

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 peanut 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, pasta, 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.



Milk

Milk is common ingredient found in butter, cheese, cream, yoghurt, and milk 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 sauce.



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.



Nuts

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, desserts, 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, houmous, 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 asthma have a higher risk of developing an allergy to sulphur dioxide.

Allergy Products Directory

Victor M. Corman



Allergy Products Directory:

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