

# Simultaneous analysis of major allergens in food matrices by high sensitive mass spectrometer

Tairo Ogura<sup>1</sup>

Shimadzu Scientific Instruments, Inc. Columbia, MD, USA

## 1. Introduction

Food allergy is an abnormal overreaction of immune system to a particular protein in food. It is becoming a major concern for public health and food industries. Typical food allergens are proteins and peptides. The signs and symptoms may range widely from itching, red skin, swelling, anaphylaxis etc. There is no cure for food allergy at present, so people with allergy must avoid food triggers. To avoid unexpected contact with food allergens, food labels are strictly used to indicate presence of specific allergens. The Food Allergen Labeling and Consumer Protection Act (FALCPA) identified eight foods or food groups as major allergens which include milk, eggs, fish (e.g., bass, flounder, cod), crustacean shellfish (e.g., crab, lobster, shrimp), tree nuts (e.g., almonds, walnuts, pecans), peanuts, wheat and soybeans and FALCPA mandates that the labels of foods containing eight major food allergens declare the presence of allergens. ELISA (enzyme-linked immunosorbent assay) and PCR (Polymerase chain reaction) are most commonly used technique to detect allergenic foods due to relatively simple handling. Even so, cross-reactivity of ELISA can raise a the risk of false positive results. Additionally, ELISA requires separated analysis for each target. Since PCR assay is based on detection of DNAs rather than allergenic proteins, milk cannot be distinguished from beef and will be difficult to detect food contains egg white. Therefore, it is important to determine allergens in food by using more reliable detection method. Recently, liquid chromatography mass spectrometry becomes an alternative technique to detect allergenic proteins with high selectivity, sensitivity, and capability to analyze multiple allergens simultaneously. We developed a method to detect 31 peptides derived from eight allergens. We analyzed commercially available samples such as bread and gluten free bread etc to evaluate this method. We did not detected any peptides derived from gluten in gluten free bread and gluten free cracker. And we could detect peptides of 20 ppm wheat fortified to gluten free bread. We could detect other allergens shown on the label from commercial available food matrices.

## 2. Materials and methods

### Sample preparation

Commercially available allergenic food materials were purchased at local grocery store and used for development of analytical methods. The samples were ground in fine powders by GM-200 (Retsch). 0.5 - 1 g of each ground samples was transferred into 50 mL tube. Hexane was used for removal of oils and fats from samples. Proteins were extracted by using the extraction buffer containing 50 mM Tris-HCl (pH8.0) 2M Urea and protease inhibitors. Aliquot of extract containing 100 - 250 µg of proteins were denatured, alkylated, and digested into peptides by traditional in-solution protein digestion technique. Digested peptides were desalted by SPE, lyophilized, and stored until analysis.

### LC/MS analytical conditions

LC/MS analysis was conducted by using Shimadzu Nexera X2 UHPLC coupled to triple quadrupole mass spectrometer LCMS-8050. 0.1 % formic acid in water (A) and acetonitrile (B) were used for mobile phase at a flow rate of 0.5 mL/min. Shim-pack XR-ODS III (2.0 mmID x 75 mmL, 1.6 µm) was used as analytical column. The high pressure gradient elution was set as follows: 2%B (0.0 min), 15%B (4 min), 40%B (7 min), 95%B (7.10-8.00 min), 2%B (9.10-10.00 min). Peptides were detected by MRM acquisition. Other parameters for mass spectrometer were set as follows: positive mode electrospray ionization, nebulizing gas flow of 3 L/min, heating gas flow of 20 L/min, drying gas flow of 5 L/min, interface temperature of 250 °C, DL temperature of 150 °C, heat block temperature of 200 °C.

