

# Overview of food allergens

Food allergens are naturally occurring substances especially of proteinaceous nature, causing in hypersensitive individuals inadequate immune reactions (allergy). Allergy may be caused substantially by all of the food. In Europe, 14 food allergens were established, which represent the majority of food hazards and for this reason they are subjected to the legislative labeling. To provide you with the information concerning the allergens, they will be **indicated in the daily menu with a number**.



1

**cereals containing gluten** (1a wheat, 1b rye, 1c barley, 1d oats, 1e spelled, 1f kamut or their hybridised strains), and their products



2

**crustaceans** and their products



3

**eggs** and eggs products



4

**fish** and fish products



5

**peanuts** and their products



6

**soybeans (soy)** and its products, except for fully refined soybean oil and fat



11

**sesame seeds (sesame)** and their products



7

**milk** and dairy products



9

**celery** and its products



10

**mustard** and its products

12

**sulphur dioxide and sulphites** in concentrations higher than 10 mg / kg / l



13

**lupin (lupin)** and its products



14

**molluscs** and their products

8

**dry nuts** (8a almonds, 8b hazelnuts, 8c walnuts, 8d cashews, 8e pecans, 8f brazil nuts, 8g pistachios, 8h macadamia nuts, queensland) and their products

