businesscompanion
trading standards law explained

Allergens

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In-depth guidance

There is a list of 14 specific food allergens, the presence of which must always be brought to the attention of the consumer. Failure to do so is a criminal offence and, in the most extreme cases, could cause someone to die.

For more detailed information, please see 'Food allergens and intolerance'.

Infographic

Allergens must be emphasised in the ingredient list by way of type - for example, **Bold**, CAPITALS, Colour

Allergens should be emphasised every time they occur in an ingredient list

Only the allergen needs emphasising in ingredients with more than one word - for example, Dried Skimmed **MILK**

Where a longer word includes the allergen word, either the entire word or the allergen can be emphasised - for example, **BUTTERMILK** or Butter**MILK**

The source allergen should be emphasised in compound ingredient declarations - for example, Dijon Mustard (Water, **MUSTARD** Seeds, White Wine (**SULPHITES**))

For products that do not require an ingredients list, allergens must be on the labelling in the form 'Contains:' followed by a list of the allergens present in the food

14 allergens covered by legislation

Cereals containing gluten (wheat (including spelt and Khorasan wheat), rye, barley, oats)
Crustaceans
Eggs
Fish
Peanuts
Soybeans
Milk
Nuts (almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia nuts)
Celery
Mustard
Sesame Seeds
Sulphur dioxide at >10 mg/kg
Lupin
Molluscs

Best practice is to add a statement:
For allergens see ingredients in **bold**
OR
For allergens, including cereals containing gluten, see ingredients in **bold**

EXAMPLE

Macaroni Cheese
Ingredients: Cooked Pasta (38%) (Durum **WHEAT** Semolina, Water), Dried Skimmed **MILK**, Mature Cheddar Cheese (**MILK**) (13%), Water, Extra Mature Cheddar Cheese (**MILK**) (5%), Cornflour, **WHEAT** flour), Dried **BUTTERMILK**, Rapeseed Oil, Salt, Tapioca Starch, Dijon Mustard (Water, **MUSTARD** Seeds, White Wine (**SULPHITES**), Salt, Antioxidant: Citric Acid, Preservative: E224 (**SULPHITES**), Black Pepper, Turmeric, Paprika.
For allergens including cereals containing gluten, see ingredients in **CAPITALS** and **bold**

< Ingredients list

> Cooking instructions

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