

14 ALLERGENS

coming to a food label near you

The way allergens are labelled on your packaged foods is changing because of new regulations. The Food Information Regulations, which come into effect December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned either on a label or through provided information such as menus when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



Cereals / Cereals

The wheat, barley, rye, maize, oats and their other relatives. You can find them in many dry mixes, cereals and pastries, eggs and meat pies.



Cereals Containing Gluten

Wheat, oats, barley and rye. These are found in many dry mixes, cereals and pastries, eggs and meat pies. You can find them in many dry mixes, cereals and pastries, eggs and meat pies.



Crustaceans

Crabs, lobsters, prawns and other sea creatures. Shrimps, prawns, shellfish and other crustaceans are found in many dry mixes, cereals and pastries, eggs and meat pies.



Eggs

Eggs are often found in cakes, eggs, meat products, pastries, cereals, bread, pastries, eggs and pastries or food cooked in a grease with egg.



Fish

You will find fish in many fish products, pastries, cakes, meat pies, shellfish, other crustaceans and other food.



Legum

The legume is a family of plants that is often found in food. Legumes are found in many dry mixes, cereals and pastries, eggs and meat pies.



Milk

Milk is a common ingredient in many dry mixes, cereals and pastries, eggs and meat pies. It is often found in many dry mixes, cereals and pastries, eggs and meat pies.



Molluscs

Molluscs include snails, bivalves, and other shellfish. They are found in many dry mixes, cereals and pastries, eggs and meat pies.



Mustard

Mustard is often found in many dry mixes, cereals and pastries, eggs and meat pies. It is often found in many dry mixes, cereals and pastries, eggs and meat pies.



Nuts

Nuts are often found in many dry mixes, cereals and pastries, eggs and meat pies. They are found in many dry mixes, cereals and pastries, eggs and meat pies.



Peanuts

Peanuts are often found in many dry mixes, cereals and pastries, eggs and meat pies. They are found in many dry mixes, cereals and pastries, eggs and meat pies.



Soybeans

Soybeans are often found in many dry mixes, cereals and pastries, eggs and meat pies. They are found in many dry mixes, cereals and pastries, eggs and meat pies.



Vegetables

Many food products contain vegetables, including potatoes, tomatoes, and other vegetables. They are found in many dry mixes, cereals and pastries, eggs and meat pies.



Sulphur Dioxide (Sulphites)

This is an ingredient often used as a preservative and in many food products, including wine, beer, and other beverages. It is found in many dry mixes, cereals and pastries, eggs and meat pies.

Information provided by The Food Standards Agency

Allergies Lightheaded Manual Guide

Pasquale De Marco



Allergies Lightheaded Manual Guide:

First Aid Manual: Essential Guide for Emergency Preparedness Pasquale De Marco, 2025-04-12 In the face of unforeseen medical emergencies having the knowledge and skills to provide immediate first aid can make all the difference between life and death This comprehensive manual crafted with precision and clarity is your steadfast companion in navigating emergencies with confidence and competence Within these pages you will find a wealth of invaluable information and practical guidance empowering you to respond effectively to a wide range of medical crises Master the art of recognizing signs and symptoms of common emergencies from cardiac arrest to poisoning Equip yourself with step by step instructions for administering essential first aid techniques including CPR rescue breathing and wound care Beyond the theoretical foundations of first aid this manual delves into the intricacies of managing specific injuries and illnesses providing you with the knowledge to handle burns fractures allergic reactions and more Discover the unique considerations for rendering first aid to vulnerable populations including infants children and the elderly By gaining this knowledge you become an indispensable asset in any emergency situation ready to respond with unwavering composure and expertise This manual also emphasizes the importance of preparedness and prevention offering practical strategies for creating a safe environment at home at work and during outdoor activities Learn how to assemble a comprehensive first aid kit tailored to your specific needs and circumstances Recognize and mitigate potential hazards reducing the likelihood of accidents and injuries Furthermore as a responsible member of your community you have the opportunity to become a guardian of well being Share your knowledge and skills with others fostering a culture of preparedness and resilience By empowering your community with first aid training you create a network of individuals ready to respond to emergencies with confidence and compassion Remember first aid is not merely a collection of techniques it is an embodiment of empathy compassion and the unwavering belief in the sanctity of human life As you embrace the principles and practices outlined in this manual you become a beacon of hope in times of crisis a guardian angel ready to make a profound difference in the lives of those around you If you like this book write a review on google books

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fracture management sepsis and management of infections resuscitation for both adults and children poisons stings and bites are essential for emergency practices in nursing and medical training in Ghana Emergency care for nurses and medical doctors is a big challenge in the various health facilities in Ghana as almost on daily bases health professionals are confronted with one emergency situation or another due to road traffic or domestic accidents This book is meant to provide a fundamental learning tool for nursing and medical students who happen to be front line medical team members during emergencies

Village Medical Manual 7th Edition Mary Vanderkooi,2019-08-01 Village Medical Manual is a user friendly two volume healthcare guide for lay workers in developing countries with special features that trained medical professionals would also find useful The intended use is for those who are required by location and circumstances to render medical care The clear vocabulary along with over a thousand illustrations and diagrams help Western educated expatriates in isolated locations to medically treat people and intelligently refer those that can be referred accordingly It contains clearly defined procedural techniques and diagnostic protocols for when sophisticated instrumentation and lab tests are not available It also offers solutions and advice for overcoming barriers to best practices in global health Volume 1 Principles Procedures and Injuries elucidates medical procedures for routine medical care as well as emergency situations Volume 2 Symptoms Illnesses and Treatments includes vast disease common and tropical drug and regionally relevant indices to assist the reader in step by step diagnoses and treatment This is a crucial reference for all who lack formal global health training but must know how to meet health care challenges in developing areas lacking medical infrastructure Special features include Epidemiological disease maps Detailed diagnostic triage protocols Safety criteria for skills relevant to performing procedures Bush Laboratory Procedures appendix Drug name cross reference lists Reference chart for determining unknown patient age Patient history physical exam forms Critically ill patient appendix for hospice oriented care Water purification procedures Extensive index for easy navigation The Combined eBook has approximately 20 000 internal hyperlinks for easy cross referencing The fixed page layout allows for perfect parity with the print version For added convenience get anywhere in the eBook within four clicks

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