

# ALLERGEN ADVICE



## 1. CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.



## 2. CEREALS CONTAINING GLUTEN

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats are often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried food which are dusted with flour.



## 3. CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



## 4. EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



## 5. FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



## 6. LUPIN

Yes, lupin is a flower, but it's also found in flour. Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



## 7. MILK

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



## 8. MOLLUSCS

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



## 9. MUSTARD

Liquid mustard, mustard powder and mustard. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



## 10. NUTS

This ingredient refers to nuts that grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, ice cream, marzipan, nut oils and sauces.



## 11. PEANUTS

Grown underground, peanuts are often found in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



## 12. SESAME SEEDS

These seeds can often be found in bread, breadsticks, houmous, sesame oil and tahini.



## 13. SOYA

Found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



## 14. SULPHUR DIOXIDE (SOMETIMES KNOWN AS SULPHITES)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables, as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.