



# ALLERGENS ON FOOD LABELS

Food producers and restaurateurs are obliged to inform their clients about 14 allergens that could be found in foodstuffs and dishes.



cereals (gluten)



peanuts



nuts



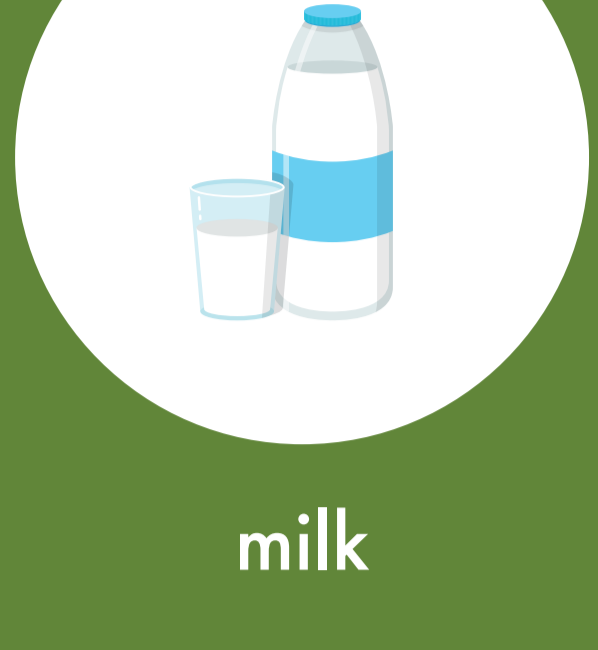
celery



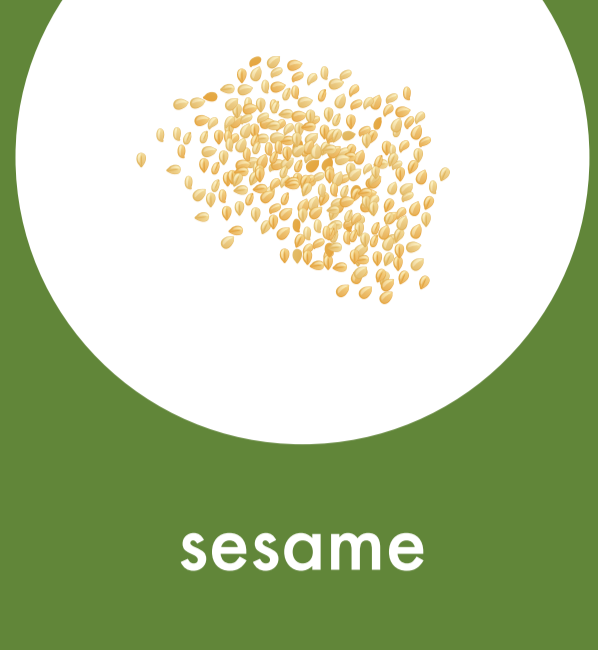
mustard



eggs



milk



sesame



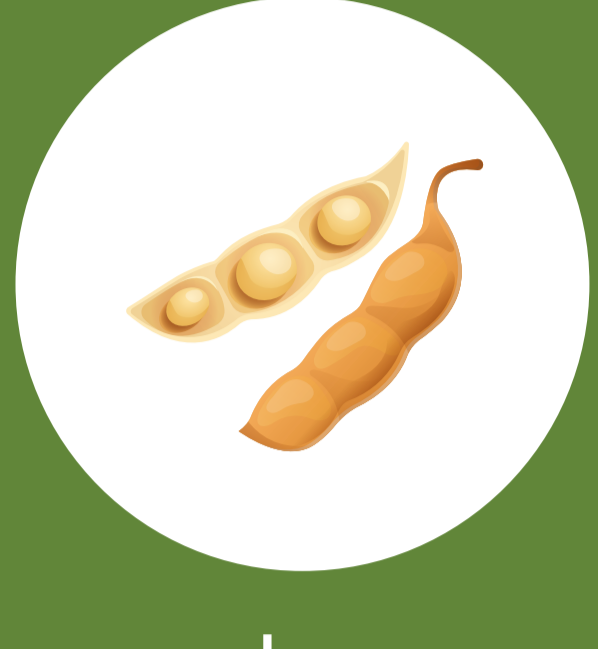
fish



shellfish



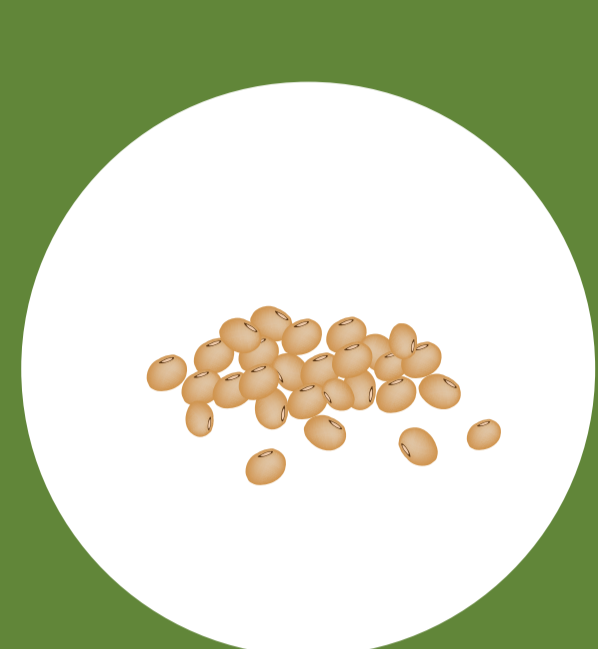
molluscs



soybeans



sulphur dioxide



lupine

## HOW TO INFORM ABOUT ALLERGENS?



food labels



