

ALLERGEN LABELLING

Look for the following allergens in food

TREE NUTS



Almond



Brazil nut



Cashew



Hazelnut



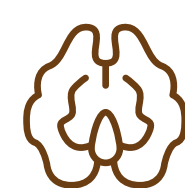
Macadamia



Pecan



Pistachio

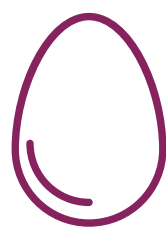


Walnut



Pine nut

COMMON ALLERGENS



Egg



Lupin



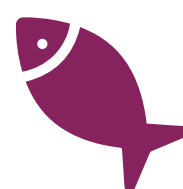
Milk



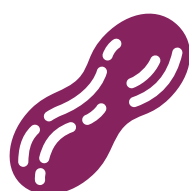
Wheat



Sesame



Fish



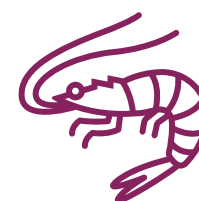
Peanut



Mollusc



Soy



Crustacean

GLUTEN AND SULPHITES

If you are sensitive to **gluten** or **sulphites** be sure to check for these words on the label. Look for the names of cereals that contain gluten if you have coeliac disease. These are: **wheat, barley, rye, oats**.



Barley



Rye



Oats



Wheat



Sulphites

Look for a statement starting with '**contains**' next to a food's ingredient list - it shows all the allergens. Also check the ingredient list - it will show any allergens in **bold text**.