# 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:

Declare the use of the 14 food allergens in writing

Ensure the allergen information is legible and clear

Ensure the allergen information is easily accessible to your customers

Ensure the allergen information is up-to-date

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
- d) Cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin



#### Crustaceans

Crustaceans and products thereof.

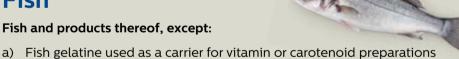


#### **Eggs**

Eggs and products thereof.



#### **Fish**



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
- 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
- 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 SO, e.g. found in burgers, sausages and wine.



#### Lupin

Lupin and products thereof.



## **Molluscs**

Molluscs and products thereof.







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.