The 14 Allergens You Must Declare in the UK

Food businesses must tell customers if a dish contains any of these 14 allergens.

1. **Celery**
   Stalks, leaves, seeds and celeriac. Soups, stock cubes, sauces, salads.

2. **Cereals containing gluten**
   Wheat, rye, barley and oats. Bread, pasta, cakes, pastry.

3. **Crustaceans**
   Prawns, crab, lobster, crayfish. Stir-fries, soups, seafood dishes.

4. **Eggs**
   Cakes, mayonnaise, quiche, pasta, desserts.

5. **Fish**
   Fish fillets, fish sauce and paste, soups, Worcestershire sauce.

6. **Lupin**
   Lupin flour and seeds. Bread, pastries, gluten-free products.

7. **Milk**
   Cheese, butter, cream, yoghurt.

8. **Molluscs**
   Mussels, oysters, clams, squid, snails.

9. **Mustard**
   Sauces, dressings, marinades, sandwiches, curries.

10. **Peanuts**
    Biscuits, cakes, sauces, satay, many Asian dishes.

11. **Sesame**
    Buns, bread, crackers, tahini, sesame oil.

12. **Soya**
    Soy sauce, tofu, desserts, bakery and vegetarian products.

13. **Sulphur dioxide and sulphites**
    Dried fruit, wine, cider, processed foods (over 10mg per kg or litre).

14. **Tree nuts**
    Almonds, hazelnuts, walnuts, cashews, pecans, pistachios, Brazil nuts, macadamia.

Check, don't guess. If you are not sure whether a dish contains an allergen, check the recipe and supplier labels or ask your manager before you answer. Review your allergen information whenever a recipe or supplier changes.

Food Hygiene Courses Online
Level 2 Food Hygiene online course: £20

foodhygienecoursesonline.co.uk
Call 020 3488 4930