

# Food Allergens

## What to look for

Organisations that provide food to people are required by law to provide food allergen information. This is specific to [14 allergens](#).

The 14 allergens are: **celery**, **cereals containing gluten** (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide and sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).

This also applies to additives, processing aids and any other substances which are present in the final product.

This document provides guidance on what look out for in relation to the 14 allergens (some of these have been grouped below)

- Celery
- Cereals containing Gluten (Wheat, Rye & Barley)
- Fish, Seafood, Shellfish and Snails (crustaceans & molluscs)
- Lupin
- Eggs
- Milk (including lactose)
- Mustard
- Tree Nuts and Peanuts
- Sesame
- Soya Beans
- Sulphites

Source: <http://safereating.co.uk/problem-foods/>

## CELERY

### What should I avoid if I have an allergy?

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| <ul style="list-style-type: none"><li>• Celeriac</li><li>• Celery</li><li>• Celery juice</li></ul> | <ul style="list-style-type: none"><li>• Celery root – cooked or as a spice</li><li>• Celery salt</li></ul> |
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### What should I check?

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| <ul style="list-style-type: none"><li>• Batter for frozen foods</li><li>• Bloody Marys</li><li>• Bouillon</li><li>• Canned soups</li><li>• Casseroles</li><li>• Crisps</li><li>• Marmite</li><li>• Pre-prepared sandwiches</li><li>• Sauces, e.g. for chilli, spaghetti bolognese</li></ul> | <ul style="list-style-type: none"><li>• Salads</li><li>• Seasonings, e.g. piri piri</li><li>• Soup</li><li>• Spice mixes</li><li>• Stews</li><li>• Stock cubes</li><li>• Tinned fish, e.g. tuna</li><li>• Tomato juice</li></ul> |
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## GLUTEN (WHEAT, RYE & BARLEY)

### What should I avoid if I have an allergy?

#### Anything that has a label which specifies:

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| <ul style="list-style-type: none"><li>• Barley</li><li>• Dinkel</li><li>• Einkorn</li><li>• Gluten</li><li>• Oats (see above for more information)</li><li>• Kamut (triticum polonicum)</li><li>• Malt</li><li>• Rusk</li><li>• Rye</li></ul> | <h4>Baked goods (unless specifically stated) e.g.:</h4> <ul style="list-style-type: none"><li>• Biscuits</li><li>• Bread</li><li>• Cakes</li><li>• Chapattis</li><li>• Doughnuts</li><li>• Muffins</li><li>• Waffles</li></ul> |
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#### Baked goods (unless specifically stated) e.g.:



Anything that has a label which specifies:	Baked goods (unless specifically stated) e.g.:
<ul style="list-style-type: none"><li>Semolina</li><li>Spelt (triticum spelta)</li><li>Triticale</li><li>Wheat (including bulgar wheat, durum wheat, emmer wheat)</li></ul>	

Products containing Gluten:	
<ul style="list-style-type: none"><li>Ale</li><li>Barley flour</li><li>Baking powder</li><li>Barley malt</li><li>Barley waters and squash</li><li>Batter</li><li>Breadcrumbs</li><li>Beer</li><li>Bitter</li><li>Bran</li><li>Breadsticks</li><li>Cheesecake</li><li>Communion wafers</li><li>Couscous</li><li>Crackers</li><li>Crepes</li><li>Croutons</li><li>Crumpets</li><li>Dinkel</li><li>Faggots</li><li>Flour (rye, wheat, barley and oat)</li><li>Haggis</li><li>Ice-cream cones</li><li>Gravy</li></ul>	<ul style="list-style-type: none"><li>Meatballs</li><li>Modified wheat starch</li><li>Noodles (wheat)</li><li>Oat bran (see above for more information)</li><li>Oat milk (see above for more information)</li><li>Oyster sauce</li><li>Pancakes</li><li>Pasta</li><li>Pastry/pastries, e.g. pies, pasties</li><li>Pitta bread</li><li>Pizza</li><li>Pretzels</li><li>Reformed fish, e.g. crab/seafood sticks</li><li>Rissoles</li><li>Rusks</li><li>Soya sauce</li><li>Stout</li><li>Stuffing mix</li><li>Suet puddings</li><li>Tortillas</li><li>Wafers</li><li>Wheat-based cereals, e.g. Weetabix, Cheerios</li><li>Wheat bran</li><li>Wheat rusk</li></ul>



