



WHAT ARE THE ALLERGENS?



PEANUTS

Peanuts, also called groundnuts are found in many foods, including sauces, cakes and desserts. They are common in Thai and Indonesian dishes. Watch out for peanut flour and groundnut oil too.



NUTS

People with nut allergy can react to many types of nuts including walnuts, almonds, hazelnuts, Brazil nuts, macadamia, cashews and pecans. Nuts are found in many foods including sauces, desserts, crackers, bread and ice cream. Watch out for nut oils, marzipan and ground almonds too.



SESAME

Sesame seeds are often used on bread and breadsticks. Sesame paste (tahini) is used in some Greek and Turkish dishes such as hummus. Watch out for sesame oil used in dressings.



CEREALS CONTAINING GLUTEN

People who have gluten intolerance (also called coeliac disease) need to avoid cereals such as wheat, rye, and barley, and foods made from these. Wheat flour is used in many foods such as bread, pasta, cakes, pastry and meat products. Watch out for soups and sauces thickened with flour, foods that are dusted with flour before cooking, batter and breadcrumbs.



MILK

People with milk allergy need to avoid foods containing milk, yogurt, cream cheese, cheese, butter and other milk products. Watch out for dishes glazed with milk and ready-made products containing milk powder.



EGGS

Eggs are used in many foods including cakes, mousses, sauces, pasta and quiche. Sometimes egg is used to bind meat products, such as burgers. Watch out for dressings containing mayonnaise and pastry dishes brushed with egg.



MUSTARD

Mustard (powdered, paste, seeds and oil) can be used as an ingredient in a range of foods such as curries, cauliflower cheese, sauces and dressings. It can also be used as a garnish.



CELERY

Celery, celeriac and celery salt are all included here, and can be used in many dishes such as salads, stocks, sauces and coleslaws



MOLLUSCS & CRUSTACEANS

All shellfish are included, such as prawns, oysters, muscles, scampi and crab. Watch out for shrimp paste and oyster sauce used in Chinese and Thai dishes.



FISH

All types of fish are included, as well as anchovies which are often used in salad dressings, sauces, relishes and on pizzas – their ingredient lists should be checked. Fish sauce is commonly used in Thai dishes.



SOYA

Soya comes in different forms, for example, tofu (or beancurd), soya milk, soya flour and textured vegetable protein, as well as soya beans (edamame) and soya oil. It is found in many foods, including ice cream, sauces, desserts, salads, snacks, meat products and vegetarian products such as 'veggie burgers' and cheese.



SULPHUR DIOXIDE / SULPHITES (when over 10ppm)

This product is used as a preservative which is derived from coal tar. Typically found in beers, wine, soft drinks, dried fruit, juices, vinegar, potato products and meat products.



LUPIN

The seeds from some varieties of lupin are ground and used to make flour which is then used as a replacement for soya in speciality breads, pastries, pancakes and pasta.