

14 ALLERGENS

coming to a food label near you

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which came into effect December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



Celery / Celeriac

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.



Cereals Containing Gluten

Wheat (such as spelt and Kherson wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, butter, bread/crumbs, bread, cakes, croutons, meat products, pasta, pastries, sauces, soups and fried foods which are dusted with flour.



Crustaceans

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



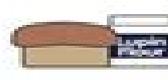
Eggs

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



Fish

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



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.



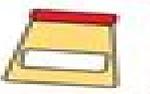
Milk

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



Molluscs

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



Mustard

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



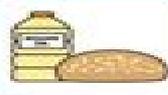
Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), or used as in groundnut oil and peanut flour.



Sesame Seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes roasted and used in salads.



Soya

Often 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.



Sulphur Dioxide (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 coffee, you have a higher risk of developing a reaction to sulphur dioxide.

Best Guide To Allergy

Michael Rajnik



Best Guide To Allergy:

The Best Guide to Allergy Nathan D. Schultz, Allan V. Giannini, Terrance T. Chang, Diane C. Wong, 2013-03-08 In *The Best Guide to Allergy* medical experts answer all your personal concerns and questions about allergy and asthma in easily understood language Drawing on their extensive experience in treating both children and adults as well as on the latest research findings they offer up to date explanations of the causes care treatment remedies and prevention of these uncomfortable often debilitating and sometimes even life threatening ailments *Subject Guide to Books in Print* ,2001

Allergy Products Directory 1995-1996 Carol Rudoff,1995 **The Journal of Respiratory Diseases** ,1985 *The Best Guide to Allergy* Allan V. Giannini,1985 **The Complete Directory for People with Chronic Illness** Sedgwick Press,2005 This informative resource provides a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness Thousands of hours of research have gone into this 2005 06 edition hundreds of new entries have been added and thousands of enhancements have been made to existing entries This widely hailed directory is structured around the 90 most prevalent chronic illnesses from Asthma to Cancer to Wilson s Disease and provides a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness Each chronic illness has its own chapter and contains a brief description in layman s language followed by important resources for National Local Organizations State Agencies Newsletters Books Periodicals Libraries Research Centers Support Groups Hotlines Web Sites and much more Two indexes provide quick access to this wealth of information Entry Index and Geographic Index This directory is an important resource for health care professionals the collections of hospital and health care libraries as well as an invaluable tool for people with a chronic illness and their support network

Current Catalog National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 *The Complete Directory for People with Chronic Illness* Laura Mars,Laura Mars-Proietti,2000-02 The widely hailed Complete Directory for People with Chronic Illness updated for 2000 01 is structured around the 80 most prevalent chronic illnesses from Asthma to Cancer to Wilson s Disease providing a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness Each chronic condition contains a brief description of the illness in layman s language followed by National and Local Organizations State Agencies Newsletters Research Centers Hotlines Books and Periodicals Also provided are sections on General Resources both Associations and Media as well as chapters on Death and Bereavement and Wish Foundations This directory makes it possible to provide comprehensive and critical information from just one source in just one stop An Entry Name Index and a Geographic Index will quickly direct users to relevant information and support services The Complete Directory for People with Chronic Illness is a necessary addition to any reference collection **The Publishers Weekly** ,1972 Medical Books and Serials in Print ,1984 **The Consumer Health Information Source Book** Alan M. Rees,Jodith Janes,1984 How can an award winning source book that

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