

# CONNECTICUT ACADEMY OF NUTRITION & DIETETICS

**eat right.** an affiliate of the  
Academy of Nutrition and Dietetics

*Your food and nutrition experts.*

---

## EXECUTIVE COMMITTEE 2012-2013

May Harter, MS, RD, CD-N  
President

Judy Prager, RD, CD-N  
President-Elect

Tina Dugdale, MS, RD, RN, CD-N  
Past President

Cathy Wickham, MS, RD  
Council on Professional Issues Chair

D. Milton Stokes, PhD, MPH, RD, CD-N  
Delegate

Heather Peracchio, MS, RD, CD-N  
Member-at-Large

Katryna Minski, MS, RD, CHES  
Secretary

Jillian Wanik, MS, RD, CD-N, CSD, CNSC  
Treasurer

Melissa Mitri, RD, CD-N  
Public Policy Panel Chair

March 13, 2013

To the Connecticut Public Health Committee:

The Connecticut Academy of Nutrition and Dietetics supports **CT SB Bill #895** which would require restaurants to establish written procedures for serving food to people with food allergies.

Please consider these important facts:

- Approximately 15 million people in the US have a food allergy. Eight foods - peanut, tree nut, milk, egg, wheat, soy, fish and shellfish - account for 90% of all allergic reactions to food.
- 1 in 13 Americans with food allergies are children.
- Food allergens can cause mild to severe reactions in individuals with food allergies - anaphylaxis is the most severe reaction which can be fatal.
- Americans eat 6.1 meals in restaurants or as take-out meals each week, according to the Zagat 2013 America's Top Restaurants Survey.
- Food allergens may be a specific, known ingredient in foods served in restaurants, or may be accidentally incorporated into a food through cross-contamination (e.g., mishandling of food items, improper hand washing, improper cleaning of utensils, dishware and equipment, etc.).

This bill informs consumers, our clients, what ingredients are used in meals prepared in restaurants, as well as the risk of cross-contamination of foods during food preparation and handling. This is vital to help reduce or eliminate the risk of allergic reaction and possible death. Thank you for addressing such an important safety issue to protect the public.

*The Connecticut Academy of Nutrition and Dietetics serves as the leading advocate of the dietetic profession in Connecticut, serving the public through promotion of optimal nutrition, health, and well-being. Our membership includes Registered Dietitians, Registered Dietetic Technicians, students, and retirees of the profession. Chartered by the Academy of Nutrition and Dietetics, they are committed to serving the public in the state of Connecticut, while supporting activities at the national and international level. For more information visit the website at [www.eatrightct.org](http://www.eatrightct.org).*

### Contact:

Donna Zigmont, RD, CD-N, Executive Office Manager  
Connecticut Academy of Nutrition and Dietetics