

# The 14

# REGULATED ALLERGENS



Notasha  
Allergy  
Research  
Foundation

In the UK, food labelling law requires any business supplying food or drink to provide information about any of the 14 regulated allergens used as ingredients in their products or dishes.

These have been prioritised as the most potent and prevalent allergens affecting consumers in the UK and EU.

The 14 allergens must be emphasised within the ingredients list of pre-packed food or drink. This can be done, for example, by using **bold**, *italic* or coloured type, to make the allergen ingredients easier to spot.

## The 14 regulated allergens are....



Celery



Cereals containing  
gluten (by name)



Crustaceans



Eggs



Fish



Lupin



Milk



Molluscs



Mustard



Nuts (by name)



Peanuts



Sesame Seeds



Soya



Sulphur Dioxide  
(Sulphites)

# Allergy Which Allergens

**Zhong-Shan Gao, Hua-Hao Shen, Min  
Zheng, Lynn J. Frewer, Luud J. W. J.  
Gilissen**

## **Allergy Which Allergens:**

**Food Allergy** Frederic Speer, 2013-09-11 Food Allergy aims to address the gap in research and literature on food allergy. Another objective of this book is to identify food allergens and provides patients with allergy a diet that is allergen free acceptable and nourishing. This second edition of the book is organized into nine chapters. Several chapters from the first edition were extensively revised. These include Chapter 2 which deals with the tendency to consider all adverse reactions to foods as allergic reactions, Chapter 4 which presents additions to the classification of food allergens listed in the first edition, Chapter 5 which focuses on the management of food allergy and Chapter 9 which examines food allergy in infants. This book will be of interest to medical professionals and others interested in understanding food allergy. Food Allergy Linglin Fu, Bobby J. Cherayil, Haining Shi, Yanbo Wang, Yang Zhu, 2019-04-03 This book addresses the molecular mechanisms of food allergies and related control strategies. To do so it covers a broad range of topics including the basic immunology of food allergies including crosstalk between gut mucosal immunity and allergens, types of food allergens, structure of food allergen epitopes and cross reactivity, detection and quantification methods for food allergens in vitro and in vivo models for evaluating allergenicity, novel food processing methods for the development of hypoallergenic foods, bioactive natural compounds and functional foods for alleviating allergic reactions, modulation of the microbiota in food allergies and use of probiotics in allergic response regulation and risk assessment and control strategies for food allergens. The information provided will enable food scientists, specialists to design safer and more functional food products and will help regulatory agencies identify and label food allergens and thus help consumers avoid allergic reactions. It will help clinicians and public health investigators prevent or treat outbreaks of food allergies and will provide food producers and processors as well as government inspectors with valuable insights into evaluation, risk assessment and control strategies for allergens. Lastly it will benefit upper level undergraduate and graduate students in food science and safety, public health, medicine, nutrition and related fields. *Allergens and Allergic Sensitization in Asia and the Tropics* Alain Jacquet, Luis Caraballo, Andreas L. Lopata, Fook Tim Chew, Enrique Fernandez-Caldas, Ting Fan Leung, Anna Pomés, Musa R. Khaitov, 2022-03-11 Chemical and Biological Properties of Food Allergens Lucjan Jedrychowski, Harry J. Wichers, 2009-09-28 In the U S alone severe food related allergic reactions account for an estimated 30 000 emergency room visits and 150 deaths per year, unsettling statistics for food product developers and manufacturers who are charged with ensuring food safety and quality throughout the entire farm to table production chain. Providing the clear cut information Allergen Management in the Food Industry Joyce I. Boye, Samuel Benrejab Godefroy, 2010-10-05 This book comprehensively addresses the sources of allergenic contaminants in foods, their fate during processing and the specific measures that need to be taken to minimize their occurrence in foods. The book provides up to date information on the nine major allergens as well as other emerging allergens and practical guidelines on how these allergens can be identified and controlled during production and processing.

Starting with an introduction to food allergens the book follows with sections on food allergen management during production and processing guidelines for the processing of specific allergen free foods techniques for hypo allergenization and allergen detection and allergen free certification **Living Allergy Free** M. Eric Gershwin, Edwin L.

