

DANGER FOODS



PEANUTS

TREENUTS

(BRAZIL, ALMOND, CASHEW ETC)

SESAME SEEDS

FISH & SHELLFISH

DAIRY PRODUCTS

GLUTEN

EGGS

SOYA BEANS

CELERY

MUSTARD

SULPHITES

These foods are known as the **major allergens**. However they have many different names and may be included in a wide variety of different recipes. The lists on the following pages are not exhaustive and intended for guidance only.

Remember that for someone with a serious allergy to a particular food, even the tiniest amount can be enough to cause a reaction so it is really important to check **all the ingredients.**

Ingredients such as 'modified starch' can be made from either wheat or corn. If the ingredients on the pack do not specify, it is important that you establish which has been used.

You could photocopy the following lists, and put them up on the wall of your kitchen or dining hall.

CORN

CAN ALSO BE KNOWN AS

CEREAL STARCH
CORN ON THE COB
CORNMEAL
CORNSTARCH
CORN SYRUP
DEXTROSE
EDIBLE/FOOD STARCH
GLUCOSE SYRUP
MAIZE
MALT/FLAVOURING
MODIFIED STARCH
POLENTA
SWEETCORN
THICKENER
VEGETABLE GUM, OIL &
STARCH

IS LIKELY TO BE FOUND IN

Baking mixes/powder
Biscuits & crackers
Breads
Breakfast cereals
Breath mints
Chewing gum/sweets

Corn bread
Cornflour
Cured meats
Custard powder
Dextrose
Glucose syrup
Gravy mixes
Hot chocolate
Ice cream
Sweetened iced teas
Icing sugar
Juice drinks & Juices with
preservatives (even if they claim
to be 100% juice)
Ketchup
Low fat or 'lite' foods
Margarine
Marinades
Medicines & supplements
(used as a filler)
Milk in cardboard boxes
Pizza
Potato crisps
Frozen potato chips
Ready made desserts
Ready made sauces (bechamel,
parsley, brown etc)
Ready made soups
Salad dressings
Tortillas, tortilla chips
Vegetable gum (also gum on
stamps & envelopes)
Vegetable oil
Vegetable starch
Vanilla
Yogurts



DAIRY PRODUCTS

'Dairy free' on an ingredients list only means cow's milk free, not sheep, goat or other animal milk free.

Remember that dairy products include not only milk but cream, butter, cheese & yogurt - but NOT eggs.

CAN ALSO BE KNOWN AS

BUTTER
BUTTERMILK
CASEIN/CASEINATES
CHEESE (INCLUDING CREAM,
CURD & COTTAGE)
CREAM - ALL VARIETIES
CREME FRAICHE
FROMAGE FRAIS
GHEE
HYDROLYSED
CASEIN/WHEY
ICE CREAM
LACTALBUMIN
LACTIC ACID (E270)
(CAN ALSO BE DAIRY FREE)
LACTOSE
MILK OF ALL KINDS
MILK SOLIDS
SKIMMED MILK POWDER
WHEY
WHEY PROTEIN/SUGAR
YOGURT

ARE LIKELY TO BE FOUND IN

Animal fat
Artificial cream
Batter (for pancakes, waffles, fish fingers etc)
Biscuits - most biscuits include butter or margarine
Breads - many enriched breads will include butter and/or milk
Cakes - most cakes use butter and many use milk
Cheese straws/biscuits
Cheese flavoured crisps
Creme caramel
Creme Patissiere/Custard
Custard Tarts
Chocolate/chocolate products
Desserts - many different kinds
Ice creams - most types
Low fat spreads
Margarine
Ready meals - most ready meals include butter or milk
Rice pudding & most other baked puddings
Sauces - all white sauces and many other ready made sauces
Scones
Sweeteners
Vegetable fats

EGG

CAN ALSO BE KNOWN AS

ALBUMIN

CONALBUMIN

EGGS FROM ALL BIRDS

EGG WHITE

EGG YOLK

EGG - DRIED, PASTEURISED,

FROZEN OR POWDERED

LECITHIN (RARELY)

OVALBUMIN

OVOMUCOID

OVOGLOBULIN

VITELLIN & VITELLENIN

IS LIKELY TO BE FOUND IN

Advocaat

Batter on deep fried foods

Brioche & other enriched bread

Cakes, biscuits and pastries of all kinds

Creme Caramel & Patisserie

Custard/Custard Tarts

Desserts - many different kinds

Egg noodles & pasta

Glazes on desserts etc

Ice creams

Margarines

Marzipan



Meringues

Pancakes/Waffles

Quiche/Soufflés

Yorkshire pudding



E621/622 - MSG

(Monosodium Glutamate)

ALSO KNOWN AS

Flavour enhancer

IS LIKELY TO BE FOUND IN

Chicken nuggets

Chinese foods

Crisps

Fish Fingers

Flavour enhancers

Flavoured noodles

Gravy & packet sauces

Hydrolysed vegetable protein & vegetable protein

Pork pies/sausages

Tinned, frozen and

packet soups

Soya sauce

Stock & stock cubes

Tinned beans, sweet

corn & mushrooms

Vending machine drinks

Yeast extract (Marmite etc)

FISH

Not everyone who is allergic to fish is allergic to all kinds of fish but it is safer to avoid them all. Very allergic people will even react to the smell or to cooking vapours.

