

ANGEL

LIST OF THE 14 FOOD ALLERGENS



GLUTEN - 1

(cereals: wheat, rye, barley, oats, spelt, kamut, including hybridized varieties)



CRUSTACEANS AND PRODUCTS THEREOF - 2

(marine and freshwater: shrimp, prawns, crabs, etc.)



EGGS AND PRODUCTS THEREOF - 3

(eggs and foods containing them: mayonnaise, emulsifiers, egg pasta)



FISH AND PRODUCTS THEREOF - 4

(food products containing fish, even in small amounts)



PEANUTS AND PRODUCTS THEREOF - 5

(creams and condiments containing peanuts, even in small doses)



SOYBEANS AND PRODUCTS THEREOF - 6

(derived products such as soy milk, tofu, soy noodles, and similar)



MILK AND PRODUCTS THEREOF - 7

(any product using milk: yogurt, cookies, cakes, ice cream, and various creams)



TREE NUTS AND PRODUCTS THEREOF - 8

(almonds, hazelnuts, walnuts, cashews, pecans, pistachios)



CELERY AND PRODUCTS THEREOF - 9

(both as pieces and inside preparations for soups, sauces, and vegetable concentrates)



MUSTARD AND PRODUCTS THEREOF - 10

(can be found in sauces and condiments, especially mustard)



SESAME SEEDS AND PRODUCTS THEREOF - 11

(whole seeds used in bread, flours containing minimal amounts)



SULPHUR DIOXIDE AND SULPHITES - 12

(sulphur dioxide and sulphites in concentrations above 10 mg/kg or 10 mg/l expressed as SO₂ — used as preservatives, found in: preserved fish products, pickled foods, foods in oil or brine, jams, vinegar, dried mushrooms, soft drinks, and fruit juices)



LUPIN AND PRODUCTS THEREOF - 13

(found in vegan foods in the form of roasts, sausages, flours, and similar)



MOLLUSCS AND PRODUCTS THEREOF - 14

(canestrello, razor clam, scallop, mussel, oyster, limpet, clam, tellina, etc.)