

ALLERGY AWARENESS

THE FOOD INFORMATION REGULATION 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 PROVIDE

THE 14 MAJOR ALLERGENS ARE:-



CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. Celery can be found in celery salt, salads, some meat products, stock cubes and soups.



CEREALS (GLUTEN)

Wheat, Rye, Barley and Oats found in foods containing flour, some baking powders, batters, breadcrumbs, bread, cakes, couscous, pasta, pastry, meat products, sauces, soups and fried foods dusted with flour.



CRUSTACEANS

Lobster, Crabs, Prawns and Scampi are Crustaceans. Shrimp paste often used in Thai and southeast Asian curries or salads



EGGS

Eggs are found in cakes, mayonnaise, some meat products, mousses, pasta, quiche, sauces and pastries or food glazed with egg.



FISH

Found in some fish sauces, pizzas, salad dressings, stock cubes and Worcester sauce



LUPIN

Lupin flour and seeds can be found in some types of bread, pastries and even pasta.



MILK

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, powdered soups and sauces.



MOLLUSCS

These include Mussels, land Snails, Squid and Whelks, but can also be found as an ingredient in oyster sauce and fish stews.



MUSTARD

Liquid mustard, powder and seeds fall into this category. Also found in bread, curries, marinades, meat products, salad dressings, sauces and soups.



NUTS

Not to be mistaken with peanuts, tree grown nuts, such as almonds, Brazil nuts, walnuts, hazelnuts, macadamia nuts, pistachios, pecans and cashews. Also found in breads, biscuits, crackers, desserts, curries, stir-fried dishes, Ice cream, marzipan, nut oils and sauces.



PEANUTS

Sometimes called groundnuts, grown underground, Peanuts are often used in biscuits, cakes, curries, desserts, sauces (such as Satay sauce) as well as oils and flour.



SESAME SEEDS

Halvah, hummus, and tahini are common Middle Eastern foods made with sesame. Baked goods such as buns, crackers, cookies, and bagels frequently use sesame seeds



SOYA

Often found in bean curd, Edamame beans, Miso paste, Soy sauce and Soy-based flour, grits, nuts, or sprouts. Soy-based milk, yogurt, ice cream, or cheese. Soy protein. Also meat, sauces and vegetarian products.



SULPHUR DIOXIDE

Used in dried fruits such as raisins, apricots and prunes. Also found in Wine and Beer, meat products, soft drinks and vegetables. If you have asthma you have a higher risk of developing a reaction.

