

Food ingredients that must be declared as allergens in the EU

1. **Cereals containing gluten**, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof, except:
 - (a) wheat based glucose syrups including dextrose
 - (b) wheat based maltodextrins
 - (c) glucose syrups based on barley
 - (d) cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin
 2. **Crustaceans** and products thereof
 3. **Eggs** and products thereof
 4. **Fish** and products thereof, except:
 - (a) fish gelatine used as carrier for vitamin or carotenoid preparations
 - (b) fish gelatine or Isinglass used as fining agent in beer and wine
 5. **Peanuts** and products thereof
 6. **Soybeans** and products thereof, except:
 - (a) fully refined soybean oil and fat
 - (b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, and natural D-alpha tocopherol succinate from soybean sources
 - (c) vegetable oils derived phytosterols and phytosterol esters from soybean sources
 - (d) plant stanol ester produced from vegetable oil sterols from soybean sources
 7. **Milk** and products thereof (including lactose), except:
 - (a) whey used for making alcoholic distillates including ethyl alcohol of agricultural origin
 - (b) lactitol
 8. **Nuts**, namely: almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecan nuts (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia ternifolia*), and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin
 9. **Celery** and products thereof
 10. **Mustard** and products thereof
 11. **Sesame seeds** and products thereof
 12. **Sulphur dioxide and sulphites** at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO₂ which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers
 13. **Lupin** and products thereof
 14. **Molluscs** and products thereof
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