The UK’s 14 allergens

The allergens that food businesses in the UK must declare by law. On prepacked food they are emphasised (often in **bold**) in the ingredients list. Sulphites are declared above 10 mg/kg or 10 mg/litre.

Allergen	What it is	Common hidden sources	On the label
1. Celery	Includes celery stalks, leaves and seeds, and celeriac.	Celery salt, stock cubes and gravies, soups, spice blends, some salads and pre-made sauces.	Look for celery, celeriac or celery seed in bold in the ingredients list.
2. Cereals containing gluten	Wheat (including spelt and khorasan), rye, barley and oats.	Soy sauce, malt vinegar and barley malt extract, batter and breadcrumbs, stock cubes, sausages, beer.	The cereal itself is named and emphasised, for example **wheat** flour or spelt (**wheat**).
3. Crustaceans	Prawns, crabs, lobsters, langoustines and similar shellfish.	Shrimp paste, some Thai and Malaysian curry pastes, fish sauces, seafood stocks.	Named as the crustacean, e.g. **prawn** or **crab**, emphasised in the ingredients.
4. Eggs	Eggs from hens and other birds, in any form.	Mayonnaise, fresh pasta, glazes on pastry and bread, meringue, some sauces and cakes.	Emphasised as **egg**, including dried or pasteurised **egg**.
5. Fish	All fish species.	Worcestershire sauce (anchovies), Caesar dressing, fish sauce, some relishes and pizzas.	Named and emphasised, e.g. **anchovy** or **fish** sauce.
6. Lupin	A legume related to peanuts; its seeds are milled into flour.	Some continental breads and pastries, gluten-free flour blends, pasta.	Emphasised as **lupin** flour or **lupin** protein.
7. Milk	Cows’ milk and milk from other animals, and anything made from it.	Butter, cheese and cream, whey and casein, ghee, milk powder in crisps, breads and ready meals.	Milk derivatives are linked back to milk, e.g. whey (**milk**) or **butter**.
8. Molluscs	Mussels, oysters, squid, clams, scallops, cockles, whelks and snails.	Oyster sauce, some fish stews and seafood stocks.	Named and emphasised, e.g. **oyster** sauce or **mussels**.
9. Mustard	Mustard seeds, powder, leaves and prepared mustard.	Salad dressings, mayonnaise, marinades, curries, sausages, chutneys.	Emphasised as **mustard** or **mustard** seed.
10. Peanuts	A legume that grows underground, sometimes called groundnut.	Satay and some curry sauces, groundnut oil, cakes, biscuits and confectionery.	Emphasised as **peanut** or **groundnut**.
11. Sesame	Sesame seeds and oil.	Tahini, hummus, halva, breadsticks and bagels, some oils and dressings.	Emphasised as **sesame** seeds, **sesame** oil or tahini (**sesame**).
12. Soya	Soya beans (soybeans) and foods made from them.	Tofu and edamame, soy sauce and miso, soya flour and lecithin, many plant-based and processed foods.	Emphasised as **soya**, e.g. **soya** lecithin.
13. Sulphur dioxide and sulphites	Preservatives; declared when above 10 mg per kg or per litre.	Dried fruit such as apricots, wine and beer, cordials, some sausages and burgers.	Emphasised as **sulphur dioxide** or **sulphites**, often with an E number.
14. Tree nuts	Almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios and macadamias.	Marzipan and frangipane, praline, pesto, nut oils, some breads, biscuits and cereals.	The specific nut is named, e.g. **almond** or **hazelnut** — not just “nuts”.

Source: Food Standards Agency, Allergen guidance for food businesses (gov.uk). Free From Shop · www.freefromshop.com · Not medical advice: always check the label and speak to your GP or dietitian.