

# LIST OF ALLERGENS

SYMBOL	N.	ALLERGEN	DESCRIPTION
	1	Cereals containing gluten	Wheat, rye, barley, oats, spelt, kamut. Includes derivatives and foods made with flour.
	2	Crustaceans	Prawns, lobsters, crabs, crayfish, and products made from them.
	3	Eggs	Eggs from any bird and products containing them (mayonnaise, egg pasta, biscuits).
	4	Fish	All types of fish and products derived from them, including fish gelatine.
	5	Peanuts	Whole peanuts, peanut butter, peanut oil, and foods that may contain traces.
	6	Soya	Soy milk, tofu, soy sauce, soy lecithin, and derivatives.
	7	Milk	Milk of any origin, lactose, cheese, butter, yogurt, and dairy products.
	8	Nuts	Almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios.
	9	Celery	Stems, leaves, seeds, and celeriac. Often found in stock cubes and sauces.



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**Mustard**

Mustard seeds, powder, and derived sauces (very common in dressings and marinades).



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**Sesame seeds**

Whole seeds, flours containing them, and sesame oil (common in bread and hummus).



12

**Sulphur dioxide and sulphites**

In concentrations above 10 mg/kg or 10 mg/l. Used as preservatives (e.g., in wine or dried fruit).



13

**Lupin**

Lupin flour and products based on lupin (often found in vegan baked goods).



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**Molluscs**

Oysters, mussels, clams, squid, octopus, snails, and derivatives.