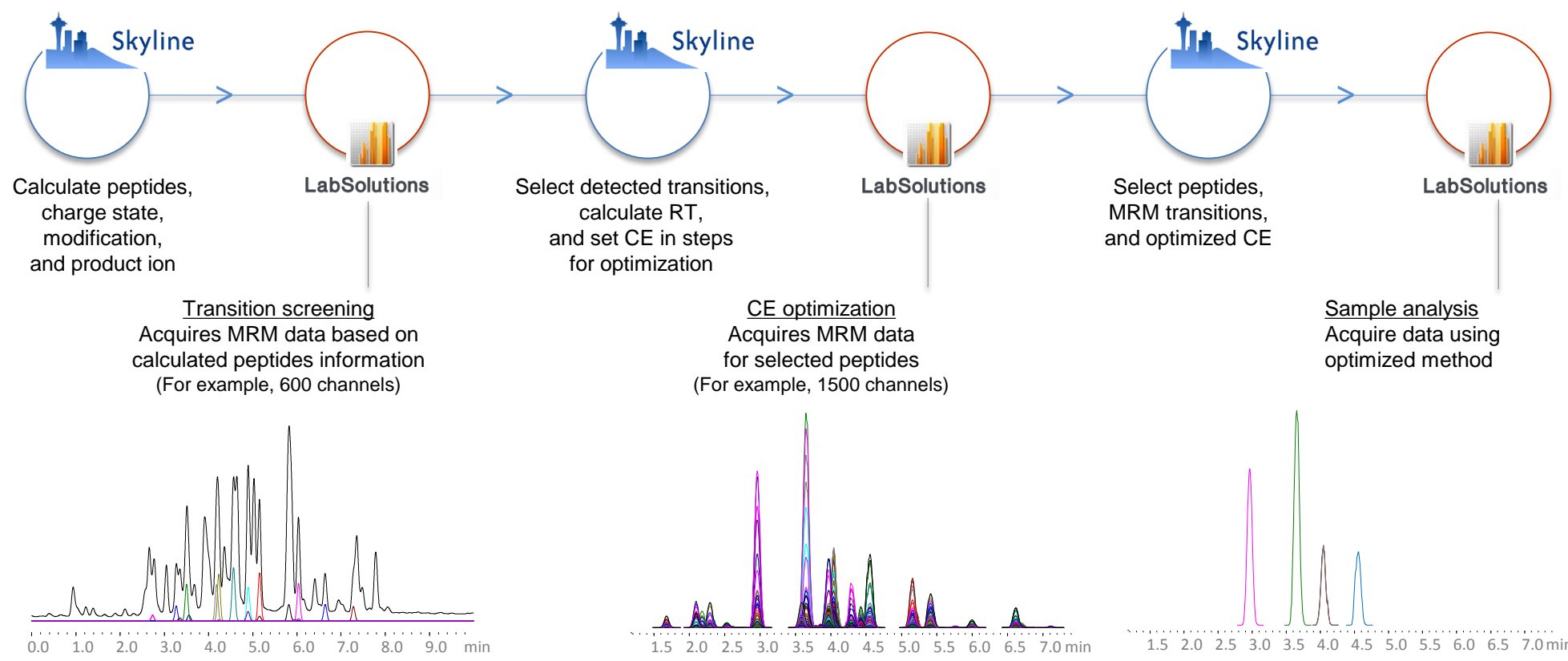


Figure 1 Work flow of MRM transition optimization using Skyline.

## 3. Result

### Detection of allergenic proteins by LC-MS/MS

To establish analytical method, we selected MRM transitions of signature peptides by using Skyline (Figure 1) based on their peak intensity, peak shape, and similarity to other peptides of target proteins. As a result of method development, we finally selected 150 MRM transitions for monitoring 33 peptides derived from 13 proteins as allergenic proteins of eight foods or food groups. As Figure 2 shows, all of peptides were eluted within 6.5 min with good separation. Figure 2 also shows the linearity of peptides.

