

LIST OF THE 14 FOOD ALLERGENS



GLUTEN

(cereals: wheat, rye, barley, oats, spelt, kamut, including hybridized varieties)



CRUSTACEANS AND DERIVATIVES

(marine and freshwater: shrimp, scampi, crabs, and similar)



EGGS

(eggs and products containing eggs: mayonnaise, emulsifiers, egg pasta)



FISH AND DERIVATIVES

(food products containing fish, even in small quantities)



PEANUTS AND DERIVATIVES

(creams and condiments that may contain them, even in small amounts)



SOY AND DERIVATIVES

(derived products such as soy milk, tofu, soy noodles, etc.)



MILK AND DERIVATIVES

(any product using milk: yogurt, biscuits, cakes, ice cream, and various creams)



TREE NUTS AND DERIVATIVES

(almonds, hazelnuts, walnuts, cashews, pecans, pistachios)



CELERY AND DERIVATIVES

(whether in pieces or used in soup mixes, sauces, and vegetable concentrates)



MUSTARD AND DERIVATIVES

(often found in sauces and condiments, especially mustard)



SESAME SEEDS AND DERIVATIVES

(whole seeds used in bread, or flours containing even small percentages)



SULFUR DIOXIDE AND SULPHITES

(sulfur dioxide and sulphites in concentrations above 10 mg/kg or 10 mg/l, expressed as SO₂ – used as preservatives; they may be found in preserved fish products, pickled foods, products in oil or brine, jams, vinegar, dried mushrooms, soft drinks, and fruit juices)



LUPIN AND DERIVATIVES

(commonly found in vegan foods such as roasts, sausages, flours, etc.)



MOLLUSKS AND DERIVATIVES

(scallops, razor clams, sea scallops, mussels, oysters, limpets, clams, cockles, etc.)