

Five steps to help you comply with **the law** on declaring the use of food allergens in non-prepacked food for your customers:

**1**

Declare the use of the 14 food allergens in writing

**2**

Ensure the allergen information is legible and clear

**3**

Ensure the allergen information is easily accessible to your customers

**4**

Ensure the allergen information is up-to-date

**5**

Monitor your suppliers' allergen information

## Food allergens that **must** be declared

### Cereals

**Cereals containing gluten, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof, except:**

- Wheat based glucose syrups including dextrose
- Wheat based maltodextrins
- Glucose syrups based on barley
- Cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin



### Crustaceans

Crustaceans and products thereof.



### Eggs

Eggs and products thereof.



### Fish

Fish and products thereof, except:

- Fish gelatine used as a carrier for vitamin or carotenoid preparations
- Fish gelatine or Isinglass used as fining agent in beer and wine



### Peanuts

Peanuts and products thereof.



### Soybeans

Soybeans and products thereof, except:

- Fully refined soybean oil and fat
- Natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, natural D-alpha tocopherol succinate from soybean sources
- Vegetable oils derived phytosterols and phytosterol esters from soybean sources
- Plant stanol ester produced from vegetable oil sterols from soybean sources



### Milk

Milk and products thereof (including lactose), except:

- Whey used for making alcoholic distillates including ethyl alcohol of agricultural origin
- Lactitol



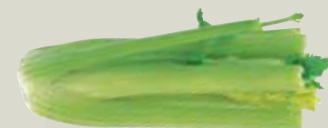
### Nuts

**Nuts, (almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia/Queensland nuts) and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin.**



### Celery

Celery and products thereof.



### Mustard

Mustard and products thereof.



### Sesame seeds

Sesame seeds and products thereof.



### Sulphur dioxide and sulphites

**Sulphur dioxide and sulphites at concentrations of more than 10mg/kg or 10 mg/litre, expressed as SO<sub>2</sub>, e.g. found in burgers, sausages and wine.**



### Lupin

Lupin and products thereof.



### Molluscs

Molluscs and products thereof.



For more information on how your food business can comply with these legal requirements, please visit [www.fsai.ie/allergens](http://www.fsai.ie/allergens) or contact us at [info@fsai.ie](mailto:info@fsai.ie)



#### IMPORTANT:

Allergen information regarding **“Cereals containing gluten”** must specify the type of cereal, e.g. wheat, and **“Nuts”** must specify the type of nut, e.g. cashew.