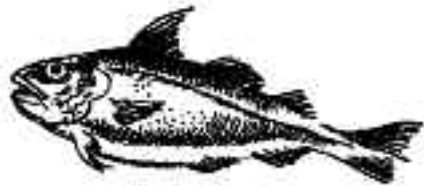
FISH TYPES

CRAB, CRAYFISH, LOBSTER,
PRAWNS, SHRIMP

ABALONE, CLAM,
COCKLES, MUSSEL,
OCTOPUS, OYSTER,
SCALLOP, SNAIL, SQUID

ANCHOVIES, BLUEFISH,
BONITO, COD, DOVER
SOLE, EEL, GROUPER,
HADDOCK, HAKE,
HALIBUT, HERRING, JACKS,
JOHN DORY, MACKEREL,
MONKFISH, MULLET,
PERCH, PLAICE, POMPARO,
RAYS, ROCKFISH, SALMON,
SEA BASS, SEA BREAM,

SARDINES, SHARK, SKATE,
SNAPPER, SOLE,
SWORDFISH, STURGEON,
TURBOT, TUNA



ARE LIKELY TO BE FOUND IN

Anchovy sauce/essence
Aspic
Caviar of all kinds
Isinglass
Many spicy south east Asian
sauces
Worcester sauce

GLUTEN

IS ALWAYS FOUND IN

BARLEY

RYE

WHEAT

BRAN

BULGAR

CEREAL BINDER/FILLER

COUSCOUS

FLOUR MADE FROM

BARLEY, RYE OR WHEAT

MALT

RUSK

SEMOLINA

WHEAT STARCH &

MODIFIED WHEAT STARCH

IS LIKELY TO BE FOUND IN

Baking powder

Beer

Biscuits (sweet or savoury)

Breakfast cereals/muesli

All breads unless specifically gluten free

All bread, cake or pastry mixes unless specifically gluten free

Breadcrumbs coatings

All buns, muffins, scones, cakes and baked goods unless specifically gluten free

Cereal binder/filler

Chapatis, poppadoms, nans

Cheese spread/dips

Confectionery

Fruit drinks

Margarines

Modified starch

Oatcakes

Pancakes & waffles

All pasta or noodles unless specifically gluten free

Pastry made from wheat, rye or barley

Pitta bread

Pizzas

Ready meals of all kinds

Rusk

Salad dressings

Sauces & gravies

Sausages

Semolina

Samosas

Taramasalata

Tinned meat containing preservatives

Tinned vegetables

N.B. Oats do not contain gliadin, the protein which affects coeliacs, but a look-alike protein called Avelin. Oats therefore should be OK for everyone except the most sensitive.



LATEX

(Natural Latex Rubber)

People with latex allergy can have an anaphylactic reaction to a minute amount of latex left on a food which has been handled by someone wearing latex rubber gloves.

It is much safer for anyone handling food to use non-latex gloves.

People with latex allergy could also react to the following foods:



- Avocado
- Banana
- Chestnut
- Fig
- Kiwi
- Papaya
- Peanut
- Soya



NIGHTSHADES

(Solanaceae)



- Atropine
- Aubergine
- Belladonna
- Bell Pepper
- Cayenne Pepper
- Chili pepper
- Green Pepper

- Hungarian Pepper
- Paprika
- Pimiento
- Potatoes
- Red Pepper
- Sweet pepper
- Tabasco
- Tobacco
- Tomatoes



PEANUTS

CAN ALSO BE KNOWN AS

ARACHIDE
ARACHIS OIL
BEER NUTS
CACAHUETE
EARTH NUTS
GOOBER NUTS/PEAS
GROUNDNUTS
MANDALONA NUTS
MONKEY NUTS

ARE LIKELY TO BE FOUND IN

Almond powder & chopped almonds can contain peanuts
Bakery products sold loose
Biscuits
Cakes
Chinese & Indonesian dishes in general
Chocolate from Poland
Curry sauces
Desserts of all kinds
Hydrolysed vegetable protein (occasionally)
Marzipan
Medicines and supplements

Oil in which peanut products have previously been fried
Peanut Butter
Savoury snacks
Satay sauce
Sweets such as jelly babies
Worcester sauce

N.B. Research would suggest that peanut allergic people do not react to refined peanuts oils although very sensitive people should still be careful.

