

Specified allergenic ingredients – commonly asked questions

What are specified allergenic ingredients?

- cereals containing gluten: wheat, rye, barley, oats, spelt, kamut and their hybridised strains
- crustaceans
- eggs
- fish
- peanuts
- soybeans
- milk
- nuts including almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamias, and Queensland nuts
- celery
- mustard
- sesame seeds
- sulphur dioxide and sulphites at concentrations of more than 10mg/kg or 10mg/litre expressed as SO₂
- lupins
- molluscs

Which categories of food require specified allergens to be identified in the labelling?

The rules apply to pre-packed food and drink in general, including alcoholic beverages, but they do not apply to certain fancy confectionery, food sold loose, food pre-packed for direct sale, and non pre-packed food sold at catering establishments.

What categories of ingredients are covered by these requirements?

All added ingredients and their components, if they are present in the finished product, even in an altered form, including the following:

Std35 04/12



- carry over additives
- processing aids
- solvents and media for additives or flavourings
- any other substances used as processing aids.

How should the allergenic ingredient be indicated on the label?

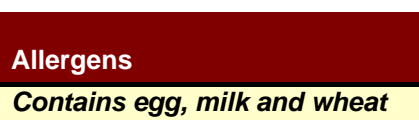
Where the allergenic ingredient is clearly identified in the name of the food, e.g. 'prawn cocktail', or it is similarly identified in the 'ingredients' list by the use of its name, no further information is required.

Best practice advice is for simple language to be used in the listing of ingredients, e.g. 'milk protein' instead of 'casein'.

Dependent upon the space available in the ingredients list, the allergenic ingredient(s) can be identified thus, e.g. 'whey (from milk)', 'couscous' (wheat).

Where more than one ingredient contains the same allergenic ingredient, it is acceptable to identify them by the use of asterisks linked to a single source ingredient at the end of the ingredients list, e.g. (* from soya). However, where there is more than one source ingredient, e.g. soya and eggs, confusion could arise by using this method.

Alternatively, a separate 'allergens' information' box/panel may be used to indicate which specified allergens are present:



What about foods that are generic products of allergenic ingredients, where the allergenic ingredient would not normally be listed, e.g. cheese and yoghurt?

Best practice advice would be to declare the presence of the allergenic ingredient by the words 'contains milk'.

What about other foods that are currently exempt from ingredients listing?

The allergen labelling rules override any exemptions that exist from ingredients listing for certain foods, including foods in small packaging and beverages containing more than 1.2% by volume of alcohol. The presence of any specified allergenic ingredient in these foods/drinks

must be indicated by the word 'contains', followed by the name of the ingredient.

Useful links

Food Standards Agency – Allergen management and Labeling for Pre-packed Foods

Best practice guidance on managing food allergens with particular reference to avoiding cross-contamination and using appropriate advisory labelling (e.g. 'May Contain' labelling).

<http://www.food.gov.uk/foodindustry/guidancenotes/labelregsguidance/maycontainguide>

Food Standards Agency – Providing Allergen Information for Non Pre-Packed Foods

These documents provide voluntary best practice advice to help food retailers and caterers selling food that is not pre-packed provide allergen information on the food they sell.

<http://www.food.gov.uk/foodindustry/guidancenotes/labelregsguidance/nonprepacked>

Food Standards Agency – Safe Food Better Business

Safer food, better business (SFBB) is an innovative and practical approach to food safety management. It has been developed to help small businesses put in place food safety management procedures and comply with food hygiene regulations. SFBB includes advice about allergens management.

<http://www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/>

Food Standards Agency - Eat well, be well, food allergy and intolerance

Practical advice and guidance for consumers who may have a food allergy or intolerance. What to look for when you are shopping for someone with food allergy or intolerance. How to find out about the symptoms of allergic reactions to food

<http://www.eatwell.gov.uk/healthissues/foodintolerance/>

Allergytraining.com

An organisation set up by Hazel Gowland, Dr Lisa Ackerley & Dr Ian Leitch to provide allergy awareness and training to the Food Industry.

<http://www.allergytraining.com/index.htm>

Allergy UK

Allergy UK is a national medical charity established to represent the views and needs of people with allergy, food intolerance and chemical sensitivity.

www.allergyuk.org

Anaphylaxis Campaign

The Anaphylaxis Campaign is an independent charity guided by UK allergists. The Campaign's purpose is to help people with life threatening reactions to peanuts and other foods.

<http://www.anaphylaxis.org.uk>

Coeliac UK

Coeliac UK is the charity working for people with coeliac disease and dermatitis herpetiformis.

<http://www.coeliac.org.uk>

Where can I get further help?

This leaflet is not an authoritative document on the law and is only intended for guidance. For further details or clarification contact Derbyshire Trading Standards at:

Chatsworth Hall
Chesterfield Road
Matlock
Derbyshire
DE4 3FW

Telephone:

Business: Call Derbyshire 08456 058 058

Consumer: Citizens Advice consumer helpline 08454 040506

Fax: 01629 536197

Website: www.derbyshire.gov.uk/tradingstandards

We want everyone to be able to understand us. On request, we will arrange:

- Language interpreters, including for sign language
- Translation of written materials into other languages
- Materials in large print, on tape or in Braille.

To ensure that you are looking at the most up-to-date version of this leaflet, please visit our website at

http://www.derbyshire.gov.uk/images/std35_tcm9-8377.pdf

or telephone us on 01629 536166.

