

THE 14 FOOD ALLERGENS



14 MOLUSCS

Including land snails, whelks and squid.



3 EGGS

Can be found in cakes, sauces and pastries.



4 FISH

Found in pizza, dressings and Worcestershire sauce.



13 LUPIN

Lupin can be found in bread, pastries and pasta.



6 SOYA

Various beans including edamame and tofu.



7 MILK

Butter, cheese, cream and milk powders contain milk.



5 PEANUTS

Can be found in cakes, biscuits and sauces.



1 GLUTEN

In food made with flour such as pasta and bread.



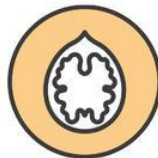
2 CRUSTACEANS

Such as crab, lobster, prawns, shrimp and scampi.



10 MUSTARD

Can be in liquid or powder form as well as seeds.



8 NUTS

Including cashews, almonds and hazelnuts.



11 SESAME

Found on burgers, bread sticks and salads,



9 CELERY

Including stalks, leaves, seeds and celeriac.



12 SULPHITES

Found in dried fruit like raisins and some drinks.