



Food  
Legislation  
Training  
Tool



## Do you know legislation is changing?

From 13<sup>th</sup> December 2014, the Food Information for Consumers Regulation will come into force.

This requires a change in the way allergen information appears on food labels and food sold loose or served out of home.

You will need to be able to answer any consumer queries regarding allergens for the food you serve.

# Responsibilities of the operator

- To provide information on any of the 14 allergens
- Where the specific allergen information is not provided upfront (e.g. on menus), clear signposting to where this information could be obtained must be provided
- This information should be available to all members of staff

# Responsibilities of the consumer

- Read the menu and inform a member of staff of any dietary requirements
- Check what allergens are in the dish; recipes and ingredients can change
- Take extra care at self-service areas





## Definition of a food allergy

**Food allergy** occurs when the body's immune system mistakenly attacks a food protein.

**Allergic reactions** to foods vary in severity and can be potentially fatal.

**Symptoms** may include stomach upsets, rashes, eczema, itching of the skin or mouth, swelling of tissues (e.g. the lips or throat) or difficulty in breathing.



## Definition of a food intolerance

**Food intolerance** is simply the body's inability to digest a particular food, which is why it is important to be aware of common types of food intolerance, such as lactose intolerance.

**Symptoms** may include abdominal cramps, bloating and diarrhoea.

Individuals with food allergies need restaurants to provide them with accurate information about ingredients so they can make informed decisions about what to order.



## Definition of anaphylactic reaction

People with **severe food allergies** may experience **anaphylaxis**, a potentially life-threatening allergic reaction that may result in a drop in blood pressure, loss of consciousness, and even death.

If a guest is having an allergic reaction, call emergency medical services and get medical help immediately!

# The 14 key allergens



1. Eggs



2. Milk



3. Shellfish



4. Molluscs



5. Fish



6. Peanuts



7. Sesame



8. Soya



9. Sulphur dioxide



10. Nuts



11. Cereals containing gluten



12. Celery




13. Mustard




14. Lupin

For more information see 'The Allergen & Diets Guide for Professional Catering'.