information attached to the product

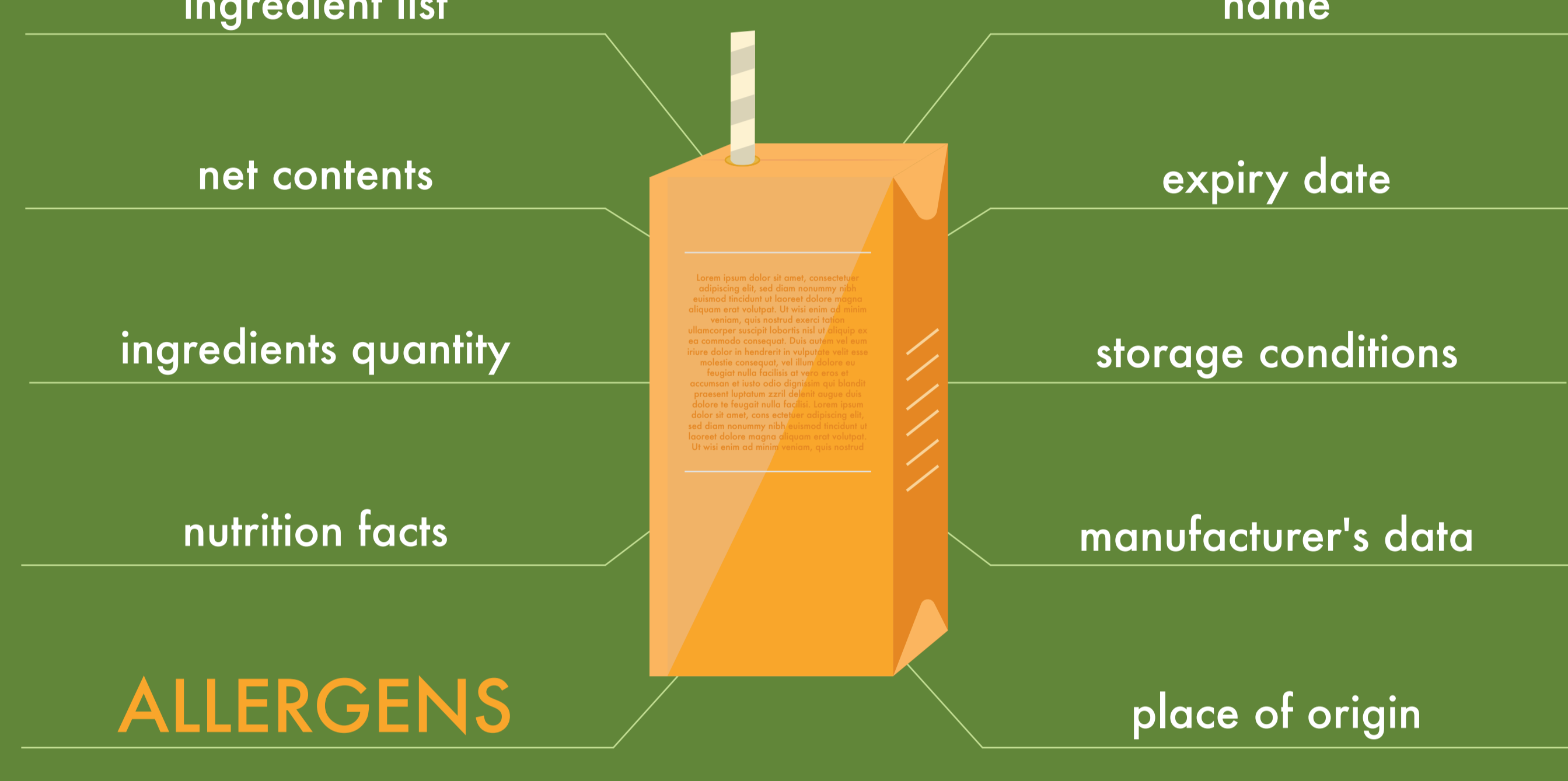


information in the menu

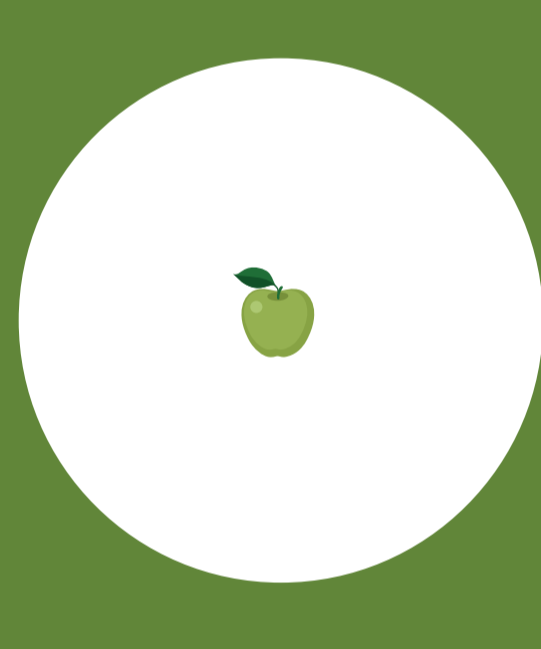
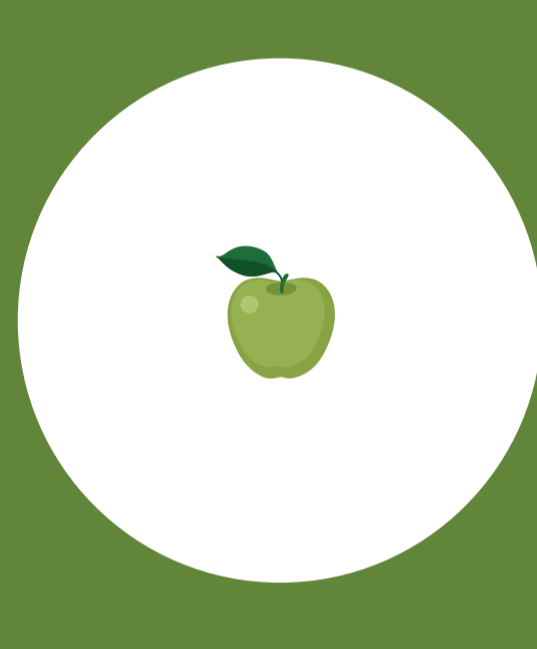
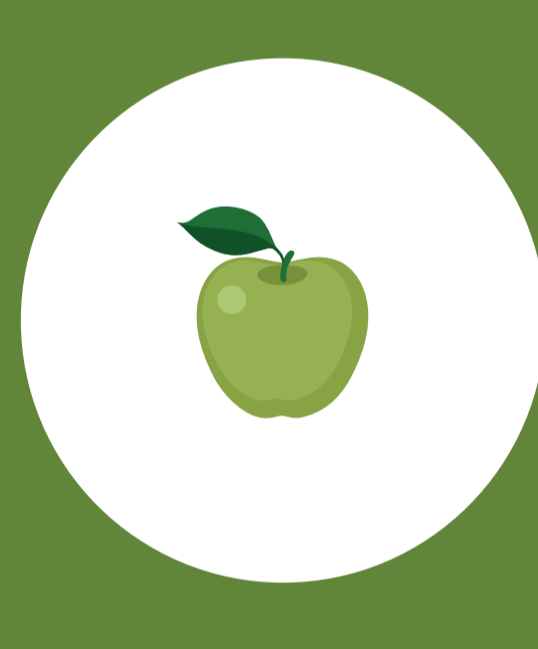
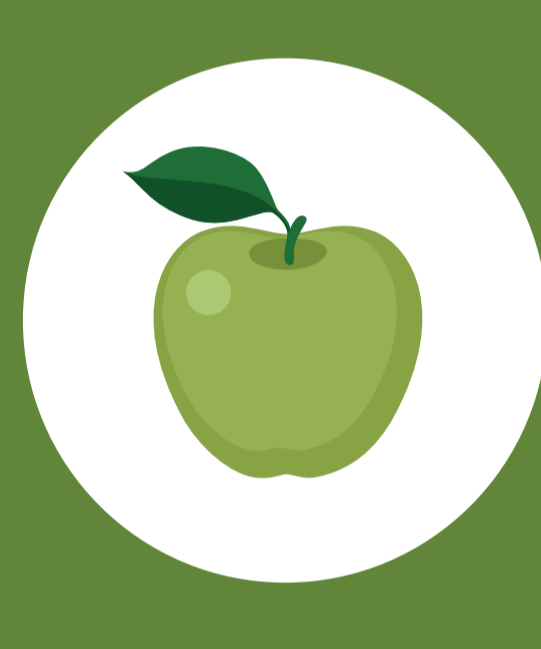


allergen sheet

## WHAT SHOULD WE FIND IN A FOOD LABEL?



The ingredients are listed in a descending order by weight



Information about allergens should be clearly stated:

in the ingredient list (by using a different colour of the font or by any other highlighting)

OR

in a separate section after the ingredient list called "Contains"

EXAMPLE

MILK, **milk**, milk, milk

EXAMPLE

product contains or may contain: milk, celery, eggs

Producers have to supply information for every item that contains any of the 14 allergens, incl. loose (non-prepacked) foods.

The label should include precautionary allergen warning statement "may contain traces of", which is put on food labels when manufacturers believe that the food is at risk of contamination with an allergen

## CROSS-CONTAMINATION SOURCES:



deliveries



warehouses



production facilities



technological processes



staff



recipe changes



reusable tools



cleaning



packaging

## DID YOU KNOW?



Even when shopping online, you are entitled to information about any possible allergen content.

One-component products are exempt from allergen declaration, as the allergen is stated in their proper name, e.g. nuts, milk.



For one-component products without the allergen stated in their proper name, e.g. semolina, manufacturers should inform us about the allergen, in this case wheat, by using the phrase "contains wheat".