

# Food Allergens



Cereals containing gluten



Nuts



Crustaceans



Celery



Eggs



Lupin



Fish



Molluscs



Peanuts



Mustard



Soybean



Sesame seeds



Milk



Sulphur dioxide

## Cereals

A wheat allergy should not be confused with 'gluten intolerance' or celiac disease. People with a gluten intolerance must avoid wheat, rye, barley and sometimes oats.

## Crustaceans

All types of crustaceans are included. In the ingredients list it's the fact that it's a crustacean that must be highlighted, for example 'lobster (crustaceans)'.

## Eggs

Eggs have two allergenic parts - the yolk and the white. The white has more allergens than the yolk. Symptoms usually appear within minutes to two hours. Eggs refers to eggs from ALL birds. Allergies to eggs are often outgrown.

## Fish

As with crustaceans, the labelling needs to highlight 'fish' rather than the type of fish - for example 'cod (fish)'. Allergies to fish are NOT often outgrown.

## Peanuts

Sometimes simply being touched by someone who has handled peanuts is enough to cause a reaction. Peanuts are the leading cause of severe food allergic reactions with more severe symptoms than other food allergies. As many as a third of peanut-sensitive people have severe reactions such as fatal and near fatal anaphylaxis. Allergies to peanuts are NOT often outgrown.

## Soybean

Allergic reactions to soy are typically mild. The presence of soybean can be indicated using the word 'soya ' or 'soy '. It's important to emphasise that an ingredient contains soybean in the ingredients list, for example 'edamame (soya )' or 'tofu (soya )'. Allergies to soy are often outgrown.

## Milk

Many young children outgrow an allergy to milk before they are 10. Milk products such as butter, cheese, yogourt and cream do not have to have an ingredients list if no other ingredients have been added. This is because these products can only be made from milk. However, less familiar milk products DO need to be declared with a clear reference to milk . Allergies to milk are often outgrown.

## Nuts

In the case of nuts, the TYPE OF NUT must be emphasised, NOT the word 'nut', for example 'flavourings (almond )'. Allergies to nuts are NOT often outgrown.

## Celery

This includes anything which originates from celery, for example - celery seeds, celery leaf, celery root, celery oil, celery salt and celery spice.

## Lupin

Lupin is a flower. It is a flower which can sometimes be found in flour. Lupin flour and seeds can be used in some types of bread, pastries and pasta

## Molluscs

This includes all types of mollusc (for example mussels, land snails, squid, whelks, oyster, cockles, winkles, octopus and scallops). If the ingredients list includes any molluscs then they should be highlighted as mollusc, for example 'mussels (mollusc)'. Allergies to molluscs are NOT usually outgrown.

## Mustard

Mustard is a herbaceous flowering plant of the cabbage and cauliflower family. Any type of mustard or products derived from mustard, such as mustard seeds, mustard seed oils, mustard flour etc must be labelled.

## Sesame

All sesame seeds and products derived from sesame should be clearly labelled and referenced as sesame – for example 'tahini (sesame)'.

## Sulphur dioxide/Sulphites

Sulphites are substances which naturally occur in food. They are also used as a food additive and preservative to maintain food colour and prolong shelf life. Sulphites can irritate the lungs and can send an asthmatic into severe bronchospasm – a constriction of the lungs. Only products which have had sulphur dioxide and sulphites intentionally added need to have a reference made. And only products which have more than 10mg per kg or 10mg per litre in the finished product need to be labelled.