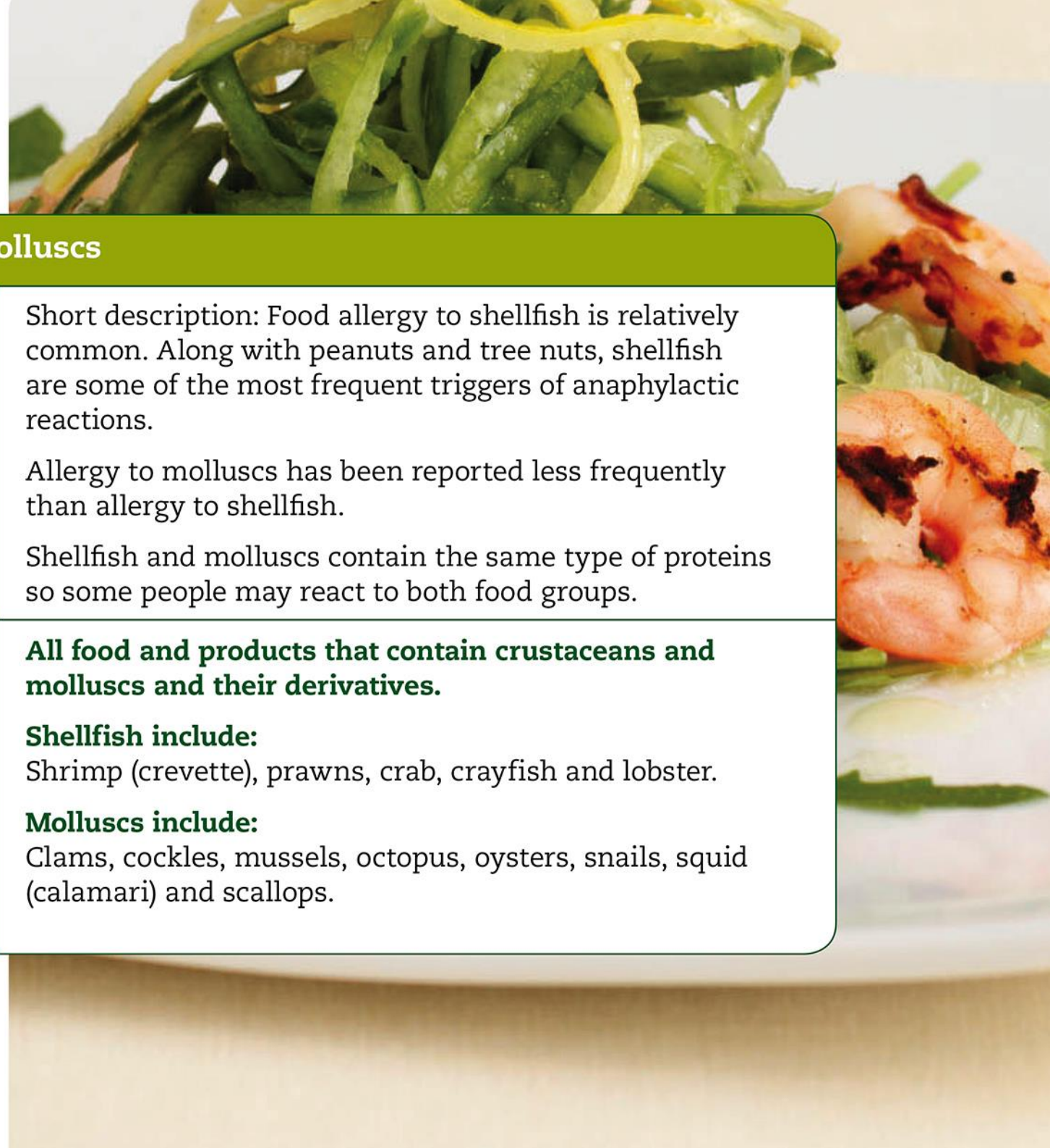


Egg	
<b>Short description:</b>	Egg allergy is a hypersensitivity to dietary substances from the yolk or whites of eggs, causing an overreaction of the immune system.
	<b>All food and products that contain egg and egg derivatives.</b> <b>Other names for egg:</b> Albumin, egg (dried, powdered, solids, white, yolk). <b>Food/products that contain or may contain egg:</b> Meringue, mayonnaise, pasta, creamy sauces & salad dressings (e.g. tartare, hollandaise), baked goods.

For more information see 'The Allergen & Diets Guide for Professional Catering'.

Milk	
<b>Short description:</b>	A milk allergy is an adverse immune reaction to one or more of the constituents of milk from any animal.
	<p><b>All food and products that contain milk and milk derivatives.</b></p> <p><b>Other names for milk:</b> Casein, whey, lactose, milk protein.</p> <p><b>Food/products that contain or may contain milk:</b> Milk , milk powder, buttermilk, yoghurt, cream, ice cream, cheese, curds, custards, butter, ghee and butter fat, margarine.</p>

For more information see 'The Allergen & Diets Guide for Professional Catering'.



## Shellfish and Molluscs

### Short description:

Short description: Food allergy to shellfish is relatively common. Along with peanuts and tree nuts, shellfish are some of the most frequent triggers of anaphylactic reactions.

Allergy to molluscs has been reported less frequently than allergy to shellfish.

Shellfish and molluscs contain the same type of proteins so some people may react to both food groups.



**All food and products that contain crustaceans and molluscs and their derivatives.**


### Shellfish include:

Shrimp (crevette), prawns, crab, crayfish and lobster.

