

Food Allergies & Intolerances - Summary Chart

ALWAYS CHECK THE SERVICE USER'S CARE PLAN and / or the PRODUCT LABEL. These lists are not exhaustive.

MILK ALLERGIES / INTOLERANCES

MILK allergy is caused by the milk protein. LACTOSE Intolerance is an inability to digest milk sugar (lactose)

Foods to avoid	Ingredients to avoid	Processed foods to avoid
Milk – cows, sheep, goats Milk powder Milk drinks All types of cheese Butter Margarine Yoghurt Cream Ice-cream Sour cream Artificial butter / margarine Ghee Kefir (milk drink) Kumiss (fermented milk drink) Malted milk drinks	Casein Caseinates Hydrolysed cream Skimmed milk Skimmed milk powder Milk solids Non-fat milk Whey Whey syrup sweetener Milk sugar solids Lactose Curds Buttermilk	Breakfast cereals Soups / soup mixes Baby foods Processed meat e.g. sausages Pasta Pizza Instant mash potato Sauces & gravies Baked goods e.g. rolls Pancakes, batters Ready-made meals Puddings / Desserts Custards Cakes Biscuits Crackers Chocolate Confectionery Crisps / Snacks Baking mixes

Cross contamination can occur through use of utensils. Major supermarkets and manufacturers will provide “Free From” lists of own brand foods.

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CELERY ALLERGIES / INTOLERANCES	MUSTARD ALLERGIES / INTOLERANCES	LUPIN ALLERGIES / INTOLERANCES
Celery Plant – sticks, leaves, seeds, tuber (celeriac)	Mustard Plant – leaves, seeds, flowers	Lupin Plant - seeds
May be found in the following:	May be found in the following:	May be found in the following:
Celery salt Soups Sauces Stocks Bouillons Seasoning Tomato juice Canned soup Stock cubes Salads Pre-packed sandwiches Crisps Spice mixes Marmite Batter for frozen food Cocktail – Bloody Mary Celeriac	Jars of mustards Sprouted mustard seeds Mustard oils Mayonnaise Barbecue sauces Fish paste Ketchup Tomato sauce Marinades Processed meats Sausages Piccalilli Pickles Pizza Salad dressing Salad oil Indian & Russian cooking Gravies	A few UK manufactured products. Imported European bakery & pasta products - Pastry cases - Pies - Waffles - Pancakes - Crepes - Pizzas - Products containing crumbs - Coated vegetables e.g. onion rings - Burgers - Sausages Health foods Lupin flour is often used in gluten free products

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EGG ALLERGIES / INTOLERANCES – (hens, ducks, geese, & quails). Both yolk & white have allergenic parts

Classification of foods containing Egg:

Well-cooked Egg	Loosely-cooked Egg	Raw Egg	Products likely to contain Egg
Cakes (check recipe) Biscuits (check recipe) Dried Egg Pasta Prepared meat dishes & sausages containing egg Fresh egg pasta. Egg glaze on pastry Sponge fingers Quorn products Gravy granules containing egg Quiche Souffle Manufactured & Homemade - Yorkshire Puddings - Meringues - Pancakes - Scotch Pancakes	Meringues Lemon Curd Quiche Scrambled Egg Boiled Egg Fried Egg Omelette Poached Egg Egg in Batter Homemade food using egg to coat food with breadcrumbs e.g. fish / chicken Hollandaise, Bearnaise Sauce Egg Custard Homemade pancakes / Yorkshire puddings Bread & Butter Puddings	Fresh Mousse Fresh Mayonnaise Some Ice Cream – fresh & deluxe Some Sorbets Royal Icing – fresh & powdered Horseradish Sauce Tartare Sauce Cake mix & dishes awaiting cooking Some cheese contain egg products Fondant icing in Cadbury's cream egg	Flans Choux Pastry Some Marshmallows Waffles Some Confectionery Egg Noodles Egg Fried Rice Pate Processed meats, sausages, fish, chicken Marzipan Doughnuts Chocolate bars e.g. Mars Bars, Snickers, Wagon Wheels Custard Tarts Cream Caramels drinks Alcoholic cocktails Soups, broths & bouillons

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HISTAMINE ALLERGIES / INTOLERANCES

Histamine is present in high levels in the following:

Meat / poultry / fish	Milk & milk products	Fruits & Vegetables	Food Additives	Seasoning	Miscellaneous
<p>Shellfish</p> <p>Fish – fresh, canned, frozen, smoked</p> <p>Eggs, a small quantity in baked goods can be tolerated</p> <p>Processed, smoked & fermented meats e.g. luncheon meat, sausages, pepperoni</p> <p>Chicken</p>	<p>Cheese</p> <p>Cheese products e.g. processed, slices, spreads</p> <p>Yoghurt</p>	<p>Citrus fruits e.g. orange, grapefruit, lemon, lime</p> <p>Cherries</p> <p>Strawberries</p> <p>Raspberries</p> <p>Cranberries</p> <p>Other berries</p> <p>Apricot</p> <p>Pineapple</p> <p>Dates</p> <p>Raisins</p> <p>Currants</p> <p>Prunes</p> <p>Relishes</p> <p>Pickles</p> <p>Spinach</p> <p>Tomatoes, ketchup, sauces, purees, pastes</p>	<p>Tartrazine</p> <p>Other artificial food colours</p> <p>Preservatives – especially, benzoates, sulphites, BHA, BHT</p>	<p>Cinnamon</p> <p>Chilli powder</p> <p>Cloves</p> <p>Anise</p> <p>Nutmeg</p> <p>Curry powder</p> <p>Hot paprika (cayenne)</p>	<p>Fermented soy products</p> <p>Fermented food</p> <p>Tea – herbal / regular</p> <p>Chocolate</p> <p>Cocoa</p> <p>Cola drinks</p> <p>Vinegar</p> <p>Pickles</p> <p>Relishes</p> <p>Ketchup</p> <p>Prepared mustard</p>

