





# 14 Named Allergens Information Chart

14 Named Allergens	Examples and cross-reactivity:	Common Foods that may contain it
	Cross-reactivity refers to food that a person may also be allergic to if they are reactive to a named allergen	
 <p>Cereals containing gluten</p>	Wheat (including spelt and Khorasan wheat), rye, barley, and oats. May also be allergic to dairy, corn, rice, and potato.	Flour, bread and breadcrumbs, batter, cereals, cakes and brownies, couscous, pasta, porridge, noodles, pastries, croutons, tortillas, beer.
 <p>Celery</p>	Celery leaves, seeds, and salt, and celeriac. May also be allergic to carrots and spices (including coriander, cumin, and aniseed).	Stock, soups and stews, salads, sauces, spice mixes, seasonings.
 <p>Crustaceans</p>	Prawns, crabs, lobster, crayfish, shrimp, and scampi. May also be allergic to molluscs and other seafood.	Dishes containing crustaceans, shrimp paste used in Thai curries or salads, stocks, sauces, fish cakes and pies, soups, sushi.
 <p>Fish</p>	Salmon, cod, mackerel, haddock, tuna, swordfish, sole, and anchovies. May also be allergic to other types of seafood.	Dishes containing raw or cooked fish, sauces, relishes, salad dressings, stocks, Worcestershire sauce.
 <p>Eggs</p>	Chicken eggs. May also be allergic to other types of eggs, such as goose, duck, turkey, or quail.	Cakes, mayonnaise, mousses, pasta, quiche, sauces (e.g. hollandaise), glazing, ice cream, batter, Caesar salad dressing, custard, soups, pancakes, crepes.

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 <p>Peanuts</p>	Raw or cooked peanuts, peanut flour, peanut butter, and peanut oil. May also be allergic to other legumes (including peas, lentils, beans, chickpeas, soybeans) and tree nuts.	Curries, sauces (e.g. satay or chili), groundnut oil and powder, nut pastes, egg rolls, biscuits and cookies, cereals and muesli, cakes, ice cream.
 <p>Soya</p>	Soybeans, edamame beans, soya protein, soya flour. May also be allergic to other legumes including peas, lentils, beans, chickpeas, peanuts.	Sauces (e.g. soy sauce, tamari, shoyu, teriyaki, Worcestershire) tempeh, miso, tofu, dishes containing soybeans, bean curd, soups, stews.
 <p>Milk</p>	Cow's milk. May also be allergic to other type of milk (such as goat or sheep) and to beef.	Butter, cheese, cream, custard, yogurt, ice cream, chocolate, sauces (e.g. curry or pasta sauces), mashed potatoes, deli meats, soups, glazing, cheesecake, dressings.
 <p>Nuts</p>	Almonds, cashews, pistachios, walnuts, pecans, Brazil nuts, hazelnuts, macadamia nuts. May also be allergic to peanuts.	Sauces (e.g. pesto, curry sauces, mole sauce, stir fry sauces), dips, soups, marzipan, ice cream, salads, dairy-free alternatives, groundnut powder and oil.
 <p>Mustard</p>	Liquid mustard, mustard powder, and mustard seeds. May be allergic to other seed derivatives, such as sesame, poppyseed, rapeseed etc.	Condiments (e.g. horse radish, wasabi, and vinegar), sauces (e.g. curries or barbecue sauce) marinades, salad dressings, soups.

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 <p>Sesame</p>	<p>Sesame seeds, sesame oil, tahini. May be allergic to other seed derivatives, such as mustard, sunflower, flaxseed etc.</p>	<p>Houmous, sushi, prawn toast, breadsticks, bread rolls and bagels, salads, stir fry dishes, oriental dishes.</p>
 <p>Lupin</p>	<p>Lupin seeds and flour. May also be allergic to peanuts.</p>	<p>Certain types of bread, pastries, pasta, etc. Often those imported to the UK from EU countries.</p>
 <p>Molluscs</p>	<p>Clams, oysters, snails, squid, scallops, mussels, whelks. May also be allergic to other types of seafood.</p>	<p>Dishes containing molluscs, sauces (e.g. containing oyster sauce), stews, stock, fish cakes and pies, soups</p>
 <p>Sulphur dioxide and sulphites</p>	<p>Used as a preservative in many food and drinks.</p>	<p>Canned and dried fruits and vegetables, jams, vinegars, grape juice, condiments, sausages and burgers, wines, ciders, beers.</p>