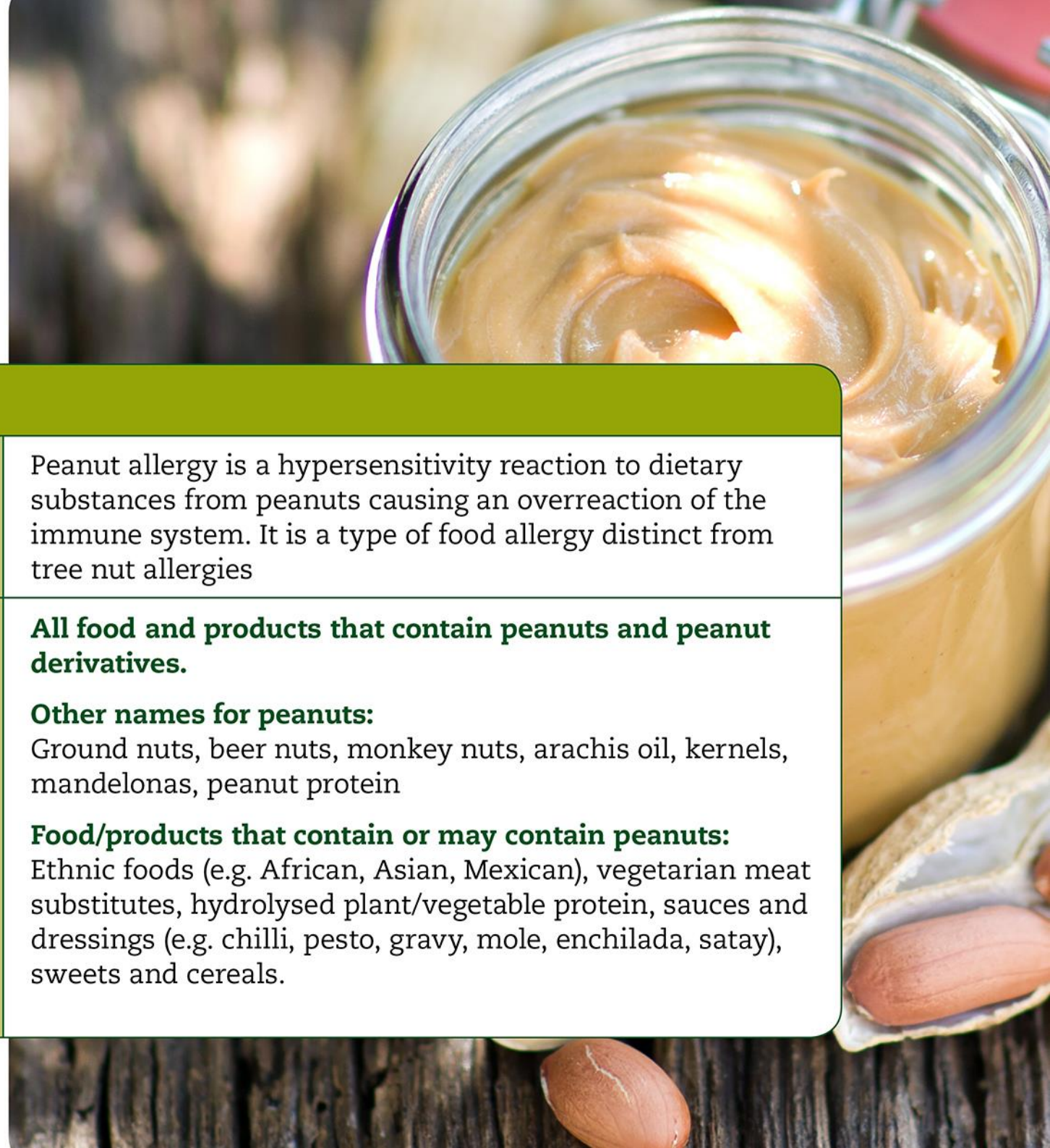
### Molluscs include:

Clams, cockles, mussels, octopus, oysters, snails, squid (calamari) and scallops.

For more information see 'The Allergen & Diets Guide for Professional Catering'.

Fish	
<b>Short description:</b>	<p>Finned fish can cause severe allergic reactions and is usually a life-long allergy.</p> <p>More than half of all people who are allergic to one type of fish are also allergic to other fish, so allergists often advise their patients to avoid all fish.</p>
	<p><b>All food and products that contain fish and fish derivatives. The most commonly studied fish with respect to allergy are cod, salmon and tuna.</b></p> <p><b>Food/products that contain or may contain fish:</b> Ethnic foods (e.g. fried rice, paella, spring rolls), salad dressing and sauces (e.g. Worcestershire, soy, barbeque), seafood soups.</p>

For more information see 'The Allergen & Diets Guide for Professional Catering'.



## Peanuts

### Short description:

Peanut allergy is a hypersensitivity reaction to dietary substances from peanuts causing an overreaction of the immune system. It is a type of food allergy distinct from tree nut allergies



