

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:

- a) Wheat based glucose syrups including dextrose
- b) Wheat based maltodextrins
- c) Glucose syrups based on barley
- d) 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:

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



Peanuts

Peanuts and products thereof.



Soybeans

Soybeans and products thereof, except:

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



Milk

Milk and products thereof (including lactose), except:

- a) Whey used for making alcoholic distillates including ethyl alcohol of agricultural origin
- b) 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 SO₂, 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 or contact us at 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.