# Food Allergens Guide

Trace amounts of a food allergen can cause a reaction. Be aware of what allergen is in what ingredient when buying food!





#### Celery

Celery stalks, leaves, seeds and root. Celery can be found in celery salt, salads, some peamt products, soups and stock cubes.



## Cereals containing Gluten

Foods containing flour, such as types of baking powder, batter, breadcrumbs, bread, cakes, some meat products, couscous, pasts, pastry, sauces, soups and fried foods dusted with flour can all contain gluten in the form of wheat, rye, barley and oats.



#### Crustaceans

Crustaceans include crabs, lobster, prawns, and scampi. Some food products containing shrimp can also include this allergen.



#### Eggs

Cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces, and pastries all contain eggs. Some foods may also be glazed with eggs or egg whites.



#### Fish

Fresh fish and some sauces, pizzas, relishes, salad dressings, and stock cubes



#### Lupin

Lupin comes from a flower and is found in flour and seed format for food. Lupin can be used in some types of bread, pastries and pastas.



#### MILIE

Milk is common ingredient found in butter, cheese, cream, yoghurt, and milf powders. Some products may be glazed or brushed with milk. Milk can also be found in some soups and sauces.



#### Molluscs

Molluscs include mussels, snails, squids, and whelks. It can also be found in some fish stews and oyster



#### Mustard

Mustard in the form of a powder, liquid, and seeds can be found individually or in some breads, curries, marinades, some meat products, salad dressings, sauces, and soups.



#### Nurts

Nuts refers to nuts grown on trees. This includes cashew nuts, almonds, and hazelnuts. Tree nuts can be found in breads, biscuits, crackers, desserts, nut powders (Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils, and sauces.



#### Peanuts

Peanuts refers to nuts grown underground (legumes), often times referred to as ground nuts. Peanuts are used as an ingredient in biscuits, cakes, curries, desserrts, sauces (satay sauce), groundnut oil, and peanut flour.



#### Sesame Seeds

Sesame seeds are often found sprinkled on breads (such as bagels and burger buns). They can also be found in breadsticks, hournous, sesame oil, and tahini. Sometimes toasted and used in salads.



#### Soya

Found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, milk. Soya is a common ingredient in oriental food. It can also be found in desserts, ice cream, some meat products, sauces, and vegetarian products.

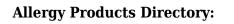


#### Sulphites

Sulphur dioxide is an ingredient often used in dried fruit (raisins, apricots, prunes). Some meat products, soft drinks, vegetables, wine, and beer can also contain sulphites. People with asthama have a higher risk of developing an allergy to suptime dioxide.

## **Allergy Products Directory**

**Victor M. Corman** 



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## **Table of Contents Allergy Products Directory**

- 1. Understanding the eBook Allergy Products Directory
  - The Rise of Digital Reading Allergy Products Directory
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Allergy Products Directory
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - o Features to Look for in an Allergy Products Directory
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Allergy Products Directory
  - Personalized Recommendations

- Allergy Products Directory User Reviews and Ratings
- Allergy Products Directory and Bestseller Lists
- 5. Accessing Allergy Products Directory Free and Paid eBooks
  - Allergy Products Directory Public Domain eBooks
  - Allergy Products Directory eBook Subscription Services
  - Allergy Products Directory Budget-Friendly Options
- 6. Navigating Allergy Products Directory eBook Formats
  - ∘ ePub, PDF, MOBI, and More
  - Allergy Products Directory Compatibility with Devices
  - Allergy Products Directory Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Allergy Products Directory
  - Highlighting and Note-Taking Allergy Products Directory
  - Interactive Elements Allergy Products Directory
- 8. Staying Engaged with Allergy Products Directory
  - o Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Allergy Products Directory
- 9. Balancing eBooks and Physical Books Allergy Products Directory
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Allergy Products Directory
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Allergy Products Directory
  - Setting Reading Goals Allergy Products Directory
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Allergy Products Directory
  - Fact-Checking eBook Content of Allergy Products Directory

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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