

# Allergy Awareness

There are 14 major allergens to be aware of.  
Here are the allergens and where you might find them.



## Celery

It is often found in salads, some meat products, soups and stock cubes.



## Crustaceans

These include crabs, lobsters, prawns, crabs and scampi.



## Fish

Often found in fish sauces, pizzas, relishes, salad dressings and stock cubes. Some of the more common allergies in adults are fish and shellfish allergies.



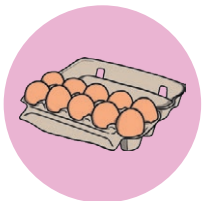
## Milk

This is found in butter, cheese, cream, milk powders, yoghurt and foods glazed with milk.



## Cereals

A family of proteins found in wheat, barley, rye and oats.  
It is often found in foods containing flour.



## Eggs

These are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche and food brushed with egg.



## Lupin

This includes lupin seeds and flour and can be found in some types of bread, pastries and pasta.



## Molluscs

These include mussels, land snails, squid and whelks. They are often found in oyster sauce or as an ingredient in fish stews.



## Mustard

This also includes mustard powder, liquid mustard and mustard seeds and is often found in salad dressing, sauces, soups, breads, curries, marinades and meat products.



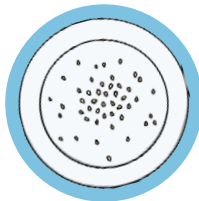
## Nuts

These include almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. They can be found in breads, biscuits, crackers, desserts, ice cream, marzipan, nut oils and sauces.



## Peanuts

These can be found in biscuits, cakes, curries, desserts and sauces but they can also be in peanut flour and groundnut oil.



## Sesame Seeds

These can be found in biscuits, cakes, curries, desserts and sauces but they can also be in peanut flour and groundnut oil.



## Soya

This can be found in bean curd, edamame seeds, miso paste, soya protein, soya flour, tofu and a very wide range of processed foods. It is often used in meat products, sauces and vegetarian products but is also used in some desserts, such as ice cream and brownies.



## Sulphur Dioxide

Sulphites are preservatives, used in dried fruit, meat products and vegetables, as well as in wine and beer.