

Allergy Awareness

The Food Information Regulations 2014 requires all food businesses to provide information by label, menu or other means about the 14 major allergenic ingredients used in any food they sell or buy

THE 14 MAJOR ALLERGENS:



Molluscs

Includes mussels, land snails, squid and whelks, but can also be found in oyster sauce and fish stews



Peanuts

Often used in biscuits, cakes, curries, desserts and sauces, as well as in groundnut oil and peanut flour



Cereal/Gluten

Wheat, rye, barley and oats are often found in foods containing flour, batter, bread, cakes, pasta, pastry, sauces, soups and fried foods



Eggs

Often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces, pastries or foods brushed/glazed with egg



Crustaceans

Includes crab, lobster, prawns, scampi and shrimp paste, which is often used in curries or salads



Sesame Seeds

Can be found in bread, breadsticks, houmous, sesame oil, tahini or toasted and put in salads



Soya

Often found in bean curd, edamame beans, miso paste, soya flour, tofu, meat products, desserts, sauces and vegetarian products



Celery

Includes celery stalks, leaves, seeds and the root (celeriac), which can be found in celery salt, salads, soups, stock cubes and some meat products



Milk

A common ingredient in butter, cream, cheese, milk powders and yoghurt which can also be found in foods glazed in milk and in powdered sauces



Mustard

Liquid mustard, mustard powder and mustard seeds can be found in breads, curries, marinades, meat products, salad dressings, sauces and soups



Fish

Found in fish sauces, pizza, relishes, salad dressings, stock cubes and Worcestershire sauce



Lupin

Lupin flour and seeds can be used in some types of bread, pastries and even in various pastas



Sulphur Dioxide

Found in dried fruit (raisins, dried apricot, prunes), meat products, vegetables, wine and beer. You're more at risk of having a reaction to sulphur dioxide if you have asthma



Nuts

Cashew nuts, almonds and hazelnuts are often found in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, nut oils and sauces