**All food and products that contain peanuts and peanut derivatives.**

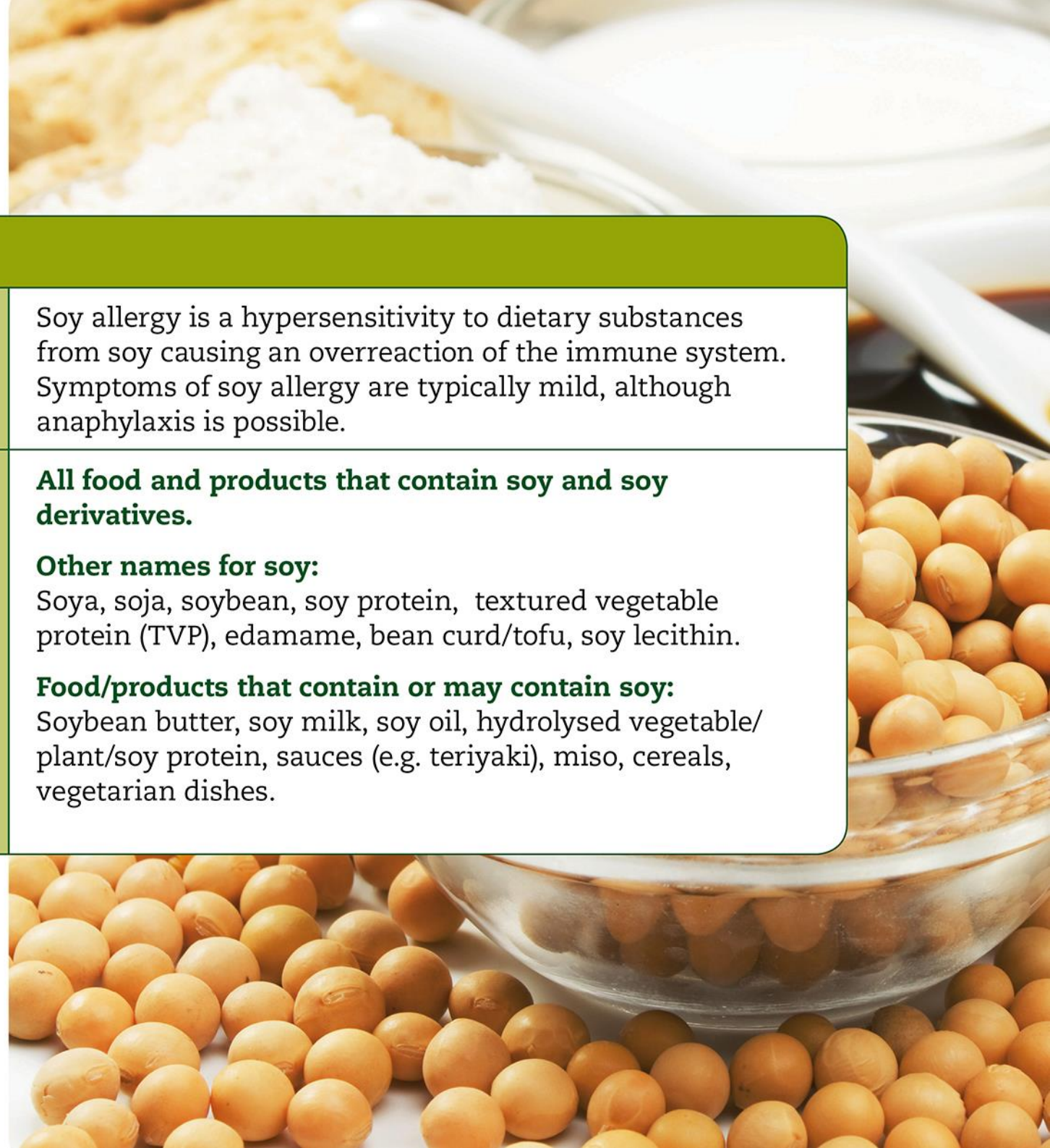
### Other names for peanuts:


Ground nuts, beer nuts, monkey nuts, arachis oil, kernels, mandelonas, peanut protein