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NUT ALLERGIES / INTOLERANCES

FOODS TO AVOID – Tree nuts (almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew, Macadamia / Queensland nut) & Peanut / Ground nut

Oils	Biscuits / Cakes (Commercially produced)	Preserves	Cereals	Savoury	Vegetarian Food	Dessert	Sweets	Ethnic Foods (Commercially produced)
Blended Oils Unrefined Oils Gourmet Oils Peanut Oils Arachis Oils Groundnut Oils	All Biscuits Coconut Biscuits Macaroons Energy Bars Granola Bars Crackers All Cakes Christmas Cake Fruit Cake Stollen Marzipan in or on cakes Carrot Cake Passion Cake Cakes containing Vegetable Oil Doughnuts Cake mixes	Peanut Butter Chestnut Puree Chocolate & Nut Spread Hazel Spread Praline Spread Sweet Mince-meat	Crunchy Nut Cornflakes Fruit & Fibre Muesli Shreddies Fruitful	Pesto Waldorf salad Dried salad dressing Soup mixes Gravies Barbecue sauces	Nut Loaf Vegebürgers Sausages Nut meats Meat substitutes	Nut Yogurts Sundae Toppings Nut Flavourings & Extract Nut-Flavoured Coffee, Liqueurs, Ice cream, yogurts, desserts	Nuts Nougat Nut Brittle Halva Snickers Topic Fruit & Nut Bounty Toblerone Liquorice Allsorts Pralines Florentines Chewy Fruit Bars Snack Mixes Chocolates	Chilli Thai Vietnamese Chinese Curries Egg Rolls Satays Szechuan

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SEAFOOD ALLERGIES / INTOLERANCES

Seafood can be FISH, CRUSTACEANS and MOLLUSCS:

FISH		CRUSTACEANS (have jointed-legs, hard shell)	MOLLUSCS (have two-part hinged shell)	Possible sources of fish	Other seafood
Anchovy	Bass	Crab	Clams	Deli Meats	Sushi
Bluefin	Bream	Crayfish	Mussels	Dips, spreads, imitation crab / lobster meat	Taramasalata (roe)
Carp	Catfish	Lobster	Oysters	Ethnic foods, fried rice, paella,	Caviar
Char	Cod	Prawns	Scallops	Spring rolls	Ceviche
Chub	Cisco	Shrimp	Squid	Fish mixtures	Gravad Lax
Eel	Flounder		Snails	Garnishes	Lox
Grouper	Haddock			Gelatine	Minced fillets
Hake	Halibut			Marshmallows	Saahimi
Herring	Mackerel			Hot dogs	Abalone
Mahi-mahi	Marlin			Pizza toppings	Cockle
Monkfish	Perch			Salad dressings	Conch
Pike	Plaice			Sauces, Oyster, Worcester	Limpets
Pompano	Pollock			Fish oils	Whelks
Rockfish	Salmon			Prawn crackers	
Sardine	Shark			Soups	
Smelt	Snapper				
Sole	Sturgeon				
Swordfish	Trout				
Tuna	Turbot				
White	Whiting				

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YEAST ALLERGIES / INTOLERANCES

Yeast is present in the following:

Bakers Yeast	Brewers Yeast	Natural present yeast	Other sources
Most breads Rolls Croissants Danish pastries Doughnuts Chelsea buns Bath buns Some American muffins Crumpets Muffins Cereals	Most stock cubes & gravies Bovril Oxo Marmite Vegemite Other yeast extracts Vinegar Salad dressings Pickles Mayonnaise Chutneys	Ripe fruit Ripe vegetables Pre-cooked foods Dried fruit Malt Buttermilk Sour cream Synthetic cream Yoghurt Tofu Left over foods Ripe cheese Sauerkraut Soy sauce Miso Products opened & left for a long time e.g. jam	Quorn™ Hydrolysed protein Hydrolysed vegetable protein Leavening Monosodium glutamate Sometimes citric acid

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CEREALS ALLERGIES / INTOLERANCES

CEREAL containing GLUTEN – wheat, rye, oats, barley.

