

The Major Allergens

Kitchen

The allergens that must be declared, and what avoiding them requires.

The 14 allergens requiring declaration under UK and EU law.

The fourteen

Cereals containing gluten

Crustaceans

Eggs

Fish

Peanuts

Soybeans

Milk

Nuts (tree nuts)

And

Celery

Mustard

Sesame

Sulphur dioxide / sulphites

Lupin

Molluscs

Preventing contact

Separate boards, utensils and oil

Prepare allergen-free food first

Wash hands and surfaces between

Check every label, every time — recipes change

Educational reference. 'May contain' warnings are voluntary in many places; their absence does not guarantee safety.