

WHEN ALLERGENS TURN DEADLY



Around **2 million** people in the UK have a food allergy.
Here are the **14 most common allergens**



Celery



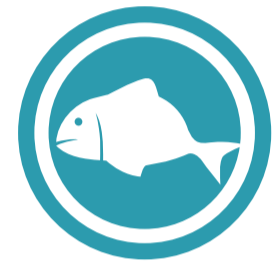
Peanuts



Sesame seeds



Eggs



Fish



**Cereals containing
gluten**



Milk



Soybeans



Mustard



Tree nuts
(hazelnuts, almonds, walnuts,
Brazil nuts, cashew and
pistachio nuts)



Lupin
(type of bean)



Crustaceans
(prawns, crab & lobster)



Molluscs
(mussels & oysters)



**Sulphur dioxide
or sulphites**
(found in beer and wine)

Be allergen-aware

Always ask if someone has an allergy

Wash your hands before and after meals to prevent cross-contamination

Learn the signs of an allergic reaction and what to do in an emergency