## FOOD ALLERGY WARNING

# CUSTOMERS ARE ADVISED THAT FOOD PREPARED HERE MAY CONTAIN THE FOLLOWING ALLERGENS



CELERY

This includes celery stolks, leaves, seeds and the root called celerisc. You can find celery in colory sait, salads, some meat products, soups and stock cubes.



CEREALS containing GLUTEN What (such as spell and Khonsam wheatKarnd), rys, barley and calls is effer found in foods containing flour, such as some types of baking powder, batter, breadcrambs, bread, cakes, ouucous, meet products, pasta, postry seasons, soups and fined foods which are dusted with flour



CRUSTACEANS

Crobs, liabster, provins and scampliane crustaceons. Shrimp paste, often used in That and south-east Asian curries or salads, is an impredient to look out for



EGGS

Eggs are often found in cakes, some next products, resyonnaise, recusees, pasts, quiche, sauces and pastries or foods brushed or glazed with egg.



FIRM

You will find this in some fish sources, pizzas, relishee, solad dressings, stock cubes and Worcastershire source.



LUDIE

Lupin flour and seeds can be used in some types of bread, pastries and even in posts.



MILK

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



MOLLUSCS

These include mussels, land snalls, squid and whelks, but can also be commonly found in system sauce or as an ingredient in fish stews.



MUSTARD

Liquid mustard, mustard powder and mustard seeds tall into this category. This ingredient can also be found in breads, ourries, marinades, mest products, salad drossings, sauces and soups.



NUTS

Not to be mistaken with poemute, this impredient refers to rurs which grow on trees, like costney nats, almonts and hazalims. You can find nats in breads, bloou'ss, cradiers, desserts, mat powders, affected dishes, low-covern, respirate a failmont boards, not old, and seasons.



PEANUTS

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundhat. Pleanuts are other used as an ingredient in bloouts, called, curries, desearts, source, touch as sating saucel, as well as in groundratiot of and powerf flour.



SESAME SEEDS

These seeds can often be found in bread (aprinted on hamburger burs for example), breadsticks, houmous, sesame oil and tallini.

They are sometimes toasted and used in salads



SOYA

Officer found in been curd, editmane beens, miso pastis, textured soys protein, soys flour or tofu, soys is a staple ingredient in criental boot. It can also be found in desserts, lice cream, must product, succes and vegetation products.



SULPHUR DIOXIDE (SUPHITES) This is an ingredient often used in dried that such as raisins, dried apricots and pranes. You might also find it in meet products, and drinks, vegetables as well as in wine and been if you have admina, you have a higher riskof developing a prostation to suptime diselete. Allergens
Coming to a food
label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



## Celery

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

#### **Cereals containing gluten**

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.





#### Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



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





## Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

#### Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in 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, and in powdered soups and sauces.



These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews





#### Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.





### Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

## Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.





## Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

## Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

- Sign up to our allergy alerts on **food.gov.uk/email**, or follow **#AllergyAlert** on Twitter and Facebook
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