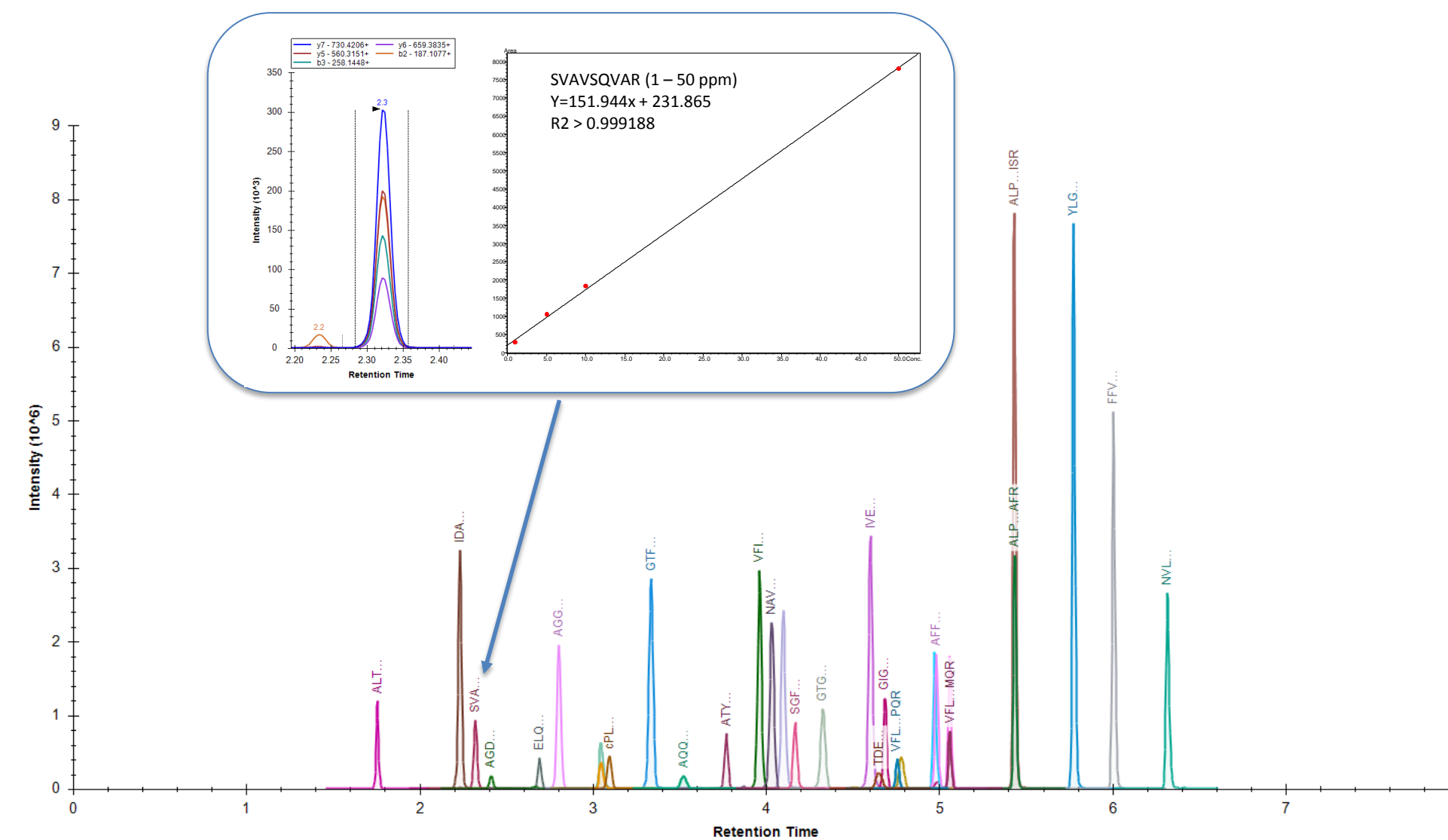


Figure 2 Chromatogram of peptides mixture derived from eight food allergens, and magnified view of five MRM transitions for wheat peptides and its calibration curve.

Table 1 The target food matrices, protein name, peptides, and UniProt ID found in same food.

