STAFF REFERENCE POSTER

The 14 Allergens

UK law requires food businesses to tell customers if any of these allergens are in the food they serve or sell. Know them, check for them, and never guess.

14 ALLERGENS TO DECLARE



1 Celery

INCLUDES Stalks, leaves, seeds and celeriac
OFTEN IN Stock cubes, soups, celery salt, salads



2 Cereals containing gluten

INCLUDES Wheat (including spelt and Khorasan), rye, barley, oats
OFTEN IN Bread, pasta, pastry, batter, breadcrumbs, sauces thickened with flour



3 Crustaceans

INCLUDES Prawns, crabs, lobsters, crayfish
OFTEN IN Shrimp paste, seafood sauces, some curry pastes



4 Eggs

INCLUDES Eggs and egg products
OFTEN IN Mayonnaise, cakes, fresh pasta, quiche, glazed pastry



5 Fish

INCLUDES All fish
OFTEN IN Fish sauce, Worcestershire sauce, Caesar dressing



6 Lupin

INCLUDES Lupin seeds and flour
OFTEN IN Some breads, pastries and pasta



7 Milk

INCLUDES Milk and milk products, including lactose
OFTEN IN Butter, cheese, cream, yoghurt, milk powder, sauces



8 Molluscs

INCLUDES Mussels, clams, oysters, scallops, snails, squid
OFTEN IN Oyster sauce, seafood dishes



9 Mustard

INCLUDES Seeds, powder, leaves and liquid mustard
OFTEN IN Dressings, marinades, mayonnaise, curries



10 Tree nuts

INCLUDES Almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, macadamias
OFTEN IN Pesto, marzipan, praline, nut oils, cereal bars



11 Peanuts

INCLUDES Peanuts (also called groundnuts)
OFTEN IN Satay, peanut butter, groundnut oil, some curries



12 Sesame seeds

INCLUDES Seeds, oil and paste
OFTEN IN Tahini, hummus, sesame oil, bread toppings



13 Soybeans

INCLUDES Soya and soya products
OFTEN IN Tofu, edamame, soy sauce, soya flour in bread and sausages



14 Sulphur dioxide and sulphites

INCLUDES Above 10 mg/kg or 10 mg/litre (as total SO_2)
OFTEN IN Dried fruit, wine, beer, some sausages and burgers

Check

Read every label and recipe, including sauces, stocks and garnishes.

Ask

Not sure what's in a dish? Ask your manager. Never guess.

Update

Recipe or supplier changed? Update your allergen records straight away.

Separate

Clean surfaces and use separate equipment to avoid cross-contact.

Allergen list based on Food Standards Agency guidance. "Often in" examples are common, not complete: always check the actual ingredients. Pre-packed and PPDS food must emphasise these allergens in the ingredients list.