

FOOD ALLERGY CHART

1



1. Cereals containing gluten, namely wheat, rye, barley, oat, spelt, kamut or their hybridised strains and products thereof, except:

- Wheat-based glucose syrups, including dextrose ⁽¹⁾;
- wheat-based maltodextrins ⁽¹⁾;
- Glucose syrup based on barley;
- Cereals used for making distillates, including ethyl alcohol of agricultural origin.

2



2. Crustaceans and products thereof

3



3. Eggs and products thereof

4



4. Fish and products thereof, except: fish gelatine used as carrier for vitamin or carotenoid preparations; fish gelatine or Isinglass used as fining agent in beer and wine.

5



5. Peanuts and products thereof

6



6. Soybeans and products thereof, except:

- fully refined soybean oil and fat ⁽¹⁾;
- natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, natural D-alpha tocopherol succinate from soybean sources;
- Vegetable oils derived phytosterols and phytosterol ester from soybean sources;
- Plant stanol ester produced from vegetable oil sterols from soybean sources;

7



7. Milk and products thereof (including lactose), except:

- whey used for making distillates, including ethyl alcohol of agricultural origin;
- lactitol;

8



8. Nuts, namely: **almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, Queensland nuts** and products thereof

9



9. **Celery and products thereof**

10



10. **Mustard and products thereof**

11



11. **Sesame seeds and products thereof**

12



12. **Sulphur dioxide and sulphites**

At concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO₂ which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturer;

13



13. **Lupin and products thereof**

14



14. **Molluscs and products thereof**

Many other foods may cause allergic or pseudoallergic reactions but are not considered as common allergens in Europe and therefore are not classified as one of the 14 main allergens.

(1) And the products thereof, in so far as the process that they have undergone is not likely to increase the level of allergenicity assessed by the Authority for the relevant product from which they originated.