### Food/products that contain or may contain peanuts:

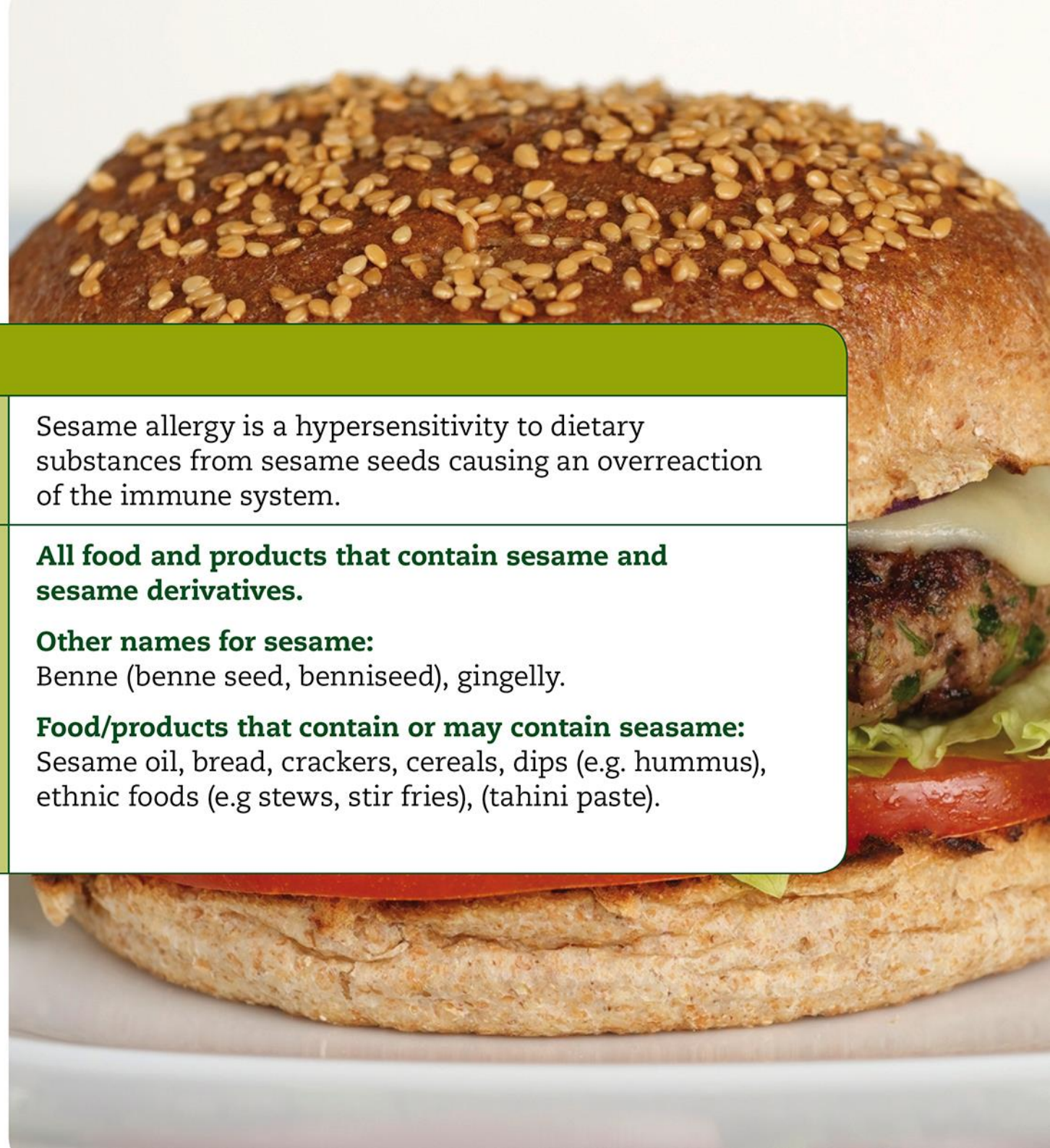
Ethnic foods (e.g. African, Asian, Mexican), vegetarian meat substitutes, hydrolysed plant/vegetable protein, sauces and dressings (e.g. chilli, pesto, gravy, mole, enchilada, satay), sweets and cereals.

For more information see 'The Allergen & Diets Guide for Professional Catering'.



Soy	
<b>Short description:</b>	Soy allergy is a hypersensitivity to dietary substances from soy causing an overreaction of the immune system. Symptoms of soy allergy are typically mild, although anaphylaxis is possible.
	<b>All food and products that contain soy and soy derivatives.</b> <b>Other names for soy:</b> Soya, soja, soybean, soy protein, textured vegetable protein (TVP), edamame, bean curd/tofu, soy lecithin. <b>Food/products that contain or may contain soy:</b> Soybean butter, soy milk, soy oil, hydrolysed vegetable/plant/soy protein, sauces (e.g. teriyaki), miso, cereals, vegetarian dishes.

For more information see 'The Allergen & Diets Guide for Professional Catering'.



## Sesame

### Short description:

Sesame allergy is a hypersensitivity to dietary substances from sesame seeds causing an overreaction of the immune system.



**All food and products that contain sesame and sesame derivatives.**

### Other names for sesame:

Benne (benne seed, benniseed), gingelly.

### Food/products that contain or may contain sesame:

Sesame oil, bread, crackers, cereals, dips (e.g. hummus), ethnic foods (e.g. stews, stir fries), (tahini paste).

For more information see 'The Allergen & Diets Guide for Professional Catering'.



## Sulphur Dioxide

### Short description:

Sulphur Dioxide can cause allergy-like symptoms in people with underlying asthma and allergic rhinitis. The most common reaction is wheezing, tight chest and cough, which can be severe and distressing.



**All food and products that contain sulphur dioxide and sulphur dioxide derivatives.**

### Other names for sulphur dioxide:


E220-228 (European additive numbers); potassium bisulphite or metabisulphite; sodium bisulphite, dithionite, metabisulphite or sulphite.

### Food/products that may contain sulphur dioxide:

Alcoholic and non-alcoholic drinks; bottled juices and concentrates (e.g. lemon, lime); canned, frozen and dried fruit and vegetables; cereals; condiments.



For more information see 'The Allergen & Diets Guide for Professional Catering'.

