FOOD HYGIENE · ALLERGENS

The 14 allergens

Clean Hands
Food safety in your language

By law, food businesses must tell you if food contains any of these.

1. **Celery**
   Stalks, leaves, seeds and celeriac. In soups, stock cubes, salads and spice mixes.
2. **Cereals with gluten**
   Wheat, rye, barley and oats. In bread, pasta, flour, cakes, batter and sauces.
3. **Crustaceans**
   Prawns, crab, lobster and crayfish. In shrimp paste and some curries.
4. **Eggs**
   In cakes, mayonnaise, fresh pasta, sauces and food brushed with egg.
5. **Fish**
   In fish sauce, Worcestershire sauce, dressings and some pizzas.
6. **Lupin**
   Lupin flour and seeds. In some breads, pastries and pasta.
7. **Milk**
   Butter, cheese, cream, yoghurt, ghee and milk powder.
8. **Molluscs**
   Mussels, oysters, squid and snails. In oyster sauce.
9. **Mustard**
   Seeds, powder and leaves. In dressings, marinades, sauces and curries.
10. **Tree nuts**
    Almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamias. In pesto and marzipan.
11. **Peanuts**
    Also called groundnuts. Peanut oil, satay, some curries and desserts.
12. **Sesame**
    Seeds, tahini, hummus, sesame oil and some breads.
13. **Soya**
    Tofu, soya sauce, edamame, soya flour and many ready meals.
14. **Sulphites**
    Sulphur dioxide. In dried fruit, wine, beer and some meat products.

NOT SURE?

Ask. Never guess.
Check labels every time. Recipes and products change.

CALL 999

If someone has a bad reaction.
Trouble breathing, a swollen face or throat, or collapsing.

Based on Food Standards Agency and NHS advice.
Free to print and share.
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