

The Top 14 Allergens

These 14 allergens account for the majority of allergic reactions.

Always read labels carefully and follow your allergy management plan.



**Allergy
Ready UK**

1



Celery

Found in stalks, leaves, seeds and celeriac. Often in soups, stock cubes and salads.

2



Cereals containing gluten (Wheat, Rye, Barley, Oats, Spelt, Kamut)

Found in bread, pasta, cereals, couscous, sauces and many processed foods.

3



Crustaceans

Includes prawns, crabs, lobsters and crayfish. Often found in seafood dishes, sauces and stocks.

4



Eggs

Found in cakes, mayonnaise, pasta, quiches and many baked goods.

5



Fish

Common in fresh, frozen and processed foods such as sauces, relishes and fish pastes.

6



Lupin

Found in some breads, pastries, pasta and meat alternatives. May be present in flour.

7



Milk

Found in dairy products, cheese, butter, yoghurt, cream and many processed foods.

8



Molluscs

Includes mussels, oysters, squid, octopus and whelks. Often in seafood dishes and sauces.

9



Mustard

Found in sauces, dressings, marinades, curries and some meats.

10



Nuts (Tree Nuts)

Includes almonds, hazelnuts, walnuts, cashews, pecans, brazil nuts, pistachios, macadamias and more.

11



Peanuts

Found in snacks, sauces, curries, desserts and many packaged foods.

12



Sesame Seeds

Often in breads, hummus, tahini, oils and Asian cuisine.

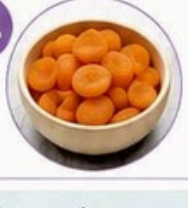
13



Soya

Found in tofu, soya milk, meat alternatives, sauces and many processed foods.

14



Sulphur Dioxide

Used as a preservative in dried fruit, some wines, soft drinks and processed foods.



Remember: Allergies can be serious. In the event of a reaction, follow your emergency plan and seek medical help immediately.

www.allergyreadyuk.co.uk

*Be Aware.
Be Prepared.*