Nuts	
<b>Short description:</b>	<p>Nut allergy is a hypersensitivity to dietary substances from tree nuts causing an overreaction of the immune system which may lead to severe physical symptoms. Like those with peanut allergies, most individuals who are diagnosed with an allergy to tree nuts tend to have a lifelong allergy.</p>
	<p><b>All food and products that contain nuts and nut derivatives.</b></p> <p><b>Nuts include but are not limited to:*</b> Almonds, walnuts, pecan nuts, hazelnuts, Brazil nuts, cashews, pistachio nuts, macadamia nuts, Queensland nuts.</p> <p><b>Food/products that contain or may contain nuts:</b> Tree nut oil, marzipan, nougat, nut extracts/paste/butters, chocolate and chocolate spreads, ethnic and vegetarian dishes, salads &amp; dressings, marinades, mortadella (may contain pistachios), cereals, crackers.</p>

For more information see 'The Allergen & Diets Guide for Professional Catering'.

## Cereals containing gluten/Gluten Intolerance/Coeliac Disease

### Short description:

**Gluten intolerance** is caused by the body's inability to break down gluten, a protein in wheat and other grains.

**Coeliac disease** is a digestive condition caused by gluten intolerance. Those with Coeliac disease must eliminate gluten from their diet.

Allergy to wheat and cereals containing gluten also occurs. Signs and symptoms are similar to other allergies, although it is more frequently seen as triggered by exercise. Gluten is an important allergen, but other proteins can also be involved.




### All foods and products derived from or containing:

Wheat (all forms, including durum, semolina, spelt, kamut, einkorn and faro), barley rye, oat, malt, couscous.

### Food/products that contain or may contain wheat:

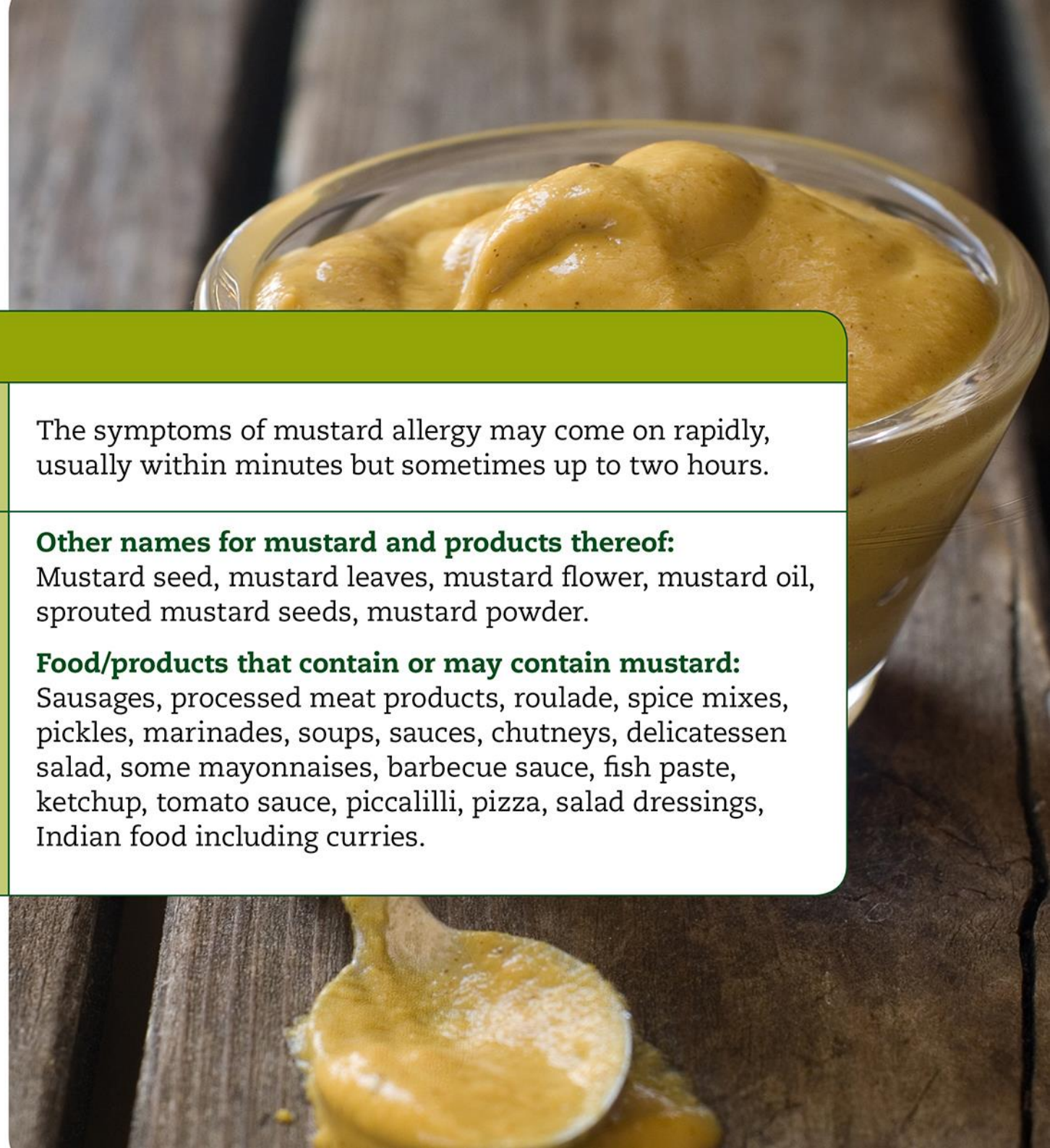
Bread, baked goods, baking mixes, pasta, breadcrumbs, crackers, beer, malt coffee, muesli mixes, gluten-based additives, spreads, seasonings and condiments, sauces, chocolate bars, drinks containing cocoa, surimi, hydrolysed wheat protein.

