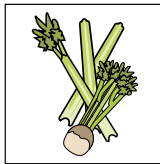


# Which ingredients can cause a problem?

These are some of the foods people may be allergic to and some of the places where they may be found:

## Celery

including celery stalks, leaves and seeds and celeriac, in salads, soups, celery salt, some meat products



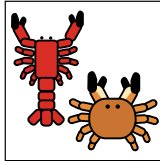
## Cereals containing gluten

such as wheat, rye and barley and foods containing flour, such as bread, pasta, cakes, pastry, meat products, sauces, soups, batter, stock cubes, breadcrumbs, foods dusted with flour



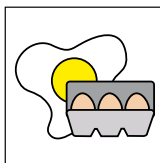
## Crustacea

such as prawns, lobster, scampi, crab, shrimp paste



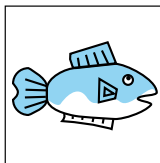
## Eggs

in cakes, mousses, sauces, pasta, quiche, some meat products, mayonnaise, foods brushed with egg



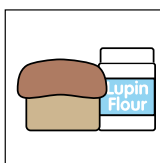
## Fish

in some salad dressings, pizzas, relishes, fish sauce and some soy and Worcestershire sauces



## Lupin

lupin seeds and flour in some types of bread and pastries



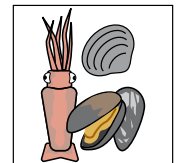
## Milk

in yoghurt, cream, cheese, butter, milk powders, foods glazed with milk



## Molluscs

such as mussels, whelks, squid, land snails, oyster sauce



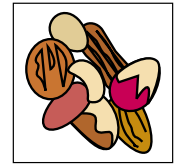
## Mustard

including liquid mustard, mustard powder and mustard seeds, in salad dressings, marinades, soups, sauces, curries, meat products



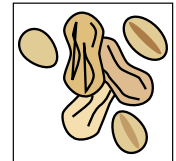
## Nuts

in sauces, desserts, crackers, bread, ice cream, marzipan, ground almonds, nut oils



## Peanuts

in sauces, cakes, desserts, groundnut oil, peanut flour



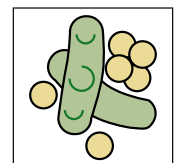
## Sesame seeds

in bread, breadsticks, tahini, houmous, sesame oil



## Soya

as tofu or beancurd, soya flour and textured soya protein, in some ice cream, sauces, desserts, meat products, vegetarian products



## Sulphur dioxide

in meat products, fruit juice drinks, dried fruit and vegetables, wine, beer

