

14 MAJOR FOOD ALLERGENS

Any food can cause an allergic reaction, however EU FIC identifies 14 major food allergens.



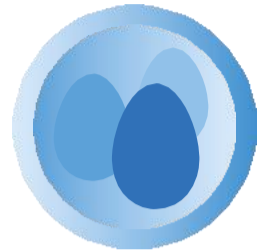
Celery



Cereals
containing
gluten



Crustaceans



Eggs



Fish



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame
seeds



Soya



Sulphur
dioxide and
sulphites

Most of these allergens are easy to recognise as raw ingredients – the problem arises when they are ‘hidden’ in multi-ingredient recipes

Menu item:

Ingredients:

Contains:



Celery



Cereals containing
gluten



Crustacea



Eggs



Fish



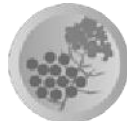
Lupin



Milk



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Mustard



Nuts



Peanuts



Sesame
seeds

Date compiled:
Name:
Date(s) reviewed:
Name:



Soya



Sulphur dioxide
and sulphites