For more information see 'The Allergen & Diets Guide for Professional Catering'.

Celery (and celeriac)	
<b>Short description:</b>	<p>Allergy to celeriac (the celery root) is more common than to celery stick, although both can cause severe reactions. Symptoms vary from mild ones, such as oral allergy syndrome, to anaphylactic shock.</p> <p>Celery and celeriac are a frequent cause of food allergy in some European countries but celery allergy is much rarer in the UK.</p>
	<p><b>Other names for celery and products thereof:</b> Celery stalk, celery leaf, celeriac (the root of celery), celery seed.</p> <p><b>Food/products that contain or may contain celery:</b> Celery salt, vegetable juices containing celery, spice mixes, curry, bouillons, soups, stews, sauces, processed meat products, sausages, salads e.g. Waldorf salad, vegetable salad, potato salad with bouillon, savoury snacks.</p>



For more information see 'The Allergen & Diets Guide for Professional Catering'.



## Mustard

### Short description:

The symptoms of mustard allergy may come on rapidly, usually within minutes but sometimes up to two hours.




### Other names for mustard and products thereof:

Mustard seed, mustard leaves, mustard flower, mustard oil, sprouted mustard seeds, mustard powder.

### Food/products that contain or may contain mustard:

Sausages, processed meat products, roulade, spice mixes, pickles, marinades, soups, sauces, chutneys, delicatessen salad, some mayonnaises, barbecue sauce, fish paste, ketchup, tomato sauce, piccalilli, pizza, salad dressings, Indian food including curries.

For more information see 'The Allergen & Diets Guide for Professional Catering'.

Lupin	
<b>Short description:</b>	<p>The lupin is well-known as a popular garden flower with its tall, colourful spikes. Allergy to lupin has been recognised for some time in mainland Europe, where lupin flour is used fairly commonly in food products. In the UK, cases of lupin allergy are less common because lupin is only rarely used in foods.</p>
	<p><b>Other names for lupin and products thereof:</b> Lupine, lupin flour, lupin seed, lupin bean</p> <p><b>Food/products that contain or may contain lupin:</b> Lupin flour, lupin seed, lupin bean, baked goods such as pastries, pies, waffles, pancakes, pasta products, pizzas, vegetarian meat substitutes, lupin sprouts</p>

For more information see 'The Allergen & Diets Guide for Professional Catering'.

## Lactose Intolerance

### Short description:

Lactose intolerance is not a food allergy, but occurs in individuals who lack the enzyme lactase, which is needed to digest the milk sugar lactose

Common symptoms are diarrhoea, wind/flatulence and general discomfort



**Be careful with all food and products that contain lactose such as milk and dairy products.**

### **Food/products that contain or may contain lactose:**

Cow's, sheep, goat's (mammals) milk, dairy desserts, ice cream, butter, cheese, yoghurt, salad dressing, mayonnaise, chocolate, peanut butter, bread and other baked goods, processed meat and fish products, instant products, sweets, additives containing lactose



# Your guide to safer recipe writing

**Recipe EXAMPLE**

**Grilled hake and chips**

**Ingredient and allergen statement**

**Ingredients**

1 kg	Hake fillets
500g	McCains frozen chips
160g	Blue ribbon cake flour
100ml	Crispa sunflower oil
80g	Maizena corn flour
80g	Robertsons fish spice
15g	Robertsons chip and potato seasoning

