





Food intolerances and allergies are on the rise. The number of children with an allergy has doubled in the last ten years*. To tackle this issue, the EU regulation (EU1169/2011) on the provision of food information to consumers came into force in December 2014.

One of the changes introduced by this legislation is the requirement to identify 14 specified food allergens when they are used in the production or preparation of non-prepacked food.

Here is our guide to help you

- Facts about allergies
- What is a food allergy?
- Allergy vs intolerance
- What is coeliac disease?
- Preventing cross contamination
- What to do in an emergency
- Allergen list
- Allergen information to customers
- Checklist



Did you know?

17 million Europeans have a food allergy*.

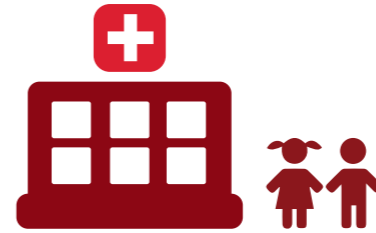


*<https://www.allergyuk.org/allergy-statistics/allergy-statistics>

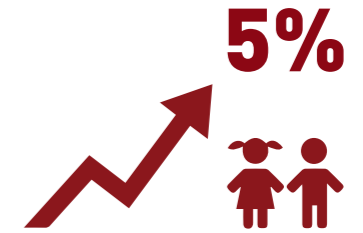




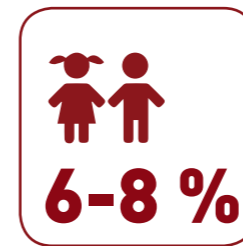
Facts about allergies



Hospital admissions for severe reactions in children have risen seven-fold over the past decade. (European Academy of Allergy and Clinical Immunology (EAACI), 2015).



Each year the number of allergy sufferers increases by 5%, half of all affected being children (www.allergyuk.org, 2015)



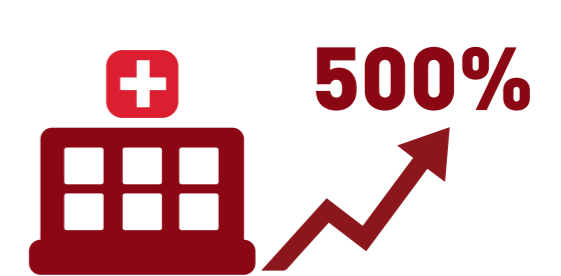
6-8 % of children have a proven food allergy (National Institute for Health and Clinical Excellence, 2011)



1-2% adults have a food allergy (www.nhs.gov.uk, 2014)



21 million adults in the UK suffer from at least one allergy (Mintel, 2010)



UK hospital admissions for food allergies have increased by 500% since 1990 (Gupta, 2007)



What is a food allergy?

A food allergy is an overreaction of the immune system when certain food proteins are incorrectly perceived as dangerous.

Normally symptoms arise within a few minutes of eating the offending food, although they may be delayed by up to a couple of hours. The symptoms are usually those of 'classic' allergy such as rashes, wheezing, itching, severe gut symptoms or (very rarely) sudden collapse.

The EU Regulation on Food Information to Consumers (1169/2011), which came into effect in December 2014 lists 14 allergens for which information must be provided on pre-packed food labels. Food business operators are also required to provide allergen information on loose (i.e. non pre-packed) foods.


These 14 allergens are:

- Celery
- Cereals containing gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame
- Soya
- Sulphur dioxide




Watch out!


Some allergens can be hidden in food.



Milk and **egg** (lysozyme) in hard cheese



Wheat from rusk, **sulphites** as a preservative and **mustard** in sausages



Bloody Mary: **fish**, **wheat** and **soya** in the Worcester sauce and also **celery** (garnish)

Allergy vs intolerance

Key points on food allergy:

- Food allergy involves the body's immune system and is a reaction to a specific food or foods
- Symptoms can be mild or severe and can involve the skin, gut, breathing or the whole body circulation
- Some people can tolerate a well-cooked version of the food but will react to the food in its part-cooked or raw state. e.g. egg in a cake is often tolerated

Key points on food intolerance:

- Usually reactions are delayed and symptoms may take several hours, even several days to appear
- Multiple symptoms can occur be many and vary from migraine to bloating, diarrhoea, lethargy and a general feeling of poor health
- Reactions can occur after ingesting small amounts of a culprit food but are usually triggered by larger amounts



Milk protein allergy

Trigger: milk protein



Complete avoidance of milk and dairy products, even lactose-free dairy products are NOT suitable!

Lactose intolerance

Trigger: lactose



Lactose-free or low-lactose dairy products are usually suitable.



What is coeliac disease?

Coeliac disease is a lifelong autoimmune disease caused by intolerance to the protein gluten. When someone with coeliac disease eats gluten their immune system reacts by damaging the lining of the small intestine, preventing the body from properly absorbing nutrients from food.

