

## THE 14 RECOGNISED ALLERGENS IN THE EU

Allergen Foods	Food Examples
Cereals containing Gluten	Wheat, Rye & Barley, this includes: breads, pastas, cakes, pastry, meat products, sauces, soups, batter, stockcubes and breadcrumbs
Lupin	Seeds like Legumes. Used as Flour in some breads and pastries
Eggs	Cakes, mouses, souces, pasta, quiche, mayonaise, foods brushed with eggs
Milk	Yogurt, cream, cheese, butter, milk powders and foods glazed with milk - including lactose
Fish	In some salad dressings, pizzas, relishes, fish sauce and some soy and Worcestershire sauces
Soya including Tofu or Bean Curd, Soya Flour and Texured Soya Protein	In some Ice cream, sauces, desserts, breads, meat products and vegetarian products
Crustaceans	Prawns, lobster, scampi, crab and shrimp paste
Moluscs	Mussels, whelks, squid, land snails and oyster sauce
Peanuts	Sauces, cakes, desserts, groundnut oil and peanut flour
Nuts	Almond, hazelnut, walnut, cashew. pecan nut, brazil nut, pistachio nut, macadamia nut and queensland nuts found in sauces, desserts, crackers, breads, ice cream, marzipan and nut oils
Sesame Seeds	Bread, breadsticks, tahini, hummus and sesame oil
Mustard	Liquid mustard, mustard powder, mustard seeds in salad dressing, marinades, soups, causes, curries and meat products
Celery	Celery stalks, leaves, seeds and celeriac
Sulphur Dioxide and Sulphates at concentrations of more than mg/kg or 10mg/Litre expressed as SO <sub>2</sub> in products	Fruit juice drinks, meat products, dried fruit and vegetables, wine and beer