Food (Binomial name)	Protein name (UIUS name)	Peptides	UniProt ID
Milk (Bos taurus)	Caseins (Bos d 8)	FFVAPPEFVFGK	P02662, B5B3R8
		YLGLEQLLR	P02662, B5B3R8
		NAVPIPTLNR	P02662, B5B3R8
		FALPGYLK	P02663
Egg (Gallus gallus)	Beta-lactoglobulin (Bos d 5)	IDALNENK	P02754, G5ESH7, B5B0D4
	Ovalbumin (Gal d 2)	NVLQPSVDSQTAMVLVNAVFK	P01012
Fish (Atracnic cod (Gadus morhua))	Beta-parvalbumin (Gad m 1)	ATYLDCK	P02789, Q4ADJ7, Q4ADJ6, E1BQC2, Q4ADG4, ADA1DSP4L7
		TDERPASYFAVAAR	P02789, Q4ADJ7, Q4ADJ6, E1BQC2, Q4ADG4, ADA1DSP4L7, ADA1LRSU6
		ALTDATK	P02622, A5I873, Q90YL0
		AFVVDQDK	Q90YL0, A5I873
Crustacean shellfish (Whiteleg shrimp (Litopenaeus vannamei))	Tropomyosin (Lit v 1)	IQLELELER	B4VAH6
		IWELELER	B4VAH6
		EGFQLMDR	B7SN13
		GTDFEGR	B7SN13
Tree nuts (Almonds (Prunus dulcis))	Amandin, 11S globulin legumin-like protein (Pru du 6)	VFIANQFK	C7AE39
		AGLTLER	C7AE39
Peanuts (Arachis hypogaea)	Cupin Vicillin-type, 7S globulin (Ara h 1)	NNPFYFPR	P43237, P43238, E5G076, B3IAL2, N1NG13, Q6PSU3
		GTGNLELVAVR	P43237, P43238, B3IAX12, Q6PSU5, Q6PSU3, N1NG13, Q6PSU5, E5G076, Q6PSU4
Wheat (Triticum aestivum)	High molecular weight glutenin (Tri a 26)	ELQELQR	P10388, P08489 and 22 others in wheat
		SVAVSQVAR	P10387, P08488, and 21 others in wheat
	Low molecular weight glutenin GluB3-23 (Tri a 36)	AQQPATQLPTVCR	P10387, P08488, and 21 others in wheat
		VFLQGCIPVAMQR	P10385 and 71 others in wheat
Soybeans (Glycine max)	Trypsin inhibitor (Gly m TI)	VFLQQGCSVPAMQR	P10386, P04729, P04730 and 114 others in wheat
		CPLTVQSR	P01070, P01071, P25272 and 13 others
		NKPLVVQFK	P01070, P01071, P25272 and 8 others
		NKPLVVEQK	P25273

### Allergens in cooked food matrices

Chromatograms of commercially available food matrices were shown below. A mixture of eight allergenic food and seven cooked food were analyzed. As summarized in Table 3, even we missed soybeans from several food, these data shows that we could detect expected allergens from actual samples overall.