LUPIN

It now seems clear that Lupin cross reacts with peanuts so anyone with a peanut allergy must also avoid Lupin flour, mainly found in baked goods, especially on the continent.



TREE NUTS

INCLUDE

ACORN
ALMOND
BRAZIL NUT
CASHEW
CHESTNUT
GINKGO NUT
HAZELNUT
MACADAMIA
PECAN
PISTACHIO
WALNUT



N.B. Nutmeg,
coconut & chufa (tiger)
nuts are **NOT** 'tree nuts' and
do not cause Anaphylactic reac-
tions.
Pine nuts are seeds, not nuts
so are not normally allergenic.

ARE LIKELY TO BE FOUND IN

All Greek/Arabic desserts
Breads, biscuits, cake and many
baked goods
Chocolate and confectionery
Marzipan
Vegetarian dishes / ready meals

SESAME SEEDS

ALSO KNOWN AS

ANJOLI
BENNISEED/BENNE
CINGILI/GINGELLY
GOMASHIO
HALVA
HUMMUS
SIM-SIM
TAHINI
TEEL/TILL

ARE LIKELY TO BE FOUND IN

Anything bought from a
deli. where sesame is used
Aqua Libra

All breads made in a
bakery where sesame is used
All Chinese, Indonesian,
Japanese, Greek, Mexican and
Lebanese food
Many crackers, buns, bagels &
rice cakes

Health, energy and snack bars
Vegetarian dishes and
ready meals

N.B. Sesame oil is rarely
refined so is allergenic

SOYA

CAN ALSO BE KNOWN AS

LECITHIN
MISO
SOYA BEANS, FLOUR,
MEAL, MILK & NUTS
COLD PRESSED SOYA OIL
SOYA PROTEIN
SOYA SAUCE
TEMPEH & TOFU
TEXTURED
VEGETABLE PROTEIN
& VEGETABLE PROTEIN

IS LIKELY TO BE FOUND IN

Bread, biscuits and cakes may contain soya flour
Chinese & Japanese food
Emulsifiers
Lecithin
Almost any ready made or manufactured foods
Teriyaki sauce
Vegetable protein, starch & shortening

SUGAR

CAN ALSO BE KNOWN AS

CORN SYRUP
DEXTROSE
FRUCTOSE
FRUIT SUGAR
GLUCOSE/GLUCOSE SYRUP
GOLDEN SYRUP
HONEY
INVERT SYRUP
MALTOSE
MALT SYRUP
MAPLE SYRUP
MOLASSES & TREAACLE
SUCROSE



IS LIKELY TO BE FOUND IN

Almost any ready made or manufactured foods or drinks



WHEAT

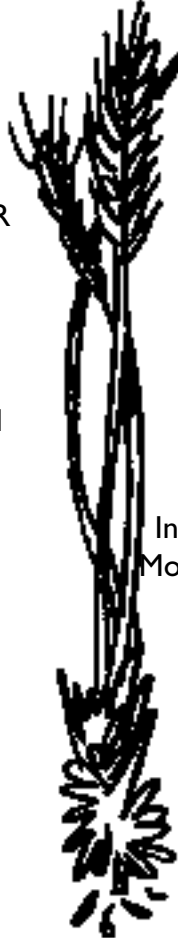


CAN ALSO BE KNOWN AS

BRAN
BULGAR
CEREAL BINDER/FILLER
CHILTON/DINKEL
COUSCOUS
DURUM WHEAT
EDIBLE/FOOD STARCH
EINKORN/FARRO
FLOUR (PLAIN, SELF RAISING, WHOLEMEAL, MALTED ETC)
GRAHAM FLOUR
KAMUT/SPELT
MODIFIED STARCH
WHEAT GERM
WHEAT STARCH
RUSK
SEMOLINA
TRITICUM/TRITICALE

IS LIKELY TO BE FOUND IN

Baking powder
Biscuits (sweet or savoury)



Bottled sauces of all kinds
Breakfast cereals/muesli
All breads unless specifically wheat free
Breadcrumbs & coatings
Cakes, buns, muffins, scones and all baked goods unless specifically wheat free
Cereal binder/filler/protein
Chapatis, poppadams, nans
Cheese spread/dips
Curry powders
Horseradish creams
Instant hot drinks (coffee, tea)
Monosodium Glutamate (MSG)
Oatcakes
Pancakes/waffles
All pasta or noodles unless specifically wheat free
All pastry & pastries unless specifically wheat free
Pitta bread
Pizzas
Ready meals of all kinds
Rusk
Rye breads & crackers
Salad dressings
Sauces & gravies
Sausages
Semolina
Samosas
Taramasalata
Textured vegetable/vegetable protein