



## Allergens – common deficiencies

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 from 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. Some common allergens are gluten, lactose, nuts of various kinds, soy and seafood such as fish.

### Information

You may provide information to your customers orally or in writing. If the information is oral then there should be instructions that the information is available if the customer requests it. Written information on allergens may be, for example:

- On the menu
- On a special sign or screen
- On a chalkboard



### Don't forget!

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.

### Composite products

Many restaurants often miss checking the ingredient list for composite products. These products can often contain several allergens. Here are some examples of products where businesses have failed to check the ingredient list during inspections:

- Asian products
- Spice blends
- Fonds
- White cooking wine

## Examples of composite products which may contain allergens

- Aromat (general-purpose seasoning)- **celery**
- Maizena (cornstarch) – **milk proteins, milk sugar**
- Cooking wine (white) – **sulphite**
- Maggie cooking sauce - **soy, wheat**
- Grillkrydda (BBQ seasoning) – **celery**
- Red curry paste – **prawns**
- Worcester sauce - **fish, barley malt vinegar**
- Authentic Chinese soy - **soy, wheat**

If the food / product contains ingredients from the allergen list, these ingredients / food groups should be highlighted in bold, uppercase letters or other clarification. See the examples below:



Another common defect found during food control of allergens is that certain frozen products have their ingredients list written on the carton but not on the product itself. If you throw away the carton without saving the ingredients list then it will be difficult for the staff to provide the customers with information about what allergens the product may contain.



Another good and important tip for you who work in the kitchen is that you do a check on the ingredient list of products that you use. Sometimes the manufacturer can change the recipe of the product and then there may be allergens that were not there before. For example, we have found mustard seeds in mayonnaise products that previously did not contain it, which can be dangerous for some individuals with allergies.

### Further information

If you have questions don't hesitate to contact us by calling 08-523 010 00 (Södertälje municipality contact center) or by sending an e-mail to [livsmedelskontrollen@sodertalje.se](mailto:livsmedelskontrollen@sodertalje.se)