

# FOOD ALLERGY OR INTOLERANCE

Some of your customers may have an allergy or intolerance to some foods and food ingredients that you use to produce the food you serve. The Food Standards Agency has issued a list of fourteen most common food allergens and examples of foods where they could be found:

	<b>01 CELERY</b> Includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes
	<b>02 CEREALS CONTAINING GLUTEN</b> Includes wheat (such as spelt and Khorasan wheat / Kamut), rye, barley and oats. It is often found in foods containing flour, such as some baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and flour dusted food
	<b>03 CRUSTACEANS</b> Includes crabs, lobster, prawns, scampi and crayfish. It is often found in shrimp paste used in Thai curries or salads
	<b>04 EGGS</b> Often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg
	<b>05 FISH</b> Often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce
	<b>06 LUPIN</b> Includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta
	<b>07 MILK</b> Found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces
	<b>08 MOLLUSCS</b> Includes mussels, squid, whelks, clams, octopus, oysters and land snails. It is often found in oyster sauce or as an ingredient in fish stews
	<b>09 MUSTARD</b> Includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups
	<b>10 NUTS</b> Includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. These can be found in breads, biscuits, crackers, desserts, ice cream, marzipan (almond paste), nut oils and sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries
	<b>11 PEANUTS</b> Can be found in biscuits, cakes, curries, desserts and sauces such as for satay. It is also found in groundnut oil and peanut flour
	<b>12 SESAME</b> Can be found in bread, breadsticks, houmous, sesame oil and tahini (sesame paste)
	<b>13 SOYBEANS</b> Found in beancurd, edamame beans, miso paste, textured soya protein, soya flour, soya sauce or tofu. It is often used in some desserts, ice cream, meat products, sauces and vegetarian products
	<b>14 SULPHUR DIOXIDE (SULPHITES)</b> Preservatives found in some dried fruit, meat products, soft drinks and vegetables as well as in wine and beer

If a customer requests information about the ingredients of any food which has been produced in the kitchen or is on the counter for service you must make every effort to establish for certain what ingredients were used to produce the dish requested by the customer and give this information to the customer. If you are unable to find out the ingredients of the food from your ingredients lists, the advice to the customer must be that they should not consume the food. Never try to guess the ingredients in a dish – the answer you give to the customer must be accurate.