

Earlier, the British tabloid Daily Mail reported that hundreds of people might develop an allergy to coffee due to cockroaches ground up with the beans. A Russian doctor noted that allergic reactions are possible because cockroaches contain the protein tropomyosin, the same as in mollusks and crustaceans. And it is a strong allergen.

According to Kashukh, “one bag of coffee beans contains at least 10% fragments of various insects.” This is considered normal because, on the one hand, insect particles themselves are not harmful to humans, and it is impossible to protect products 100%; on the other hand, there may be an allergy, but mainly in people with reactions to seafood.

“In the bodies of cockroaches, there is tropomyosin, a protein also produced by mollusks and crustaceans. Tropomyosin is a fairly strong allergen that does not break down during heat treatment. So ground coffee containing cockroach fragments can easily cause an allergic reaction in people allergic to mussels, oysters, shrimp, crayfish, and similar products,” the doctor explained.

She mentioned that in case of an allergic reaction, a person may experience tingling on the tongue and in the mouth, swelling, itching, rashes all over the body or in specific areas, and abdominal pain. In such cases, antihistamines should be taken, and if symptoms persist, medical help should be sought as soon as possible.

News materials should not be equated with a doctor’s prescription. Consult a specialist before making a decision.