### Products containing Gluten:

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| <ul style="list-style-type: none"><li>• Gravy granules</li><li>• Lager</li><li>• Liquorice</li><li>• Malted milk drinks</li></ul> | <ul style="list-style-type: none"><li>• Wheat starch</li><li>• Worcestershire sauce</li><li>• Yorkshire puddings</li></ul> |
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## What should I check if I have an allergy?

### Food to check

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| <ul style="list-style-type: none"><li>• Bean burgers</li><li>• Burgers</li><li>• Cereal, e.g. cornflakes, rice-crispies</li><li>• Chocolate</li><li>• Chocolate bars</li><li>• Cocktails, e.g. Bloody Marys</li><li>• Codex wheat starch</li><li>• Coffee/tea whiteners</li><li>• Corned beef</li><li>• Crisps (potato, vegetable and rice)</li><li>• Curry powders, e.g. Madras</li><li>• Falafel</li><li>• Fruit pie filling</li><li>• Hydrolysed vegetable protein (if made from wheat)</li><li>• Ice-cream</li><li>• Malt vinegar (Coeliac UK states that you can have it when on a strict gluten-free diet as there is only a very small amount of barley left in it following the fermentation process. But to comply with law, manufacturers have to state clearly that barley is an ingredient)</li><li>• Luncheon meat</li><li>• Mustard, e.g. ready prepared</li><li>• Muesli</li></ul> | <ul style="list-style-type: none"><li>• Packet soups</li><li>• Packet snacks, e.g. coated nuts</li><li>• Paste/spread (meat and fish)</li><li>• Pate</li><li>• Puddings (all)</li><li>• Powdered drinks, e.g. malted milk drinks, hot chocolate malt drinks</li><li>• Ready meals/mixes</li><li>• Rice milk</li><li>• Sausages (usually contain wheat rusk)</li><li>• Sauces</li><li>• Soft/spreadable cheese</li><li>• Soya milk</li><li>• Soya mince</li><li>• Soya desserts</li><li>• Stock cubes</li><li>• Stuffing</li><li>• Sweets</li><li>• Tacos (mainly use wheat in the UK)</li><li>• Tinned products, e.g. flavoured beans, soups</li><li>• Tofu (marinated)</li><li>• Veggie burgers</li><li>• Yeast</li></ul> |
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Food to check	
<ul style="list-style-type: none"><li>• Packet meat, e.g. ham in breadcrumbs, luncheon meat, salami</li></ul>	<ul style="list-style-type: none"><li>• Yoghurts, e.g. cereal yoghurts, fruit flavoured, fromage frais</li></ul>

## FISH, SEAFOOD, SHELLFISH AND SNAILS

There are 3 different allergens in this category:

- Mollusc
- Crustacean
- Fish

There are thousands of species of mollusc (they mostly fit into the seafood/shellfish category). Examples include:

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| • Squid      | • Mussels  | • Land snails |
| • Octopus    | • Clams    | • Whelks      |
| • Cuttlefish | • Oysters  |               |
| • Snails     | • Scallops |               |

Examples of types of crustaceans (also called seafood/shellfish):

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|---------------|------------|-------------|
| • Crab        | • Lobster  | • Krill     |
| • Shrimps     | • Prawn    | • Barnacles |
| • Langoustine | • Crayfish |             |

Examples of types of fish (also called chordates):

- |          |             |          |
|----------|-------------|----------|
| • Cod    | • Tuna      | • Plaice |
| • Salmon | • Haddock   | • Shark  |
| • Trout  | • Sea bream |          |

