THE 14 ALLERGENS

(and some places they can hide)

CELERY

— includes the leaves, stalks, seeds, celeriac, and celery salt.

— found in some meat products, soups, powdered soups, and stock cubes.

CEREALS (CONTAINING GLUTEN)

— includes wheat, rye, barley, oats, spelt, and kamut.

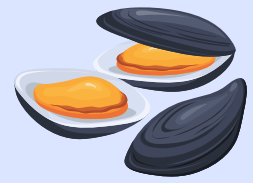
— often found in bread, pasta, cakes, pastries, batter, and soups or sauces thickened with flour.

CRUSTACEANS

— prawns, lobster, langostine, crab, scampi, and any pastes (i.e. shrimp paste) made from these.

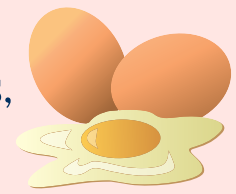
MOLLUSCS

— includes clams, mussels, oysters, squid, and snails.



EGGS

— commonly found in pasta, quiche, cakes, mousses, and mayonnaise. Also used to glaze pastries or pies, in sauces like Hollandaise, or to bind items like burgers.



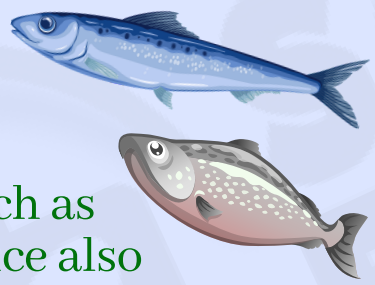
MILK

— found in cheese, butter, cream, and yoghurt. May also be brushed onto pies, pasties, and pastries before baking.

FISH

— fish sauce is often used in sauces, stir fries, and marinades.

— found in some salad dressings such as Caesar dressing. Worcestershire sauce also contains fish, and sometimes, so does soy sauce.



LUPIN

— may be labelled as lupine, lupin flour, lupin seed, or lupin bean.

— often used in bread, pastries, and batter. It's also becoming more common in gluten-free, high-protein, or low-carb products.

MUSTARD

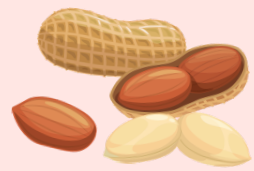
— includes the seeds, mustard powder, and prepared liquid mustard.

— often found in pickled foods like gherkins, sauces like mayonnaise and ketchup, marinades, salad dressings, curries, soups, and stock cubes.

PEANUTS

— can appear under different names like monkey nuts, groundnuts, or even arachis such as arachis oil (another name for peanut oil).

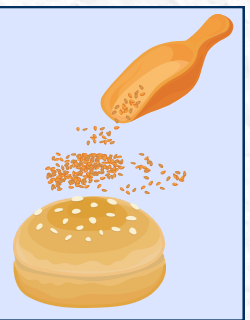
— found in a range of products, including cakes, desserts, and sauces.



SESAME

— includes the seeds and sesame oil.

— often found in breads, breadsticks, hummus, tahini, and sprinkled over dishes or used in stir fries.



SOYBEANS

— includes the beans, as well as edamame.

— used to make a wide range of products like soya protein, soya flour, soya sauce, miso paste, tofu, and tempeh.

SULPHUR DIOXIDE & SULPHITES

— used in wine, beer, and fruit juice, and also to preserve dried fruits, vegetables, and meat products like sausages and frozen prawns.

— must be declared when present above 10 parts per million.

NUTS

— used in all sorts of products, from bread, crackers, and baked goods to desserts.

— watch out for nut oils and any products made with them, as well as ingredients like marzipan and ground nuts.

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