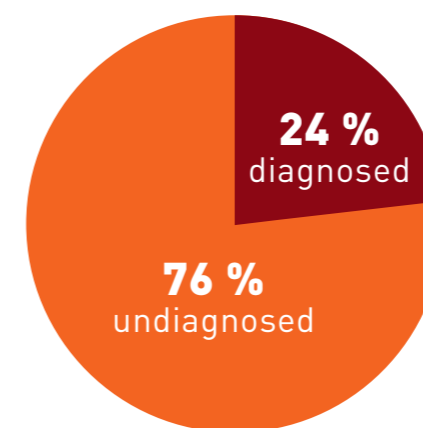
There is no cure for coeliac disease. The only treatment is lifelong adherence to a gluten-free diet. Some of the symptoms include:

- **Bloating**
- **Nausea**
- **Headaches**
- **Skin rash**
- **Wind**
- **Weight loss**



Did you know?

Only 24% of coeliacs have been clinically diagnosed



Preventing cross contamination

As part of their duty of care, those selling loose foods must take measures to avoid cross-contamination i.e. accidental contamination with allergens.

How can you avoid cross-contamination?

Examples at the workplace:

- Cooking utensils and work surfaces must be cleaned with water and detergent
- Work clothing must be clean
- Wash hands thoroughly
- Ensure that no one in the vicinity is handling powders or flour that contains allergens

Examples during preparation:

- Change roasting and deep-frying fat
- Use a new pack if a pack that has already been opened might be contaminated powders or flour that contains allergens

Examples when serving:

- Do not use the same ladles
- Send out dishes for those with allergies separately

What to do in an emergency?

An emergency exists if a guest displays one or more symptoms associated with an allergic reaction. If this happens, act immediately:

- **Call your local emergency number for an ambulance**
- **Ask the guest whether they have any medication on them and how you can help them.**
- **Give clear, detailed information on the guest's reaction and the location of your business**

Allergen List

There are 14 allergens which need to be declared when present in a food or drink. The following list tells you what these allergens are and provides some examples of foods where they may be found:



Celery

This includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes.



Cereals containing gluten

This 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 foods dusted with flour. The cereal will need to be declared. However, it is up to you if you want to declare the presence of gluten with this.



Crustaceans

This includes crabs, lobster, prawns and scampi. It is often found in shrimp paste used in Thai curries or salads.



Eggs

This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg.



Fish

This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce.



Lupin

This includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta.



Milk

This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces.



Molluscs

This includes mussels, land snails, squid and whelks. It is often found in oyster sauce or as an ingredient in fish stews.



Mustard

This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups.



Nuts

This 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.



Peanuts

This can be found in biscuits, cakes, curries, desserts and sauces such as for satay. It is also found in groundnut oil and peanut flour



Sesame seeds

This can be found in bread, breadsticks, houmous, sesame oil and tahini (sesame paste).



Soya

This can be found in beancurd, edamame beans, miso paste, textured soya protein, soya flour or tofu. It is often used in some desserts, ice cream, meat products, sauces and vegetarian products.



Sulphur dioxide

This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables as well as in wine and beer.



Allergen information to customers

Correct information from suppliers

- Request that all food and drink be provided with the correct allergen information
- Allergen information on pre packed food labels is emphasised, often in bold or capitals letters
- At delivery, take note of allergens and label each item

Make a member of staff an allergen guru

Consider appointing a member of staff who will have responsibility for:

- Collecting and updating allergen information
- Recording allergen training of staff
- Inform staff of menu changes
- Keep records



Allergen data management

- Have ingredients lists for any menu or specials
- Note all ingredients and what they may contain including oils that were used in cooking, anything used for dressings, toppings or garnishes
- If different brands are used keep a record of any changing ingredients

Customer communication

UK - Ensure allergens are listed on the menu or the following signpost on the menu, 'Food Allergies and Intolerance: Before you order your food and drinks please speak to a member of our staff'.

Ireland - Ensure allergen information is in written format at an easily identified and accessible location (or locations) on the premises.



Checklist

Are your staff clear on who is responsible for what?

- Do you have a plan in place addressing who will answer guests' questions about menu items?
- Do your staff know how to handle guests' questions about allergies?
- Have you made your menu easy for those with food allergies?
- Do you know each of the ingredients used in your menu items?
- Have you carefully identified allergens found in unexpected places e.g. cooking oil which is often used for many foods?
- Do you avoid cross contact of allergy-causing food with safe food while preparing and serving the meal?



- Do your staff know how to correct a mistake in meal preparation?
- Do you keep printed materials and information on the website up to date?
- Do your staff know how to handle an allergic reaction?
- UK** - Do you have allergens listed on your menu or a signpost on your menu stating the following:

*'Food Allergies and Intolerance:
Before you order your food and drinks, please speak to a member of our staff.'*
- Ireland** - As a minimum requirement, the information must be provided in written format in an easily identified area (or areas) on the premises such that consumers can locate and access the information. The written information can be provided in hard copy or electronically.

For an example, see the menu above

For more information on allergens visit

ufs.com/allergens

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