## What should I avoid if I have an allergy?

Anything made from fish	
<ul style="list-style-type: none"><li>• Ceviche</li><li>• Cured fish</li><li>• Fish cakes</li></ul>	<ul style="list-style-type: none"><li>• Fish oils (Piscum lecur)</li><li>• Fish sauce</li><li>• Fish spread/paste</li></ul>





Anything made from fish	
<ul style="list-style-type: none"><li>• Fish extracts</li><li>• Fish fingers and nuggets</li></ul>	<ul style="list-style-type: none"><li>• Anchovies</li></ul>

All species of fresh fish, such as:	
<ul style="list-style-type: none"><li>• Cod</li><li>• Haddock</li><li>• Plaice</li><li>• Sardines</li><li>• Sea bream</li><li>• Shark</li></ul>	<ul style="list-style-type: none"><li>• Salmon</li><li>• Trout</li><li>• Tuna</li><li>• Omega-3 rich oils – derived from fish</li><li>• Smoked fish</li></ul>

For seafood/shellfish/snails:	
<ul style="list-style-type: none"><li>• Crab</li><li>• Shrimp</li><li>• Lobster</li><li>• Prawn</li></ul>	<ul style="list-style-type: none"><li>• Crayfish</li><li>• Langoustine</li><li>• Chitosan</li><li>• Scampi</li></ul>

Fresh molluscs such as (there are many more):	
<ul style="list-style-type: none"><li>• Squid</li><li>• Octopus</li><li>• Cuttlefish</li><li>• Snails</li></ul>	<ul style="list-style-type: none"><li>• Mussels</li><li>• Clams</li><li>• Oysters</li><li>• Scallops</li></ul>

Other products containing fish, seafood or shellfish:	
<ul style="list-style-type: none"><li>• Bloody Mary (contain Worcestershire sauce)</li><li>• Bouillabaisse (French fish stew)</li><li>• Caviar (fish eggs)</li><li>• Fish fingers</li><li>• Fish pie</li></ul>	<ul style="list-style-type: none"><li>• Prawn chips</li><li>• Prawn crackers</li><li>• Roe (fish eggs)</li><li>• Scampi</li><li>• Seafood chowder</li></ul>



Other products containing fish, seafood or shellfish:

- Fishcakes
- Fish stock
- Oyster sauce
- Shrimp paste
- Sushi
- Taramasalata (contains fish eggs)

## What should I check if I have an allergy?

For fish

- Casseroles
- Dips
- Fritto misto (fried fish)
- Kedgeree (usually contains smoked haddock)
- Oriental dishes, e.g. Chinese and Thai (use fish sauce)
- Pasta sauces
- Pates, e.g. salmon
- Patum Peperium – Gentleman’s Relish (anchovies)
- Pizza (sometimes have anchovies or other fish as a topping)
- Salad dressing, e.g. Caesar
- Seafood dips
- Seafood/crab sticks
- Sashimi
- Shepherd’s pie (often contains Worcestershire sauce)
- Soups (may use fish sauce or fish stock)
- Stews
- Sushi
- Worcestershire sauce (usually contains anchovies)
- Wine

For seafood/shellfish:

- Caponata (seafood salad)
- Casseroles
- Dips or pates
- Fish fingers and nuggets
- Fish pie (often contains prawns)
- Fried rice
- Fruits de mer (seafood)
- Gumbo (Louisiana stew that often contains seafood)
- Lancashire hot pot (traditionally contained oysters)
- Paella
- Pasta sauces
- Pizza (sometimes have prawn, calamari or mussels as a topping)
- Prawn crisps
- Salad dressing, e.g. Caesar
- Sashimi
- Seafood dips
- Seafood/crab sticks
- Surimi



For seafood/shellfish:	
<ul style="list-style-type: none"><li>• Oriental dishes, e.g. Chinese and Thai (often use oyster sauce and seafood)</li></ul>	<ul style="list-style-type: none"><li>• Soups (may use oyster sauce)</li><li>• Stews</li><li>• Wine</li></ul>

## LUPIN

What should I avoid if I have an allergy?