Cereal may be present in the following, unless stated WHEAT / RYE / OAT / BARLEY FREE

Bread & baked goods	Cereals	Meat & fish	Vegetable products	Sauces & condiments	Desserts	Beverages	Confectionery	Other names used for wheat products
Loaves – corn, rye, rolls & pumpernickel Pitta Crumpets Muffins Tortillas Tacos Doughnuts Cakes Cookies Biscuits Crackers Croutons Packet snacks Rusks Waffles Pancakes Crepes Pizzas Pretzels Breadsticks Wafers Pasta Pastry Yorkshire Puds Suet Puddings Batter	Most cereals Flour & pasta All will contain some wheat	Burgers Rissoles Salami Sausages Corned Beef Luncheon meat Liver sausage Continental sausage Pates Meat & fish pastes & spreads Ham Fish Scotch eggs coated with Breadcrumbs	Vegetables pates & spreads Vegetables coated in breadcrumbs e.g. onion rings Vegetable tempura Tinned beans Tinned spaghetti Soups Tinned & packet snacks Ready prepared foods	Gravy Packet, jar & bottled sauces Casserole Ready-meal mix Stock cubes & granules Ready prepared & powdered mustard Stuffing Baking powder Monosodium glutamate Some spice mix	Most puddings Pastry Yogurts containing cereal Ice cream, Pancakes Cheesecakes Others with biscuit base	Malted milk Chocolate Ovaltine™ Other powdered drinks Beer Ale Stout Lager Whiskey Gin Most spirits Some wines	Liquorice Chocolate Chocolate bars Other sweets	Durum wheat Spelt Kamut Couscous Farina Rusk Semolina Flour Wheatflour Wholewheat flour Wheat starch Starch Modified starch Hydrolysed starch Food starch Edible starch Vegetable starch Vegetable gum Vegetable protein Cereal filler Cereal binder Cereal protein Khorasan wheat Bulgur Triticale Bran

Some of these foods are produced as GLUTEN FREE alternatives and are suitable.

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SOYBEANS ALLERGIES / INTOLERANCES

Can be made into flour, milk, tofu and oil

Indicates Presence of Soya	MAY Indicate Presence of Soya	Foods that Contain Soya	Foods that MAY contain soya
Soya protein isolate Soya shortening Soya protein Soya albumin Soya bean Soya flavouring Soya flour Soya gum Soya lecithin (E322) Soya milk Soya nuts Soya oil Soya starch	Vegetable broth Vegetable oil Vegetable protein Vegetable paste Textured vegetable protein (TVP) Hydrolysed vegetable protein (HVP) Hydrolysed plant protein (HPP)	Miso Soya infant formula Soya margarine Soy sauce Soya yogurts & desserts Tempeh Tofu / Tofutti	Baby foods Bread, Cakes & biscuits Breakfast cereal Confectionery with a biscuit base Cheese substitutes Chinese food Chocolates (especially with cream filling) Commercial fruit products Crackers Crisps / Flavoured crisps Dessert mixes / frozen desserts Ice cream Liquid meat replacers Margarine Meat products – cold cuts, beef burgers, meat paste / pies, minced beef, sausages & hot dogs Milk (coffee whiteners) or cream replacers Pancakes & waffle mixes Pasta & pizza bases Ready meals (Convenience meals) Sauces – Worcester, sweet & sour, Teriaki, stock cubes, gravy powders, some cook-in sauces Seasoned salt Snack bars Soups (canned / packet) Sandwich spread / mayonnaise / salad Cream

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SESAME ALLERGIES / INTOLERANCES

SULPHUR DIOXIDE or SULPHITES ALLERGIES / INTOLERANCES

Also known as Benne, Gingelly, Til, Teel, Simsim or Ajonjoli on foreign products

Naturally occurs in food but is also added as a preservative.

<p>Foods containing sesame - Sesame seeds Sesame oil very popular in Oriental cooking Hummus, Tahini, Halvah are popular sesame products & are often added to other foods.</p>	<p>Possible sources - Restaurant Foods especially in stir-fries, curries, risottos & re-using cooking oil Oriental cooking & vegetarian foods Bakery products – Biscuits, Crackers, Breadsticks, Rice cakes, Bagels, Pies, Muesli Pre-packed & Processed Food – noodles, Dips, soups, sausages, samosas, processed meats, vegeburgers, chutneys, salad dressings, mixed spices, spreads & confection bars. Some herbal drinks eg Aqua Libra</p>	<p>Other names for Sulphites – E 220, E 221, E 222, E223, E224,E225, E 226, E227, E 228 Potassium bisulphite Potassium metabisulphite Sodium bisulphite Sodium dithionite Sodium metabisulphite Disodium sulphite Sulphur dioxide Sulphiting agents Sulphurous acid</p>	<p>Possible sources – Alcoholic / non-alcoholic – beer, cider, wine Baked goods# Bottled lemon & lime juice & concentrates Canned / frozen fruits & vegetables Cereal, cornmeal, corn starch, crackers, muesli Condiments Deli meats, hot dogs, sausages Dressings, gravies, guacamole, sauces. Soups, soup mixes Dried fruit & vegetables Fish Fruit fillings, syrups, jams, jellies, marmalade Fruit & vegetable juices Glazed / glace fruits Potatoes Snack foods Soy products Tomato paste, pulp, puree Vinegar, wine vinegar</p>
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