

## List of 14 Allergens

### Food ingredients that must be declared as allergens in the EU

**1. Cereals containing gluten**, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof, except:

- (a) wheat based glucose syrups including dextrose
- (b) wheat based maltodextrins
- (c) glucose syrups based on barley
- (d) cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin

**2. Crustaceans and products thereof**

**3. Eggs and products thereof**

**4. Fish and products thereof, except:**

- (a) fish gelatine used as carrier for vitamin or carotenoid preparations
- (b) fish gelatine or Isinglass used as fining agent in beer and wine

**5. Peanuts and products thereof**

**6. Soybeans and products thereof, except:**

- (a) fully refined soybean oil and fat
- (b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, and natural D-alpha tocopherol succinate from soybean sources
- (c) vegetable oils derived phytosterols and phytosterol esters from soybean sources
- (d) plant stanol ester produced from vegetable oil sterols from soybean sources

**7. Milk and products thereof (including lactose), except:**

- (a) whey used for making alcoholic distillates including ethyl alcohol of agricultural origin
- (b) lactitol

**8. Nuts**, namely: almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecan nuts (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia ternifolia*), and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin

**9. Celery and products thereof**

**10. Mustard and products thereof**

**11. Sesame seeds and products thereof**

**12. Sulphur dioxide and sulphites** at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO<sub>2</sub> which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers

**13. Lupin and products thereof**

**14. Molluscs and products thereof**