Food to avoid	
<ul style="list-style-type: none"><li>• Lupin (or Lupine)</li><li>• Lupin flour</li></ul>	<ul style="list-style-type: none"><li>• Lupin seeds</li><li>• Lupin beans</li></ul>

What should I check if I have an allergy?

Food to check	
<ul style="list-style-type: none"><li>• Bread, e.g. seeded</li><li>• Coated and deep-fried vegetables, e.g. onion rings, mushrooms</li><li>• Chocolate drinks</li><li>• Crepes</li><li>• Free-from products, e.g. ice creams, choc ices</li><li>• Gluten-free products, e.g. pasta</li><li>• Pancakes</li></ul>	<ul style="list-style-type: none"><li>• Pastries</li><li>• Pies</li><li>• Pizzas</li><li>• Products containing crumb</li><li>• Protein shakes</li><li>• Vegetable drinks</li><li>• Waffles</li></ul>

## EGGS

What should I avoid if I have an allergy?

Anything that has a label which specifies:	
<ul style="list-style-type: none"><li>• Egg powder</li><li>• Eggs (from all birds) – dried, frozen or pasteurised</li></ul>	<ul style="list-style-type: none"><li>• Egg white</li><li>• Egg yolk</li><li>• Lysozym</li></ul>





Anything that has a label which specifies:

- Egg lecithin (E322)
- Egg proteins (albumin, ovalbumin, globulin, ovoglobulin, livetin, ovomucin, vitellin, ovovitellin, apovitellenin, ovomuciod, phosvitin)

Other egg-containing products

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| <ul style="list-style-type: none"><li>• Egg glaze</li><li>• Batter</li><li>• Egg custard</li><li>• Egg fried rice</li><li>• Hollandaise sauce</li><li>• Mayonnaise</li></ul> | <ul style="list-style-type: none"><li>• Omelette</li><li>• Pancakes</li><li>• Scotch pancakes</li><li>• Sweets (some – e.g. Chewits)</li><li>• Tortilla</li><li>• Yorkshire puddings</li></ul> |
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## What should I check if I have an allergy?

Food to check

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| <ul style="list-style-type: none"><li>• Alioli</li><li>• Biscuits</li><li>• Bread and butter pudding</li><li>• Breadcrumbed foods (as used to stick)</li><li>• Cakes</li><li>• Cheese (some)</li><li>• Chocolate bars</li><li>• Cocktails, e.g. egg nog</li><li>• Crème caramel</li><li>• Crepes</li><li>• Flans</li><li>• Fondant icing</li><li>• Gravy granules</li><li>• Horseradish sauce</li></ul> | <ul style="list-style-type: none"><li>• Meringues</li><li>• Mousse</li><li>• Noodles</li><li>• Pate</li><li>• Pasta</li><li>• Pastry (egg glaze)</li><li>• Pretzels</li><li>• Processed fish</li><li>• Processed meats</li><li>• Puddings, e.g. tiramisu</li><li>• Quiche</li><li>• Quorn products</li><li>• Royal icing</li><li>• Sausages</li></ul> |
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Food to check	
<ul style="list-style-type: none"> <li>• Ice-cream (some)</li> <li>• Lemon curd</li> <li>• Marshmallow (e.g. homemade)</li> <li>• Marzipan</li> <li>• Meat dishes</li> </ul>	<ul style="list-style-type: none"> <li>• Sponge fingers</li> <li>• Sorbets (some)</li> <li>• Sweets (some)</li> <li>• Tartare sauce</li> <li>• Waffles</li> </ul>

## MILK (INCLUDING LACTOSE)

### What should I avoid (unless it specifies it is milk/lactose free)?

As well as checking labels for “milk”, there are many other words that indicate the presence of milk as an ingredient.

