

# The 14

# REGULATED ALLERGENS



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In the UK, food labelling law requires any business supplying food or drink to provide information about any of the 14 regulated allergens used as ingredients in their products or dishes.

These have been prioritised as the most potent and prevalent allergens affecting consumers in the UK and EU.

The 14 allergens must be emphasised within the ingredients list of pre-packed food or drink. This can be done, for example, by using **bold**, *italic* or coloured type, to make the allergen ingredients easier to spot.

## The 14 regulated allergens are....



Celery



Cereals containing  
gluten (by name)



Crustaceans



Eggs



Fish



Lupin



Milk



Molluscs



Mustard



Nuts (by name)



Peanuts



Sesame Seeds



Soya



Sulphur Dioxide  
(Sulphites)

# New Allergy Guide

**David Kirk**



## **New Allergy Guide:**

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