Allergen matrix

The 14 allergens that must be declared under the Food Information Regulations 2014. Write Y where the allergen is an ingredient and M where there is a real risk of cross-contact.

Business: _____ **Last reviewed:** _____ **Checked by:** _____

Dish	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphites	Tree nuts

Y = ingredient · M = risk of cross-contact · blank = checked and not present. A blank you have not checked is not the same as a no. · Source: Food Standards Agency, food.gov.uk/business-guidance/allergen-guidance-for-food-businesses

What counts as each allergen

Prompts for the most common hiding places. Not a complete list: check every ingredient specification and every supplier change.

Allergen	Where it commonly hides
Celery	Stalks, leaves, seeds, celeriac. Stock, soup, salad.
Cereals with gluten	Wheat, rye, barley, oats, spelt, kamut. Flour, batter, breadcrumbs, soy sauce.
Crustaceans	Prawns, crab, lobster, langoustine, scampi, shrimp paste.
Eggs	Mayonnaise, custard, glaze, some pasta, meringue.
Fish	Fish sauce, anchovy in dressings, Worcestershire sauce.
Lupin	Lupin flour and seeds, sometimes in bread and pastry.
Milk	Butter, cheese, cream, yoghurt, milk powder, ghee.
Molluscs	Mussels, clams, oysters, squid, snails, oyster sauce.
Mustard	Seeds, powder, paste, many dressings and marinades.
Peanuts	Peanut oil, satay, some sauces and baked goods.
Sesame	Seeds, tahini, houmous, burger buns, some oils.
Soybeans	Tofu, edamame, soy sauce, miso, some vegetable proteins.
Sulphites	Declarable above 10 mg/kg or 10 mg/L. Dried fruit, fruit products, some processed meat.
Tree nuts	Almond, hazelnut, walnut, cashew, pecan, Brazil, pistachio, macadamia.

Official source: Food Standards Agency, allergen guidance for food businesses - food.gov.uk/business-guidance/allergen-guidance-for-food-businesses

This is a working record sheet, not legal advice. The FSA guidance sets out how allergen information must be communicated, including for food prepacked for direct sale.

Made by IT Nest - itnest.agency