These terms mean “milk”	
<ul style="list-style-type: none"> <li>• Milk – fresh, UHT, evaporated, condensed, dried, milk solids, non-fat milk solids, milk powder, modified milk</li> <li>• Whey – whey solids, hydrolysed whey, hydrolysed whey sugar, whey powder, whey syrup sweetener protein</li> <li>• Butter – butter oil, butter milk fat, butter cream, margarine, ghee</li> </ul>	<ul style="list-style-type: none"> <li>• Caesin, caesinates, hydrolysed/sodium caesinates</li> <li>• Yoghurt – yoghurt powder, fromage frais</li> <li>• Lactose – lactoglobulin</li> <li>• Cheese – cheese powder, curd</li> <li>• Cream – artificial cream</li> </ul>

Other products that contain milk	
<ul style="list-style-type: none"> <li>• Batter</li> <li>• Crème fraîche</li> <li>• Crepes</li> <li>• Ice-cream</li> <li>• Malted milk drinks</li> <li>• Milk chocolate</li> <li>• Milk drinks</li> <li>• Milk sugar solids</li> <li>• Non-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>• Pancakes</li> <li>• Pastry (e.g. pies, pasties)</li> <li>• Quark</li> <li>• Skimmed milk powder</li> <li>• Sour cream</li> <li>• Yorkshire puddings</li> <li>• Low-fat spread (unless it states that it is dairy free)</li> </ul>



## What should I check if I have an allergy?

Baked goods (unless specifically stated) e.g.:	
<ul style="list-style-type: none"><li>• Biscuits</li><li>• Bread</li><li>• Cakes</li></ul>	<ul style="list-style-type: none"><li>• Doughnuts</li><li>• Muffins</li><li>• Waffles</li></ul>

Other products such as:	
<ul style="list-style-type: none"><li>• Baby foods</li><li>• Breakfast cereals</li><li>• Cakes</li><li>• Cereal bars</li><li>• Chocolate</li><li>• Chocolate bars</li><li>• Cocktails, e.g. egg nog, white Russian</li><li>• Coffee</li><li>• Confectionary</li><li>• Crackers</li><li>• Crisps</li><li>• Custards</li><li>• Deli items</li><li>• Flavoured nuts</li><li>• Gluten-free products, e.g. bread</li></ul>	<ul style="list-style-type: none"><li>• Gravies</li><li>• Instant mashed potato</li><li>• Mayonnaise, e.g. low-fat mayonnaise</li><li>• Pastas</li><li>• Pizzas</li><li>• Processed meats, e.g. sausages, pates</li><li>• Puddings</li><li>• Ready meals</li><li>• Sauces</li><li>• Sorbet</li><li>• Soups</li><li>• Stock</li><li>• Sweets</li><li>• Tea</li><li>• Tortillas</li></ul>

## MUSTARD

## What should I avoid if I have an allergy?

Food to avoid	
<ul style="list-style-type: none"><li>• Black mustard</li><li>• Fish paste</li><li>• Jars of mustard</li></ul>	<ul style="list-style-type: none"><li>• Mustard powder</li><li>• Mustard seeds</li><li>• Mustard syrup relish</li></ul>



Food to avoid	
<ul style="list-style-type: none"> <li>• Mustard flowers</li> <li>• Mustard leaves</li> <li>• Mustard oils</li> </ul>	<ul style="list-style-type: none"> <li>• Oriental mustard (USA and Japan)</li> <li>• Sprouted mustard seeds</li> <li>• Yellow mustard (used in Europe)</li> </ul>

