

## **Allergens that must always be clearly labelled under EU regulations:**

- **Cereals containing gluten** (i.e. wheat, rye, barley, oats or their hybridised strains)
- **Crustaceans** (e.g. crab, lobster, crayfish, shrimp, prawn)
- **Eggs**
- **Milk** (including lactose)
- **Fish**
- **Peanuts**
- **Soybeans** (and all products containing soya)
- **Tree nuts** (e.g. almonds, hazelnuts, walnuts, cashews, pecans, Brazils, pistachios, and macadamia nuts)
- **Celery and celeriac**
- **Mustard**
- **Sesame seeds**
- **Sulphites** at concentrations of over ten parts per million

**These 12 major allergens will always have to be labelled no matter how small the amount in the food.**