten may contribute to chronic health issues for those individuals with celiac disease or gluten sensitivity. Allergens and gluten can be found in food due to their presence in the raw ingredients or they can be accidentally introduced along the food production chain due to cross contamination. Regardless of the source of the allergens, industry must ensure that the food produced is safe for human consumption, either by complying with specific Canadian regulations where applicable or by keeping the levels as low as reasonably possible.

Additionally, food adulteration is an increasing problem within the food industry. Food adulteration or misrepresentation is the intentional and deliberate substitution, dilution, counterfeiting or misrepresentation of food, ingredients or packaging, or labels containing false or misleading statements about the product itself for economic gain¹. This could pose a health risk to consumers if unidentified allergens or hazardous materials are added to food products.

The main objective of this survey was to obtain baseline information regarding the presence and levels of undeclared allergens and gluten in coconut water. 78 samples were tested, and none were found to contain any undeclared allergens and gluten.

Any positive results obtained during the course of these surveys would have been forwarded to the CFIA's Office of Food Safety and Recall (OFSR) to determine if the levels found would pose a health concern to allergic individuals. The extent of the follow-up actions taken by the agency is based on the seriousness of the contamination and the resulting health concern as determined by a health risk assessment. None of the products tested in this survey were positive for any undeclared allergens and gluten, and no health risks to consumers were identified.

What are targeted surveys

Targeted surveys are used by the CFIA to focus its surveillance activities on areas of higher health risk. The information gained from these surveys provides support for the allocation and prioritization of the agency's activities to areas of greater concern. Targeted surveys are a valuable tool for generating information on certain hazards in foods, identifying and characterizing new and emerging hazards, informing trend analysis, prompting and refining health risk assessments, highlighting potential contamination issues, as well as assessing and promoting compliance with Canadian regulations.

Food safety is a shared responsibility. The agency works with federal, provincial, territorial and municipal governments and provides regulatory oversight of the food industry to promote safe handling of foods throughout the food production chain. The food industry and retail sectors in Canada are responsible for the food they produce and sell, while individual consumers are responsible for the safe handling of the food they have in their possession.

Why did we conduct this survey

Approximately 7% of Canadians have self-reported as having at least 1 food allergy, but the actual number of medically confirmed food allergies is expected to be slightly lower². It is believed that the rate of food allergies is increasing, particularly among children. Food allergies are estimated to affect up to 5% of adults and up to 8% of children in developed countries³. Food allergens are food proteins that can cause a reaction of the body's immune system, and can represent a serious or life threatening health risk for allergic individuals or contribute to chronic health issues for those with pre-existing health conditions like celiac disease. Celiac disease is a chronic reaction where the body reacts to a component of gluten which can damage or destroy certain intestinal cells. Approximately 1% of the total population are affected with celiac disease⁴.

The priority food allergens are the 10 most common food components that are associated with severe allergic or allergy-like reactions in Canada. These allergens consist of peanuts, tree nuts, sesame, seafood (fish, shellfish and crustaceans), eggs, milk, soy, mustard, sulphites, and wheat⁵. Gluten, while not a true allergen, is a family of proteins found in certain grains like wheat, rye, barley, kamut, and spelt and is included in this list⁶. Gluten can cause digestive problems and other issues for people with certain health conditions such as celiac disease and gluten sensitivity. This makes proper identification and labeling of allergens in food by the manufacturer essential.

Undeclared allergens can be found in foods due to their presence in the raw ingredients, or can be accidentally introduced along the food production chain through cross contamination. Regardless of the source of the allergens, industry must ensure that the food they produce is safe for human consumption. This can be achieved by complying with specific Canadian regulations where applicable, or by keeping the levels as low as reasonably possible.

This was the first survey conducted by the CFIA for undeclared allergens and gluten in coconut water. The main objective of this survey was to obtain baseline information regarding the presence and levels of undeclared gluten and allergens including egg, mustard, sesame, soy, peanut, almond, hazelnut and the milk proteins casein and beta-lactoglobulin (BLG) in coconut water.

