

14 Allergens

The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced 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:



1 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.



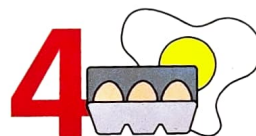
2 Cereals containing gluten

Wheat (such as spelt and Khorasan/Kamut), rye, barley, and oats are often used in flour-based dishes such as baking powder, batter, bread, cakes, couscous, pasta, pastry, sauces, soups, and fried foods.



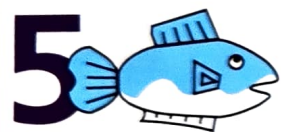
3 Crustaceans

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.



4 Eggs

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



5 Fish

You will find this in food items such as fish sauces, pizzas, relishes, salad dressings, stock cubes, and Worcestershire sauce.



6 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.



7 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.



8 Molluscs

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



9 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.



10 Nuts

Unlike peanuts, which grow underground, this refers to tree-grown nuts like cashews, almonds, and hazelnuts. They're utilized in diverse foods, including breads, desserts, and nut powders in Asian cooking.



11 Peanuts

Peanuts, categorised as legumes, develop below the surface, earning them the alias "groundnut." Found in various foods such as pastries, dishes, desserts, sauces, like satay, and processed into oil and flour.



12 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.



13 Soya

Soya, a common component in oriental cuisine, frequently appears in edamame, tofu, miso, and other soy-based products. It's also prevalent in desserts, ice cream, meat substitutes, sauces, and vegetarian dishes.



14 Sulphur dioxide (sometimes known as sulphites)

Sulfur dioxide, often present in dried fruits such as raisins, apricots, prunes, meat, soda, vegetables, wine, and beer, heightens the likelihood of adverse reactions in asthma sufferers.