

Common allergens in food

For example:

Allergen	Often found in
Tree nuts (for example almonds, hazelnuts, walnuts, pecan nuts, brazil nuts, pistachios, cashews, macadamias).	In sauces, desserts, crackers, bread, ice cream, marzipan, ground almonds, nut oils.
Peanuts	In sauces, cakes, desserts. Don't forget groundnut oil and peanut flour.
Eggs	In cakes, mousses, sauces, pasta, quiche, some meat products. Don't forget foods containing mayonnaise or brushed with egg.
Milk	In yoghurt, cream, cheese, butter, milk powders. Also check for foods glazed with milk.
Fish	In some salad dressings, pizzas, relishes, fish sauce.
Crustaceans	Such as prawns, lobster, scampi, crab, shrimp paste.
Molluscs	These include mussels, whelks, squid, land snails, oyster sauce.
Gluten (wheat such as spelt and khorasan wheat, barley, rye and oats)	Also check foods containing flour such as bread, pasta, cakes, pastry, meat products, sauces, soups, batter, stock cubes, soy and worcestershire sauces, breadcrumbs, foods dusted with flour.
Celery	This includes celery stalks, leaves and seeds and celeriac. Also look out for celery in salads, soups, celery salt, some meat products.
Lupin	Lupin seeds and flour in some types of bread and pastries.
Mustard	Including liquid mustard, mustard cress, mustard powder and mustard seeds in salad dressings, marinades, soups, sauces, curries, meat products.
Sesame seeds	In bread, bread sticks, tahini, hummus, sesame oil.
Soya	Such as tofu or beancurd, edamame, tempeh, soya flour and textured soya protein, in some ice cream, sauces, desserts, meat products, vegetarian products and vegan products.
Sulphur dioxide (when added and above 10mg/kg in the finished food and drink)	In meat products, fruit juice drinks, dried fruit and vegetables.

