

Five steps to help you comply with **the law** on declaring the use of food allergens in non-prepacked food for your customers:

1

Declare the use of the 14 food allergens in writing

2

Ensure the allergen information is legible and clear

3

Ensure the allergen information is easily accessible to your customers

4

Ensure the allergen information is up-to-date

5

Monitor your suppliers' allergen information

Food allergens that **must** be declared

Cereals

Cereals containing gluten, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof, except:

- Wheat based glucose syrups including dextrose
- Wheat based maltodextrins
- Glucose syrups based on barley
- Cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin



Crustaceans

Crustaceans and products thereof.



Eggs

Eggs and products thereof.



Fish

Fish and products thereof, except:

- Fish gelatine used as a carrier for vitamin or carotenoid preparations
- Fish gelatine or Isinglass used as fining agent in beer and wine



Peanuts

Peanuts and products thereof.



Soybeans

Soybeans and products thereof, except:

- Fully refined soybean oil and fat
- Natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, natural D-alpha tocopherol succinate from soybean sources
- Vegetable oils derived phytosterols and phytosterol esters from soybean sources
- Plant stanol ester produced from vegetable oil sterols from soybean sources



Milk

Milk and products thereof (including lactose), except:

- Whey used for making alcoholic distillates including ethyl alcohol of agricultural origin
- Lactitol



Nuts

Nuts, (almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia/Queensland nuts) and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin.



Celery

Celery and products thereof.



Mustard

Mustard and products thereof.



Sesame seeds

Sesame seeds and products thereof.



Sulphur dioxide and sulphites

Sulphur dioxide and sulphites at concentrations of more than 10mg/kg or 10 mg/litre, expressed as SO₂, e.g. found in burgers, sausages and wine.



Lupin

Lupin and products thereof.



Molluscs

Molluscs and products thereof.



For more information on how your food business can comply with these legal requirements, please visit www.fsai.ie/allergens or contact us at info@fsai.ie



IMPORTANT:

Allergen information regarding “Cereals containing gluten” must specify the type of cereal, e.g. wheat, and “Nuts” must specify the type of nut, e.g. cashew.



FOOD INTOLERANCE

What is food intolerance?

Food intolerance is the term used for food hypersensitivities other than food allergy or coeliac disease that do not involve the immune system, and may or may not be fully understood.



Finding out how common food intolerances are is very difficult.

2–20%

Estimates of how common food intolerances are vary widely.

1–23

Anywhere from 1–23 in every 10,000 people could be intolerant to food additives.

1 IN 20

Adults on the island of Ireland estimated to be lactose intolerant.

Symptoms of food intolerance

Unlike food allergy, the symptoms of a food intolerance reaction are generally not immediate and not life-threatening.

Digestive Symptoms

Nausea, stomach pain, diarrhoea, vomiting, flatulence and bloating.

Skin symptoms

Redness or urticaria (hives).

Other symptoms

Headaches, jitteriness and joint pain.

Link

There is evidence of a link to Irritable Bowel Syndrome.

! If undiagnosed, a food intolerance may affect your health over the long-term.



Food intolerance testing

Testing

- Many tests for diagnosing food intolerance have not been scientifically validated.
- This includes tests based on IgG which may actually be a measure of tolerance to a food, not intolerance.
- The only real test is to avoid the suspect food and then reintroduce it into your diet to see how this affects your symptoms.
- A diet low in FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides and polyols) may provide relief for some people with food intolerance.



Causes of food intolerance

Research worldwide is focused on identifying the causes



Pharmacological

Examples include reaction to caffeine in coffee, tyramine in cheese or sulphites in red wine.



Abnormal digestion

Examples include lactose intolerance caused by a deficiency in the enzyme lactase that helps us digest milk and dairy products.



Unknown reasons

A great many triggers of intolerance reactions are still unknown including reactions to food additives such as tartrazine.

Managing a food intolerance

Diagnosis

- Seek professional advice before eliminating foods or food groups from your diet.
- Consult your GP who may recommend further tests or consultations.



Management

- Once the food has been properly identified, you must try to minimise (not eliminate) this in your diet.
- Removing more than one food or a whole food group from your diet means that you must get these nutrients from another source.
- Beware of unproven tests that may give you misleading answers.