Be Food Allergen Aware

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 acetate, natural D-alpha tocopherol succinate from soybean sources
- c) Vegetable oils derived phytosterols and phytosteryl 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.

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**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.