

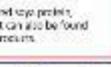
14 Allergens

Coming to a food
label near you



The way allergens are labelled on packaged foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2010, 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 where 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 stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, soups, some meat products, soups and stock cubes.	2 Cereals containing gluten  Wheat, durum wheat and spelt are commonly used. Barley and rye is often found in foods containing flour such as some types of baking powder, biscuits, breakfast cereals, cakes, soufflés, meat products, pasta, pastry, sauces, soups and other foods which are dusted with flour.
3 Crustaceans  Crab, lobster, prawns and scallops are common. Shrimp paste, often used in Thai and South-East Asian dishes or salads, is an ingredient to look out for.	4 Eggs  Eggs are often found in cakes, some meat products, mayonnaise, ice cream, pasta, quiche, sauces and puddings or foods brushed or glazed with egg.
5 Fish  You will find this in some fish sauces, pizzas, salads, salad dressings, dips, soups 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 pizza.
7 Milk  Milk is a common ingredient in butter, cheese, yoghurt, milk powders and yoghurt. It can also be found in foods flavoured or glazed with milk, and in powdered soups and drinks.	8 Molluscs  These include mussels, limpets, scallops, squid and whelks, but can also be commonly found in many soups as an ingredient in fish soups.
9 Mustard  Liquid mustard, mustard powder and mustard seeds fall into this category. The ingredient can also be found in breads, cakes, mayonnaise, meat products, salad dressings, sauces and soups.	10 Nuts  Not to be confused with peanuts (which are actually legumes and grow underground), tree nuts belong to trees which bear nuts, like cashew nuts, almonds and walnuts. You can find nuts in spreads, biscuits, cakes, desserts, nut powders (often used in cakes, curries, stir-fried dishes, lo mein, manchurian, fried rice), nut oils and sauces.
11 Peanuts  Peanuts are actually legumes and grow underground, which is why it sometimes called a groundnut. Peanuts are often used as an ingredient in spreads, cakes, curries, desserts, soups (such as curry soups), as well as in groundnut oil and peanut butter.	12 Sesame seeds  These seeds can often be found in bread, spreads or hummus bases (for hummus), cosmetics, however, sesame oil can also be found in cosmetics, deodorants, meat products, soups and vegetable purées.
13 Soya  Other forms of soya are: edamame beans, tempeh, miso paste, textured soya protein, soya flour or soya, soya is a staple ingredient in Asian food. It can also be found in desserts, confectionery, meat products, soups and vegetable purées.	14 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 most processed, soft fruits, vegetables as well as in wines and beer. If you have asthma, you have a higher risk of developing reactions to sulphur dioxide.

For more information, visit food.gov.uk/allergy or www.foodstandards.gov.uk.

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