

Lupin

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

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.

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. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

14 allergens coming to a food label near you



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The way allergens are labelled on pre-packaged foods has changed because of new regulations. The food information regulation, which took effect in December 2014, introduced a requirement that 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 information such as menus) when they are used as ingredients in food. Here are the allergens and some examples of where they can be found:

Milk

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

Eggs

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

Cereals containing wheat

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

Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this refers to the 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 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), as well as in groundnut oil and peanut flour.

Soya

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

Fish

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

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.

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.

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 toasted and used in salads.

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.