

## FOOD ALLERGIES AND GUIDANCE FOR FOOD OUTLETS

Since December 2014, **all** food outlets **must** provide accurate information about the allergens in their food. Allergenic ingredients must be indicated in all lists of ingredients with clear reference to the name of the substance or product as listed in Annex II of the EU Food Information for Consumers Regulation No.1169/2011 and Commission Delegated Regulation (EU) No. 78/2014 amending Annex II to Regulation (EU) No 1169/2011. Annex II shows the 14 allergens and related products thereof that must be labelled or indicated as being present in foods and, in alphabetic order, they are:

<b>Allergenic ingredient</b>	<b>Examples</b>
<b>Celery and celeriac</b>	
<b>Cereals containing gluten</b>	Wheat (such as spelt and khorasan wheat), rye, barley, oats
<b>Crustaceans</b>	Prawns, crabs, lobsters, crayfish, langoustines
<b>Eggs</b>	Chicken, duck, goose, quail, etc.
<b>Fish</b>	
<b>Lupin</b>	Lupin, also spelled lupine or lupini, is a legume belonging to the same plant family as peanuts. These ingredients are often used in baked goods and pasta, including gluten-free products. People allergic to peanuts, may have allergic reactions after eating lupin or foods containing ingredients from lupin (e.g. lupin flour). Reactions can be severe and include anaphylaxis. Some people may have an allergic reaction to lupin even if they are not allergic to peanuts, but people with peanut allergies are most at risk.
<b>Milk including lactose</b>	Full milk, semi-skimmed and skimmed milk, buttermilk, curds, whey, whey powder, etc.
<b>Molluscs</b>	Mussels, whelks, winkles, oysters, snails and squid
<b>Mustard</b>	Dry, wet and oils
<b>Nuts</b>	Almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia (or Queensland) nuts
<b>Peanuts</b>	
<b>Sesame</b>	
<b>Soybeans</b>	
<b>Sulphur dioxide/sulphites</b>	Where added and at a level above 10mg/kg or 10mg/L in the finished product. This may also be used as a preservative in dried fruit.

### WRITTEN DESCRIPTION

The allergenic ingredients need to be emphasised using a typeset that clearly distinguishes it from the rest of the ingredients; such as by use of a different font, or style or background colour. Food outlets can choose what method they want to use to emphasise the 14 allergens on their product labels; for example: **Contains peanuts**, **Contains milk products**, **CONTAINS NUTS**, etc. and these descriptions must be clear and without spelling mistakes and free of grammatical error.