

14 Common Food Allergens

While not exhaustive the list below outlines what they are and provides some examples of where they may be used as an ingredient in food.

CELERY



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

Mussels, land snails, squid, octopus and whelks are all in this group, but can also be commonly found in oyster sauce or as an ingredient in a fish stew.

MOLLUSCS



GLUTEN



Gluten is a protein and is present in cereal grains such as wheat, rye and barley. It is often found in foods containing flour such as baking powder, breadcrumbs, bread, cakes, biscuits, pasta, pastry, sauces, soups and fried foods which have been dusted with flour.

Mustard may be in a powder, liquid or seed form. These ingredients may be found in bread, curries, marinades, meat products, salad dressings, sauces and soups.

MUSTARD



CRUSTACEANS



Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste is often used in curries and is an ingredient to look out for.

Not to be confused with peanuts (which grow underground), this ingredient refers to nuts which grow on trees such as cashew, almond, hazelnut, walnuts, pistachio and pecan. Tree nuts are often ingredients in biscuits, cakes, ice cream, nut butters and oils, marzipan, desserts, snack/cereal bars.

TREE NUTS



EGGS



Eggs are often found in cakes, some meat products, pasta, mayonnaise, mousses, quiche, or foods which have been brushed with an egg wash or glazed.

Peanuts are a legume and grow underground, which is why they are sometimes referred to as a groundnut. Peanuts, like tree nuts, are often ingredients in cakes, biscuits, snack/cereal bars, sauces (e.g. satay sauce), groundnut oil and peanut butter.

PEANUTS



FISH



You will find this in some fish sauces, stock cubes, some cooking sauces and Worcestershire sauce.

These seeds can often be found sprinkled on breads, breadsticks, hummus, tahini and sesame oil. They can be toasted and added to salads.

SESAME SEEDS



LUPIN



Usually seen as a flower, lupin flour and seeds can be used in some types of bread, pastries and pasta.

Soy beans are used in a wide range of products including bean curd, tofu, soya protein and soya flour. Edamame beans are an immature soy bean so are also in this category. Soy/Soya is used in vegetarian products as well as desserts, meat products, sauces and ice creams.

SOY BEANS



MILK



Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in products which have been glazed with milk and in powdered soups and sauces.

This is an ingredient which can naturally occur in some foods but is often added as a preservative to prevent spoilage and preserve colour. They can be found in a range of products including dried fruits such as raisins, apricots and prunes, wines, beers, soft drinks, some meat products and pickled goods.

SULPHITES

