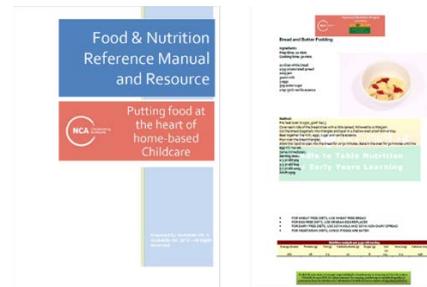


This is Grub4Life.Com – Britain’s foremost nutrition consultancy supporting vulnerable communities with practical resources for you and your clients.

# Free Allergen Factsheet from [www.Grub4Life.com](http://www.Grub4Life.com)



For more information on free resources or training which could be supported by 100% grant contact us at [feedback@grub4life.com](mailto:feedback@grub4life.com) for more information on : -

- Food Allergy and Intolerance Training course
- Common Nutrition Problems with Toddlers Training course
- 4 week rotation Menu Planning & Recipe Adaptation
- Training to help children and their parents overcome fussy and faddy eating
- Allergy Safe and Legally Compliant Recipe Manual for Nurseries
- Allergy Safe and Legally Compliant Recipe Manual for Childminders
- Food Allergies and Intolerance Manual

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## The law about Food Allergies has changed- are you operating safely and legally?

The way food allergens must be declared on your menus has changed. The Food Information regulation became law in 2014 and means you are now required to declare any of 14 allergens which may be present in any of the food, snacks, meals and drinks you serve in your childcare business.

There are 14 allergens which must be declared if they are present in any of the food or ingredients you use to prepare food.

Here are the 14 allergens along with a little information about what they are and where they are commonly found.

1. **Celery-** includes the stalk, leaves, seeds and root (celeriac). Often found in celery salt, salads, some meat products soups and stock cubes
2. **Crustacea-** crabs, lobster, prawns and scampi are all crustacean. Shrimp paste is often found in Thai or south east Asian curry pastes
3. **Fish-** you'll find traces of fish in relishes, sauces, Worcester sauce, salad dressing, pizza and stock cubes
4. **Milk-** a common ingredient in butter, cheese, yoghurt, cream, milk powders and ice cream. You'll also find milk present in any foods brushed or glazed with milk before baking, stock cubes and in powdered soups
5. **Mustard-** includes liquid mustard, mustard powder and mustard seeds. Found in meat products, curries, soups, sauces, salad dressings, stock cubes and some breads.
6. **Peanut-** actually legumes, peanuts are grown underground and sometimes called a groundnut. Can be found in biscuits, cakes and pastries, curries and as groundnut oil and peanut flour. Peanut is often found in soy sauce.
7. **Soya-** found in soya bean curd, edamame beans, miso paste, soya dairy alternatives, soya flour and textured vegetable protein. A popular ingredient in Asian cooking soya can also be found in desserts, bread, meat products, ice cream and vegetarian products.
8. **Cereals containing gluten-** wheat, spelt, rye, barley, oats, and all foods containing flour such as baking powder, batter, breadcrumbs, bread, cakes, pastry, pasta, fried foods dusted with flour, sauces thickened with flour, meat products and soups.

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9. Eggs- found in most cakes, meat products, mayonnaise, pasta, mousses, quiche, sauces and foods brushed with egg.
10. Lupin- often found in flour so can be present in any foods containing flour
11. Molluscs- includes whelks, mussels, squid and cockles- often found in oyster and fish sauce
12. Nuts- different from peanuts and include almonds, hazelnuts and cashews or any other nuts grown in trees. Found in biscuits, cakes and pastries. Can be found in breads, cereals, crackers, desserts, and pastes for making curries. Marzipan in cakes is made from almonds and nuts are often in ice cream, nut oils and sauces.
13. Sesame seeds- often found in bread and on burger buns, Tahini, hummus, salad dressings also can contain sesame seeds which can often be toasted and added to dishes and sauces.
14. Sulphur Dioxide (sulphites)- often found in dried in fruits like raisins, apricots and prunes. Many soft drinks contain sulphites as do wine and beer. Children with asthma are most likely to be allergic to sulphites.

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