## What should I check if I have an allergy?

Food to check	
<ul style="list-style-type: none"> <li>• Barbeque sauce</li> <li>• Breaded products, e.g. southern fried chicken</li> <li>• BBQ/meat rubs</li> <li>• Cheese sauce (often use mustard or mustard flour)</li> <li>• Crisps, e.g. beef</li> <li>• Curries</li> <li>• Horseradish</li> <li>• Indian, e.g. Bengali</li> <li>• Ketchup</li> <li>• Marinades</li> <li>• Mayonnaise</li> <li>• Meat products</li> <li>• Piccalilli</li> </ul>	<ul style="list-style-type: none"> <li>• Pickles</li> <li>• Pizza</li> <li>• Processed meats</li> <li>• Russian food (fried in mustard oil)</li> <li>• Salad dressings</li> <li>• Salads, e.g. in case mustard seeds/leaves used</li> <li>• Salad oils</li> <li>• Sausages</li> <li>• Soups</li> <li>• Spicy/'hot' foods, e.g. hot fries</li> <li>• Sweet mustard syrup (Italian – mostarda)</li> <li>• Tomato sauce</li> </ul>

## TREE NUTS AND PEANUTS

### What should I avoid if I have an allergy?

Anything that has a label which specifies:	
<ul style="list-style-type: none"> <li>• 'may contain nuts'</li> <li>• 'made in a factory handling nuts'</li> <li>• 'contains nuts'</li> </ul>	<ul style="list-style-type: none"> <li>• 'produced on shared equipment with nuts'</li> <li>• 'may contain traces of peanuts'</li> </ul>

## Nuts

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| <ul style="list-style-type: none"> <li>• Brazil nuts (<i>Bertholletia excels</i>)</li> <li>• Almonds (<i>Amygdalus communis</i> L, <i>prunus amara</i>)</li> <li>• Cashews (<i>Anacardium occidentale</i>)</li> <li>• Chestnuts</li> <li>• Filberts</li> <li>• Hazelnuts (<i>Corylus avellana</i>/<i>Americana</i>/<i>avellana</i> or cob nuts)</li> </ul> | <ul style="list-style-type: none"> <li>• Macadamia nuts (<i>Macadamia ternifolia</i>)</li> <li>• Pecan nuts (<i>Carya illinoiesis</i>)</li> <li>• Peanuts (<i>arachis</i> or ground nuts)</li> <li>• Pistachio nuts (<i>Pistachia vera</i>)</li> <li>• Queensland nuts (<i>Macadamia ternifolia</i>)</li> <li>• Walnuts (<i>Juglans regia</i>/<i>negra</i>)</li> </ul> |
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## Nut Oils

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| <ul style="list-style-type: none"> <li>• Almond/sweet almond oil (<i>Prunus dulcis</i>)</li> <li>• Arachis (peanut oil)</li> <li>• Blended oils</li> </ul> | <ul style="list-style-type: none"> <li>• Ground nut oils</li> <li>• Refined peanut oil</li> </ul> |
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## Other nut containing products:

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| <ul style="list-style-type: none"> <li>• Chestnut puree</li> <li>• Chocolate and hazelnut spreads</li> <li>• Coated nuts (chocolate, yoghurt or sugar)</li> <li>• Coconuts (classed as a tree nut in the USA, but not in Europe) controversial</li> <li>• Frangipane</li> <li>• Marzipan</li> <li>• Nut brittle</li> <li>• Nut essences and flavourings</li> <li>• </li> <li>• Nut butters, e.g. peanut butter, almond butter</li> </ul> | <ul style="list-style-type: none"> <li>• Nut extracts, e.g. almond extract</li> <li>• Nut loaf</li> <li>• Unrefined (crude)/gourmet peanut oils</li> <li>• Nut paste, e.g. almond paste</li> <li>• Peanut flour</li> <li>• Peanut shoots</li> <li>• Praline spread</li> <li>• Satay/satay sauce</li> </ul> |
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## What should I check if I have an allergy?