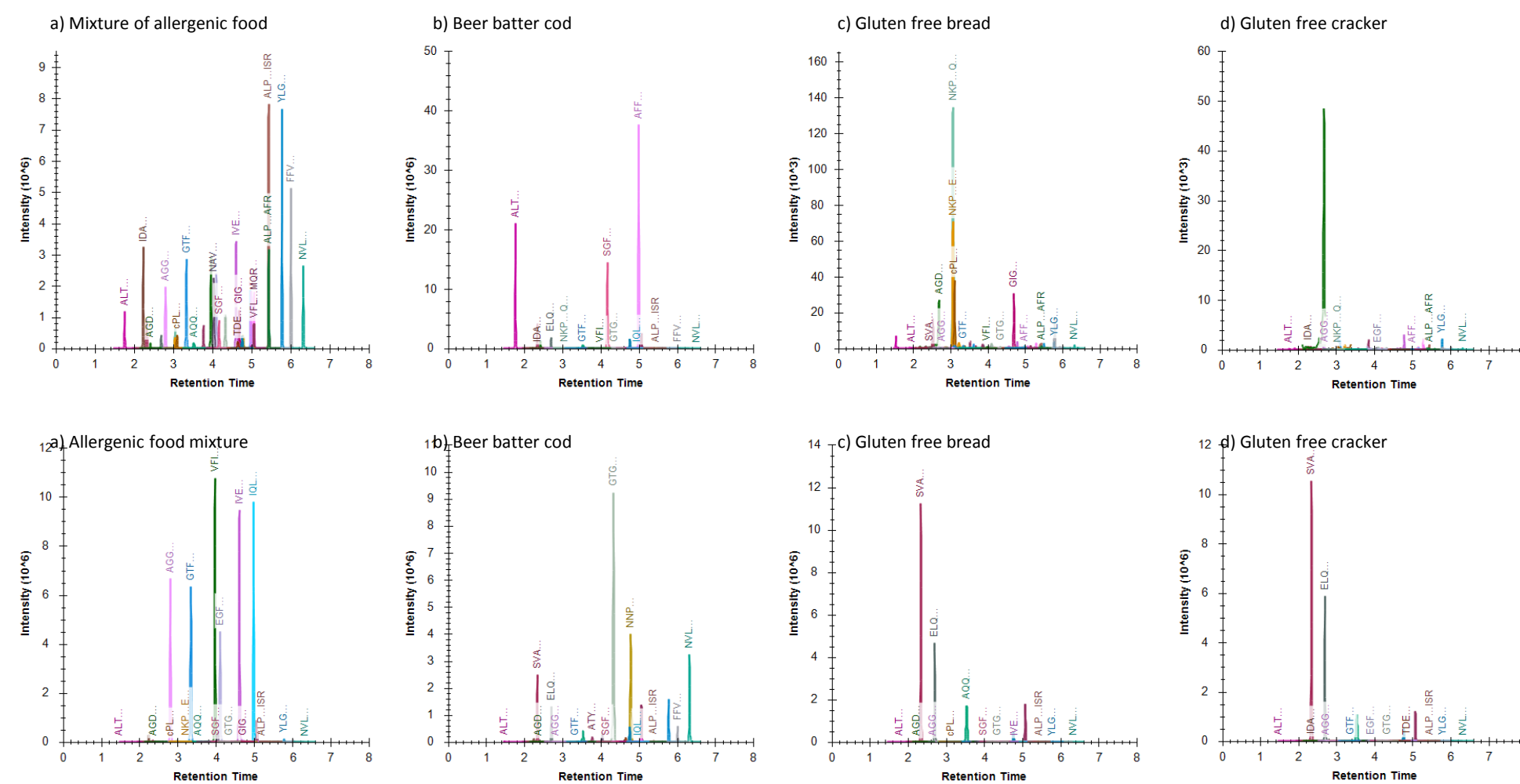


Figure 3 Chromatograms of seven cooked food matrices and mixture of allergenic food as positive control.

Table 2 The results of seven cooked food samples.

Food	Allergens	Gluten free bread		Gluten free cracker		Bread		Cracker		Peanuts cookies		Frozen fish "fried cod"		Frozen pasta "garlic shrimp"	
		Label	Detect	Label	Detect	Label	Detect	Label	Detect	Label	Detect	Label	Detect	Label	Detect
Milk	Caseins (Bos d 8) Beta-lactoglobulin (Bos d 5)			x	x			(x)		-	x	x	x	x	x
Egg	Ovalbumin (Gal d 2) Ovotransferrin (Gal d 3)			x	x	x	x	(x)		-	x				
Atracnic cod	Beta-parvalbumin (Gad m 1)									-		x	x		
Whiteleg shrimp	Tropomyosin (Lit v 1) Myosin, light chain 2 (Lit v 3) Sarcoplasmic CBP (Lit v 4)									-				x	x
Almonds	Amandin (Pru du 6)							(x)		-					
Peanuts	Cupin, vicillin-type, 7S globulin (Ara h 3)				x			(x)		-	x				
Wheat	High molecular weight glutenin (Tri a 26) Low molecular weight glutenin (Tri a 36)					x	x	x	x	-	x	x	x	x	x
Soybeans	Trypsin inhibitor (Gly m TI)	x	x	x				x		-					x

<sup>a</sup> Labeled as "Crustacean shellfish (Shrimp)"

### "Gluten-free" food samples

As a part of evaluation of the method, we analyzed bread containing gluten and gluten-free bread. In US, as one of the criteria for using the claim "gluten-free", FDA set a gluten limit of less than 20 ppm in foods that carry this label. Then, we also analyzed gluten free-bread spiked with wheat extract at 10 ppm. As shown in Figure 4, those level of glutes was detected successfully.