**Ingredients statement**

Hake, McCains Frozen Chips [potatoes, vegetable oil (palm fruit)], Blue Ribbon Cake Flour [wheat flour (gluten)], Crispa Oil [sunflower seed, TBHQ], Maizena Corn Flour [maize starch], Robertsons Fish Spice [maize flour (radurised), salt, monosodium glutamate, herbs, yeast extract, spices, citric acid, vegetable oil (plant partially contains antioxidant TBHQ), flavourants, anticaking agent (E551), onion, flavour enhancer (E631, E627)], Robertsons Chip and Potato Seasoning [modified maize starch, radurised spices (7%) (chillies, coriander, black pepper, celery, nutmeg, clove), wheat flour, flavourants (onion, barbeque, tomato), yeast extract, anti caking agent, (E572), tumeric acid, hydrogenated vegetable fat (palm fruit) (contains antioxidant TBHQ), flavour enhancers, (E631, E627), mustard flavour, radurised herbs (oregano, sage, thyme)].



**Allergens**  
Fish, Wheat (gluten)

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## Ingredient statement

1. List the ingredients you use in your dish in their raw state in the order of their quantity – from highest quantity to the lowest.
2. Copy the ingredient list of every processed ingredient.
3. Write the ingredient statement for your dish in the order of the ingredients listed in step 1 (highest quantity to the lowest).

## Allergen statement

1. You need to include the 14 Food Allergens if present on the menu or elsewhere

# Checklist

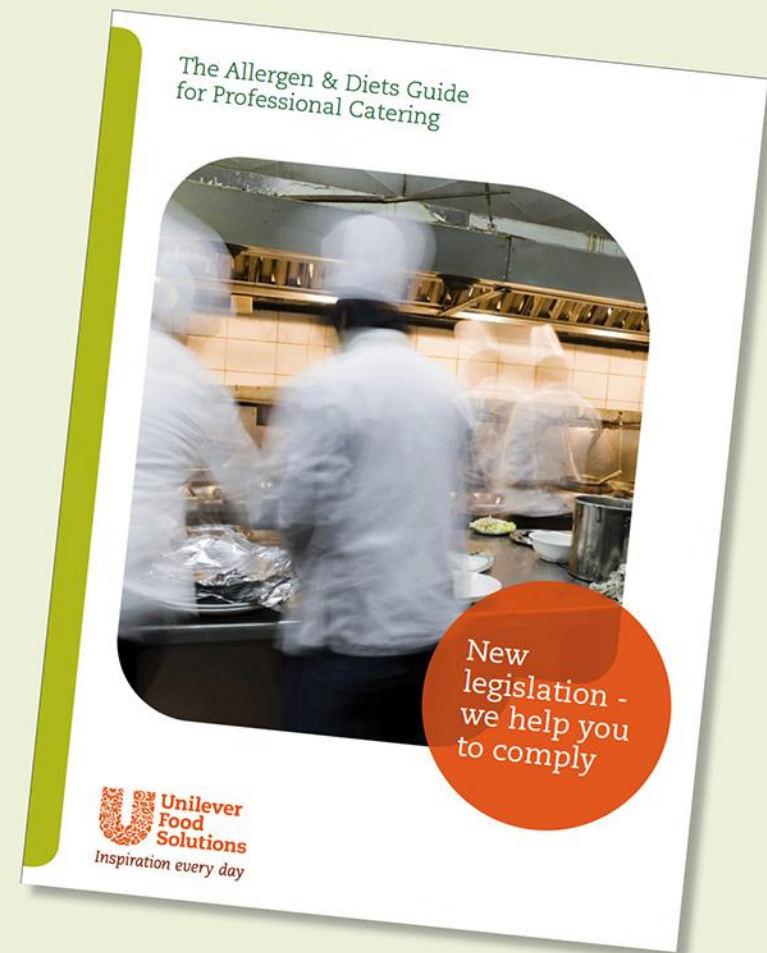


- ✓ Train staff on how to deal with allergen enquiries
- ✓ Ensure good kitchen practices
- ✓ Know the allergens in your dishes
- ✓ List allergens on your menu or signpost on your menu where to find out about them

See the Checklist in 'The Allergen & Diets Guide for Professional Catering'

# NOW TAKE THE TEST

Please download 'The Allergen & Diets Guide for Professional Catering' for further information.



This training is given by Unilever Food Solutions and is intended to help you interpret the Food Information to Consumers Regulation which is coming into force on 13th December 2014. This training does not constitute legal advice and does not bind Unilever in any way.