### Baked Goods

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| <ul style="list-style-type: none"><li>• Bread</li><li>• Cakes, especially fruit cake, Christmas cake, carrot cake</li></ul> | <ul style="list-style-type: none"><li>• Biscuits</li><li>• Pastries</li></ul> |
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### Ethnic Cuisine

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| <ul style="list-style-type: none"><li>• Indian cuisine, e.g. rogan josh where ground almonds are used to thicken</li><li>• Chinese cuisine, e.g. kung pao chicken where chopped peanuts are added</li></ul> | <ul style="list-style-type: none"><li>• Thai food, e.g. pad Thai where chopped peanuts are added</li><li>• African cuisine, e.g. bobotie where blanched almonds are used</li></ul> |
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### Other nut containing foods:

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| <ul style="list-style-type: none"><li>• Cereals, e.g. crunchy nut, Fruit and Fibre</li><li>• Cereal bars</li><li>• Chocolate bars, e.g. Fruit and Nut, Snickers</li><li>• Cocktails, e.g. Screaming Orgasm</li><li>• Desserts</li><li>• Hydrogenated vegetable oil (may occasionally contains peanut)</li><li>• Ice-cream</li><li>• Hydrogenated vegetable protein (occasionally contains peanut)</li><li>• Liqueurs, e.g. amaretto</li><li>• Nougat</li></ul> | <ul style="list-style-type: none"><li>• Pesto</li><li>• Sauces, e.g. chilli</li><li>• Salads</li><li>• Salad dressings, e.g. Waldorf</li><li>• Stir fries</li><li>• Sweets, e.g. Liquorice Allsorts</li><li>• Sweet mincemeat</li><li>• Takeaway food (be extra cautious as often contain nuts)</li><li>• Vegetarian food, e.g. sausages, veggie burgers</li><li>• Worcester sauce</li></ul> |
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## SESAME

### What should I avoid if I have an allergy?

Food to avoid	
<ul style="list-style-type: none"><li>• Furikake</li><li>• Gomashio</li><li>• Halva</li><li>• Houmous</li><li>• Sesame (sesamum indicum)</li></ul>	<ul style="list-style-type: none"><li>• Sesame oil</li><li>• Sesame paste</li><li>• Sesame seeds</li><li>• Tahini</li></ul>

### What should I check if I have an allergy?

Food to check	
<ul style="list-style-type: none"><li>• Asian dishes, e.g. Chinese, Thai, Malaysian</li><li>• Bagels</li><li>• Biscuits</li><li>• Bread</li><li>• Breadsticks</li><li>• Chinese stir fry oils</li><li>• Chutneys</li><li>• Confectionary</li><li>• Crackers</li><li>• Curries</li><li>• Dips</li><li>• Health food snacks, e.g. sesame snaps</li><li>• Herbal drinks</li><li>• Japanese foods</li><li>• Middle Eastern foods</li><li>• Mixed spices</li><li>• Muesli</li></ul>	<ul style="list-style-type: none"><li>• Noodles</li><li>• Pies</li><li>• Pre-packed delicatessen foods</li><li>• Processed foods, e.g. meats</li><li>• Rice cakes</li><li>• Risottos</li><li>• Salad dressings</li><li>• Salads</li><li>• Samosas</li><li>• Sauces</li><li>• Sausages</li><li>• Spreads</li><li>• Soups</li><li>• Stir fries</li><li>• Thai food</li><li>• Turkish dishes</li><li>• Veggie burgers</li></ul>

## SOYA BEANS

### What should I avoid if I have an allergy?

Food to avoid	
<ul style="list-style-type: none"><li>• Bean curd</li><li>• Cold pressed soya oil</li><li>• Edamame beans</li><li>• Hydrolysed vegetable protein (if made from protein)</li><li>• Hydrolysed plant proteins</li><li>• Soya (glycine soja)</li><li>• Soya albumin</li><li>• Soya bean</li><li>• Soya flavouring</li><li>• Soya flour</li><li>• Soya gum</li><li>• Soya infant formula</li><li>• Soya lecithin (E322)</li></ul>	<ul style="list-style-type: none"><li>• Soya milk</li><li>• Soya nuts</li><li>• Soya oil</li><li>• Soya protein</li><li>• Soya protein concentrates</li><li>• Soya protein isolates</li><li>• Soya shortening</li><li>• Soy sauce</li><li>• Soya starch</li><li>• Soya tofu</li><li>• Textured soya protein</li><li>• Textured vegetable protein (TVP)</li></ul>