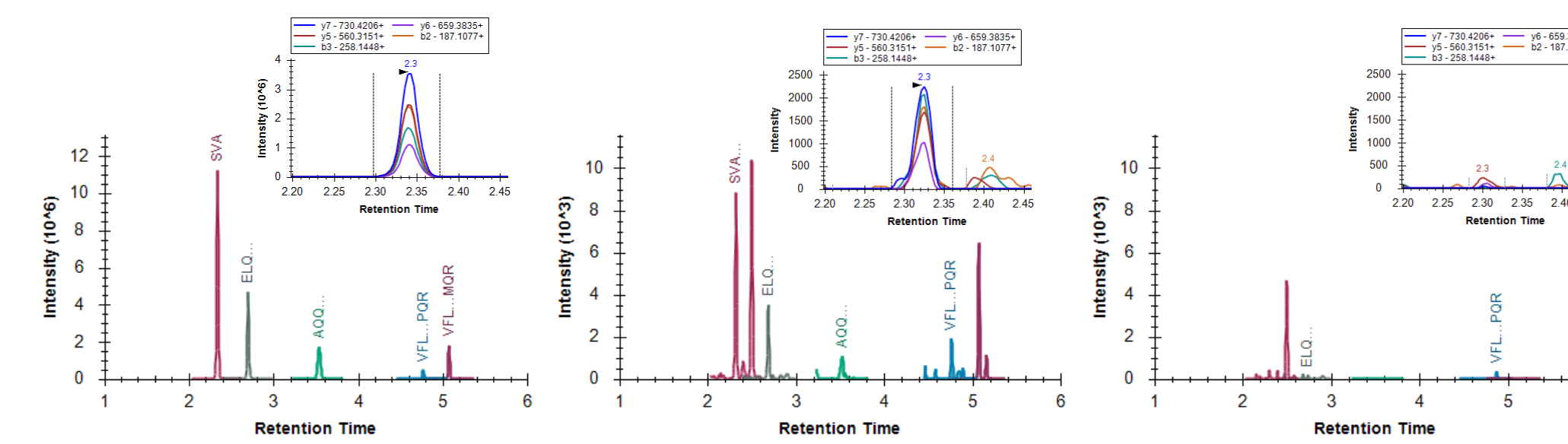


Figure 3 Chromatograms of seven cooked food matrices and mixture of allergenic food as positive control.

### Similarity to other food ingredients

In method development, we performed peptides search for amino acid sequences of theoretically calculated peptides by using UniProt database. Since gluten is a major protein in grains, those peptides sequences are commonly preserved in other edible grains as well (Table 3). To avoid miss identification of food ingredients, we selected the sequences not found in Barley or Rye as significant peptides. On the other hand, these peptides are also found in some sort of goat grass.

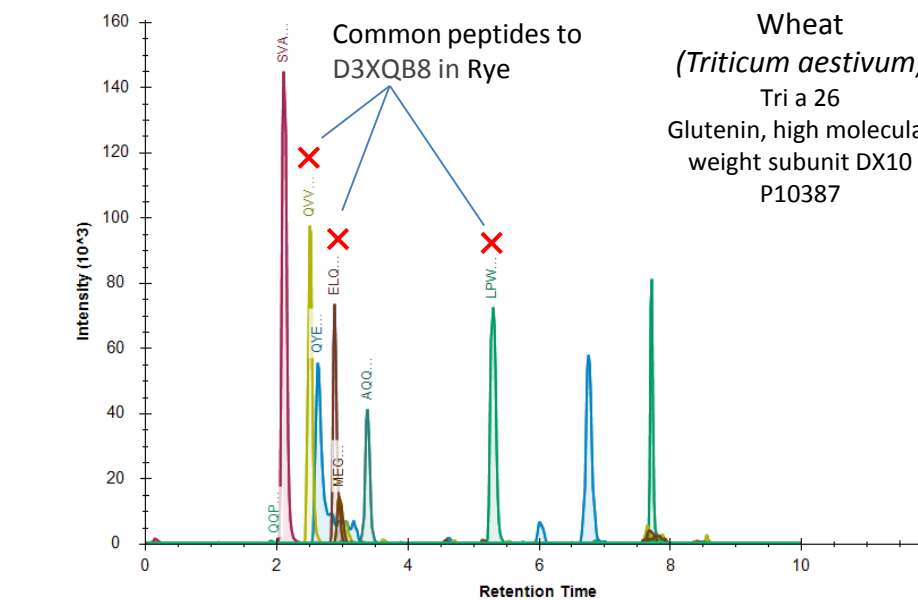


Figure 3 Work flow of MRM transition optimization using Skyline.

Table 1 Peptides search result of predicted peptides

Analyzed wheat peptides (P10387)	Positions	Barley	Rye
AQQPATQLPTVCR	624-636		
ELQESLEACR	33-43	x	x
LPWSTGLQMR	54-63	x	x
MEGGDALSASQ	637-647		x
QGSYYPQASPPQGGQGPQK	135-156		x
QQPGGQHPPEQK	469-481		x
QVVDDQLAGR	44-53		x
QYEQTVVPPK	86-95		
SVAVSQVAR	75-85		

x: found, blank: not found

## 4. Conclusion

- Major food allergens were successfully detected by LC-MS/MS method.
- The method contains 150 MRMs for 31 peptides of 13 allergenic proteins identified in 8 foods.
- The presence of allergenic ingredients in cooked meal could be detected.



LCMS-8050 triple quadrupole mass spectrometer