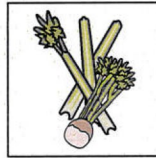


Which ingredients can cause a problem?

These are some of the foods people may be allergic to and some of the places where they may be found:

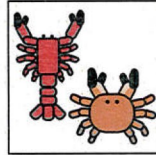
Celery including celery stalks, leaves and seeds and celeriac, in salads, soups, celery salt, some meat products



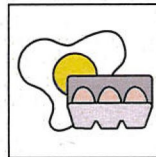
Cereals containing gluten such as wheat, rye and barley and foods containing flour, such as bread, pasta, cakes, pastry, meat products, sauces, soups, batter, stock cubes, breadcrumbs, foods dusted with flour



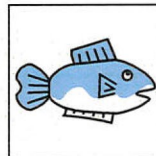
Crustacea such as prawns, lobster, scampi, crab, shrimp paste



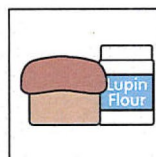
Eggs in cakes, mousses, sauces, pasta, quiche, some meat products, mayonnaise, foods brushed with egg



Fish in some salad dressings, pizzas, relishes, fish sauce and some soy and Worcestershire sauces



Lupin lupin seeds and flour in some types of bread and pastries



Milk in yoghurt, cream, cheese, butter, milk powders, foods glazed with milk



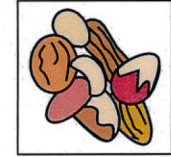
Molluscs such as mussels, whelks, squid, land snails, oyster sauce



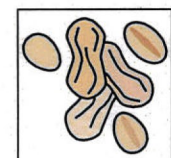
Mustard including liquid mustard, mustard powder and mustard seeds, in salad dressings, marinades, soups, sauces, curries, meat products



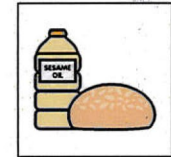
Nuts in sauces, desserts, crackers, bread, ice cream, marzipan, ground almonds, nut oils



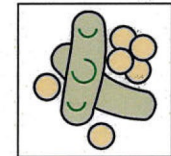
Peanuts in sauces, cakes, desserts, groundnut oil, peanut flour



Sesame seeds in bread, breadsticks, tahini, houmous, sesame oil



Soya as tofu or beancurd, soya flour and textured soya protein, in some ice cream, sauces, desserts, meat products, vegetarian products



Sulphur dioxide in meat products, fruit juice drinks, dried fruit and vegetables, wine, beer