### What should I check if I have an allergy?

Food to check	
<ul style="list-style-type: none"><li>• Baby food</li><li>• Baked goods, e.g. bread, cakes</li><li>• Bean sprouts</li><li>• Cereal</li><li>• Cheese substitutes</li><li>• Chinese foods</li><li>• Chocolates</li><li>• Commercial fruit products</li><li>• Crackers</li><li>• Crisps</li></ul>	<ul style="list-style-type: none"><li>• Milk (coffee whiteners) or cream replacers</li><li>• Pancake and waffle mixes</li><li>• Pasta</li><li>• Pastes/spread (vegetable, fish or meat)</li><li>• Pizza bases</li><li>• Ready meals</li><li>• Salad cream</li><li>• Sauces</li><li>• Seasoned salt</li><li>• Snack bars</li></ul>



Food to check	
<ul style="list-style-type: none"> <li>• Desserts</li> <li>• Frozen desserts</li> <li>• Gluten-free products, e.g. bread, pasta</li> <li>• Ice-cream</li> <li>• Margarine</li> <li>• Meat products, e.g. cold cuts, burgers, sausages</li> <li>• Mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>• Soup (tins)</li> <li>• Vegetable products, e.g. oil, broth, protein</li> <li>• Vegetarian meals</li> <li>• Yoghurts</li> </ul>

## SULPHITES

What should I avoid if I have an allergy?

Anything that has a label which specifies:	
<ul style="list-style-type: none"> <li>• Sulphites</li> </ul>	<ul style="list-style-type: none"> <li>• Sulphur dioxide</li> </ul>

The following food additives contain sulphites:	
<ul style="list-style-type: none"> <li>• E220 Sulphur dioxide</li> <li>• E221 Sodium sulphite</li> <li>• E222 Sodium hydrogen sulphite</li> <li>• E223 Sodium metabisulphite</li> <li>• E224 Potassium metabisulphite</li> </ul>	<ul style="list-style-type: none"> <li>• E226 Calcium sulphite</li> <li>• E227 Calcium hydrogen sulphite</li> <li>• E228 Potassium hydrogen sulphite</li> <li>• E150b Caustic sulphite caramel</li> <li>• E150d Sulphite ammonia caramel</li> </ul>

What should I check if I have an allergy?

Food to check	
<ul style="list-style-type: none"> <li>• Baked goods (especially with dried fruit)</li> <li>• Beer</li> <li>• Bottled lemon juice</li> <li>• Bottled lime juice</li> <li>• Canned vegetables</li> <li>• Champagne</li> </ul>	<ul style="list-style-type: none"> <li>• Guacamole</li> <li>• Meat products</li> <li>• Molasses</li> <li>• Pectin, e.g. apples</li> <li>• Potatoes (if dehydrated, pre-cut or pre-peeled)</li> </ul>

### Food to check

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| <ul style="list-style-type: none"><li>• Cider</li><li>• Coconut milk (tinned)</li><li>• Condiments, e.g. horseradish, mustard, ketchup, sauces, pickles, relish</li><li>• Crisps</li><li>• Dips, e.g. guacamole</li><li>• Dried fruit, e.g. apricots, banana</li><li>• Dried vegetables</li><li>• Fruit juice</li><li>• Gelatine</li><li>• Glazed fruits, e.g. Maraschino cherries</li><li>• Gravies</li></ul> | <ul style="list-style-type: none"><li>• Pickled foods, e.g. onions</li><li>• Prawns – fresh or frozen, e.g. garlic skewered prawns</li><li>• Sausages</li><li>• Soft drinks</li><li>• Soup mixes</li><li>• Sparkling grape juice</li><li>• Tea</li><li>• Tomato paste/puree</li><li>• Vegetable juices</li><li>• Vinegar</li><li>• Wine</li></ul> |
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