The 14 allergens

Food businesses in the UK and EU must tell customers when any of these 14 are in the food they sell or serve.



Celery

Stalks, leaves, seeds and celeriac.
Found in: Celery salt, salads, soups, stock cubes, some meat products.



Cereals containing gluten

Wheat (spelt, Khorasan), rye, barley, oats.
Found in: Bread, pasta, couscous, batter, breadcrumbs, pastry, sauces, soups.



Crustaceans

Prawns, crabs, lobster and scampi.
Found in: Shrimp paste, often used in Thai curries and salads.



Eggs

Found in: Cakes, mayonnaise, mousses, pasta, quiche, sauces, food glazed with egg.



Fish

Found in: Fish sauce, pizzas, relishes, salad dressings, stock cubes, Worcestershire sauce.



Lupin

Lupin seeds and lupin flour.
Found in: Some breads, pastries and pasta.



Milk

Found in: Butter, cheese, cream, yoghurt, milk powders, milk glazes, powdered soups and sauces.



Molluscs

Mussels, oysters, squid, whelks and land snails.
Found in: Oyster sauce, fish stews.



Mustard

Liquid mustard, mustard powder and mustard seeds.
Found in: Breads, curries, marinades, salad dressings, sauces, soups, meat products.



Tree nuts

Almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamias.
Found in: Breads, biscuits, desserts, ice cream, marzipan, nut oils, sauces, some curries.



Peanuts

Found in: Biscuits, cakes, curries, desserts, satay sauce, groundnut oil, peanut flour.



Sesame

Found in: Bread, breadsticks, houmous, sesame oil, tahini.



Soya

Found in: Tofu, edamame, miso, soya flour, textured soya protein, desserts, ice cream, sauces.



Sulphur dioxide and sulphites

Above 10 mg/kg or 10 mg/litre.
Found in: Dried fruit, wine, beer, soft drinks, meat products, some vegetables.

Not sure? Say so.

If you cannot confirm a dish leaves an allergen out, tell the customer. Never guess. Recipes and suppliers change: re-check when either changes.

Buying in packaged ingredients? PlatePal scans the barcode and checks it for all 14 of these allergens. Allergen alerts are always free.
Scan the code with your phone camera, or visit tryplatepal.com

PlatePal printable. An information aid, not legal or medical advice. Check current guidance from your local food authority. Free to print and copy for your kitchen, school or business.