All products were tested “as sold,” meaning that they were not prepared as per the manufacturer’s instructions or as they would typically be consumed.

What did we sample

All products were sampled between April 2020 and March 2021. Samples were collected from local and regional grocery stores located in 6 major cities across Canada. These cities encompassed 4 geographical areas: Atlantic (Halifax), Quebec (Montreal), Ontario (Toronto, Ottawa) and the West (Vancouver, Calgary). The number of samples collected from these cities was in proportion to the relative population of the respective areas.

The following products were not included in the survey:

- products with **all** of the following allergens in the list of ingredients – almond, hazelnut, peanut, sesame, soy/soybean, egg, milk, and wheat, barley, oats, rye, triticale, or gluten
- products with a precautionary statement for all priority allergens
- non pre-packaged products
- products with no list of ingredients
- products past the best before date

A total of 78 coconut water were sampled, and they were all imported.

How were samples analyzed and assessed

Samples were analyzed by an ISO/IEC 17025 accredited food testing laboratory under contract with the Government of Canada. The samples were tested as sold, meaning that the product was tested as-is and not as prepared according to package instructions.

In Canada, food allergens and gluten must be declared in the list of ingredients if they are present in the prepackaged product in order to comply with the requirements of the [Food and Drug Regulations Section B.01.010.1](#). A prepackaged product will be deemed non-compliant if any level of undeclared allergens and gluten is detected.

Health Canada considers that gluten-free foods, prepared under good manufacturing practices, which contain levels of gluten not exceeding 20 parts per million (ppm) (due to cross contamination) meet the intent of the [Food and Drug Regulations Section B.24.018](#) for a gluten-free claim.

What were the survey results

Of the 78 samples collected and tested in this survey, none tested positive for undeclared gluten and allergens including egg, mustard, sesame, soy, peanut, almond, hazelnut, and the milk proteins casein and BLG.

What do the survey results mean

Based on this survey, 100% of the products tested were compliant with allergen labelling regulations in Canada. No samples were shown to contain any detectable levels of undeclared gluten and allergens including egg, mustard, sesame, soy, peanut, almond, hazelnut, and the milk proteins casein and BLG.

The extent of the follow-up actions taken by the agency is based on the level of contamination and the resulting health concern as determined by a health risk assessment. Appropriate follow-up actions include additional sample testing, facility inspection and product recall. The health risk assessment is based on exposure to the allergens and gluten through consumption. The exposure is calculated by using the typical serving sizes for each food. Assessment based on serving size means not all detectable levels of undeclared allergens and gluten in food will cause a reaction in an allergic individual.

This survey generated new information on the background level of undeclared allergens and gluten in coconut water collected from 6 cities across Canada. Information gathered in this survey, in conjunction with other data including the Canadian Total Diet Study and Statistics Canada's Canadian Health Measures Survey food consumption data, are critical in assessing the health risk that our food supply poses to Canadian consumers. The results of the CFIA's surveillance activities are also used to inform the Canadian public and stakeholders by raising consumer awareness and help build public confidence in their food supply by removing non-compliant products.

References

1. [Codex Alimentarius International Food Standards](#). (2017). FAO/WHO.
2. Soller, L., Ben-Shoshan, M., Harrington, D. W., Fragapane, J., Joseph, L., Pierre, Y. S., Clarke, A. E. (2012). Overall prevalence of self-reported food allergy in Canada. *Journal of Allergy and Clinical Immunology*, 130(4), 986-988.
3. Sicherer, S. H., & Sampson, H. A. (2014). Food allergy: Epidemiology, pathogenesis, diagnosis, and treatment. *Journal of Allergy and Clinical Immunology*, 133(2), 291-307.e5.
4. [Celiac disease foundation](#); (2018). United States. Celiac Disease Foundation.
5. [Common food allergens](#); (2018, May 14). Canada. Health Canada.
6. [Codex Alimentarius Standard for Foods for Special Dietary Use for Persons Intolerant to Gluten - Codex Stan 118-1979](#). (2008) United States. Food and Agriculture Organization of United Nations & World Health Organization.