



MAMMALIAN MEAT ALLERGY (MMA)

from tick bite

Allergen Card



Any food containing mammalian meat (red and white meat) and products made from these meats must be avoided including*:

Mammalian meat products (red and white meat) include:

Animals:

Beef
Buffalo
Bull
Goat
Lamb/mutton
Marsupials (e.g. kangaroo, wallaby)
Ox
Pork
Rabbit
Veal
Venison/deer
Offal (e.g. kidneys, liver, brains, tripe)
Others not commonly eaten (e.g. guinea pig, possum, whale, dolphin)

Foods:

Deli and cold meats (e.g. bacon, ham, silverside, salami)
Fats (incl. tallow, suet, beef & meat fat, lard, dripping and foods cooked in these)
Gelatine products (e.g. gelling or setting agents)
Meat extracts (e.g. Bonox, Bovril)
Sausages (incl. chicken) - casings can contain beef

Other ingredients and foods containing mammal derived products may include:

Lollies and confectionery (e.g. jubes, jelly babies and marshmallows)
'Flavour' ingredients in savoury packaged foods (e.g. potato chips, Burger Rings, Cheezels etc.)
Desserts (e.g. mousse and jelly)
Energy drinks containing taurine
Hot chips (beef tallow)
Jam
Gravy/Gravox
Soups, soup powders, stock cubes, liquid stocks

People with Mammalian Meat Allergy CAN EAT: Chicken/Turkey/Duck/Quail/Fish/Crustacean/Molluscs.

Restaurant/BBQ and other foods 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.

Check when purchasing food that may be cooked in oil e.g. chips, that the oil has not been contaminated by cooking mammalian meat.

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

Scan the QR code for more information or call 1300 728 000 or visit www.tiara.org.au or www.allergyfacts.org.au



*This is not a complete list of ingredients to avoid but is intended as a helpful aid for living with mammalian meat allergy. It is NOT meant to replace medical advice given by your doctor.

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FOOD ALLERGY SAFETY

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

Products to be avoided which may contain mammalian 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.

- Check cosmetics, lotions, shampoos, soaps, moisturisers and products used on the skin such as wound dressings for mammalian meat by-products.
- Check medications (prescribed and over the counter), supplements, herbal medicines and alternate therapies for mammalian meat by-products.
- Check pet food for mammalian meat by-products.

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 including anaphylaxis.

When eating away from home:

- Plan ahead; educate those around you.
- Tell wait staff and/or food preparation staff about your food allergy. When you tell wait staff about your allergy, consider giving them an A&AA MMA Chef Card, a helpful tool to help you communicate your allergy. Scan the QR code on the other side of this card for Chef Card information.

- 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 food.
- Do not share straws, cups, cutlery and other food utensils.
- ALWAYS have your ASCIA Action Plan for Anaphylaxis and your adrenaline injector with you. No Adrenaline = No Eat!

When buying packaged food:

- Always read the ingredient list on the food label, even if the product has been purchased and eaten safely before.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- Call food manufacturers and ask about food ingredients if you are unsure about a product.
- Note: Warning statements such as "May contain..." are voluntary.

People with mammalian meat allergy can sometimes have an allergy to products that come from mammals e.g. milk (dairy) products.

People can therefore also be allergic to MILK (dairy) including the following:
Milk, yoghurt, cheese, butter, margarine, chocolate, cream, ice cream and rennet.

See the A&AA Milk Allergen Card for more information about avoiding milk.



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