

Allergens

Food law establishes the rights of consumers to safe food and to accurate and honest information. You must, by law, be able to inform your guests if the food contains allergens when selling unpackaged food over the counter or serving food at a restaurant or café. This is essential for individuals with allergies and others with food hypersensitivity, since even small amounts of an allergen can cause severe reactions.

What do you as a restaurant / café need to do?

Procedures and working methods need to be reviewed so that all staff who handle and serve food have sufficient knowledge about allergens. You should be able to provide allergen information to the customers, even if the chef who cooked the food isn't there.

This information must be visible, clearly legible and easily accessible to the customer. Ways of providing information to your guests are presented on the next page.

What allergens do you need to inform your guests about?

1	Cereals containing gluten (e.g. wheat, rye and barley)	8	Soybeans
2	Tree nuts (including almonds, hazelnut, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	9	Celery
3	Milk (including lactose and milk proteins)	10	Mustard
4	Crustaceans (such as prawns, crabs and lobsters)	11	Peanuts
5	Molluscs (such as mussels, oysters, snails, octopus and shells)	12	Sesame seeds
6	Fish	13	Sulphur dioxide and sulphites
7	Eggs (also lysozyme which may be referred to as preservative E 1105)	14	Lupin

FOOD ALLERGY?

FEEL FREE TO ASK A MEMBER OF STAFF ABOUT THE INGREDIENTS IN YOUR MEAL BEFORE PLACING YOUR ORDER.

THANK YOU

Ways to inform about allergens

Written sign or similar in the immediate vicinity of the food
Written material that presents or accompanies the food
Oral communication
The allergens included are indicated by the name of the food concerned
Other method (e.g. reading tablet / computer screen) backed up by oral information

Don't forget to check your deliveries!

It is important that you check your deliveries so that you really get the products you ordered. Suppliers can make mistakes. The correct name of the product must appear on the food, packaging and it is this name that must be transferred to menus and signs. For example, if you have received Salad cheese on your delivery, then it is this name that should be on the menu.

If you change the ingredients of a food, make sure you also update your ingredients information on menus and signs and inform your staff. If you don't update your menus – make sure to give your customers the right information.

Other legal requirements for information on allergens

There are also new requirements for packaged goods. Please read [Regulation \(EU\) No 1169/2011](#) on the provision of food information to consumers.

Further information

If you have questions, don't hesitate to contact us by calling 08-523 010 00 or by sending an e-mail to livsmedelskontrollen@sodertalje.se