Klingelhofer, 2013-03-07 In this commonsense book Dr Gershwin and Dr Klingelhofer offer sensible practical strategies for identifying the substances that cause allergies allergens the symptoms they cause ways exposure to allergens can be avoided or reduced and ways you can relieve the symptoms Living Allergy Free also treats some reactions that are commonly assumed to be allergies but are really sensitivity or irritant reactions shows how they can be distinguished from true allergies and tells you what to do about them If you suffer from allergies or if you think you do Living Allergy Free is just what the doctor would order **ALLERGIES** Bruce S. Dobozi MD. & Stuart H. Young, 2011-07-16 Fifty million Americans suffer from allergies to certain foods pollens animal danders dust mites and other less common allergens Although the most common symptoms from watery eyes to hives are not life threatening there is a substantial cost in health care spending associated with these conditions Americans spent about 18 billion each year on asthma care in 2009 And of the 19 billion spent each year on over the counter remedies a substantial portion is spent on allergy medications Now two specialists in allergy medicine reveal how to manage allergies safely and effectively and live more comfortable symptom free lives Allergies

debunks the many myths about allergies and offers long term help to both seasonal and chronic sufferers This comprehensive and authoritative resource helps you make informed choices about everything from diagnostic tests to nasal antihistamines and corticosteroid sprays from homeopathic remedies for poison ivy and insect bites to desensitizing therapies and emergency relief for severe allergic reactions and much more including A detailed evaluation of the most common over the counter drugs How to minimize allergens like mites pollen and danders in your house Useful advice for life threatening allergies such as food and stinging insects Allergies and exercise Allergies and pregnancy Skin disorders from allergies When allergy shots are unnecessary Self treatment versus traditional care How to recognize and avoid allergy scam treatments Allergies in children and the elderly Plus a comprehensive guide to reliable information on the internet **Food Allergens**

Leo M.L. Nollet, Arjon J. van Hengel, 2016-04-19 While there are many books about various aspects of food allergy and allergens not many comprehensively review the wide range of instrumentation and methods used in this analysis Covering all of the major recognized food allergens in the US and EU Food Allergens Analysis Instrumentation and Methods begins with an introduction to the problem and Animal Allergens: Common Protein Characteristics Featuring their Allergenicity

Christiane Hilger, Annette Kuehn, 2015-07-13 Among the many molecules present in our environment some have the property to induce allergic sensitization and IgE mediated reactions The analysis of known major animal allergens has shown that most belong to single protein families lipocalins and serum albumins for inhalant allergens EF hand proteins tropomyosins and caseins for the digestive allergens The finding that allergens are often clustered in large families may be related to the

fact that common structural biochemical or functional features contribute to their allergenicity in addition to external adjuvant factors. Currently, there is no curative treatment for animal allergy available. In order to lower allergic reactions to respiratory allergens in daily life and to food allergens upon accidental exposure, it is important to desensitize concerned patients. Tolerance induction by allergen-specific immunotherapy is in the current focus of an ambitious research. This Research Topic aims to provide a comprehensive view of the basic and recent insights on the allergenicity of animal allergens in view of their structural and functional aspects as well as allergen-specific immunotherapy.

**Comprehensive Perspectives on Environmental Allergies: From Diagnosis to Precision Management** Dr. Spineanu

Eugenia, 2025-03-12 Discover in depth insights into environmental allergies with our comprehensive treatise covering everything from their definition and prevalence to advanced diagnostics and precision management strategies. Explore the latest advancements in allergy research including novel therapeutic targets and emerging diagnostic technologies designed to revolutionize allergy care. From traditional skin tests to cutting-edge molecular assays, learn how precision medicine is reshaping the landscape of allergy diagnosis and treatment. Gain valuable knowledge on personalized immunotherapy, innovative biologic therapies, and integrative approaches for improving quality of life in individuals with environmental allergies. With expertly curated content and practical insights, our treatise offers a holistic understanding of environmental allergies, empowering clinicians, researchers, and patients to navigate the complexities of allergic diseases effectively.

**Food Allergies For Dummies** Robert A. Wood, 2011-04-04 Includes over 25 allergen-free recipes. Covers peanut allergy and the new labeling guidelines. Are you constantly worrying about what you or your loved ones eat? Is every dining experience an episode of anxiety for you? Being allergic to different types of food not only ruins the experience of eating, it can lead to dangerous, sometimes lethal consequences. With *Food Allergies for Dummies*, you can feel safer about what you eat. This concise guide shows you how to identify and avoid food that triggers reactions. This guide covers how to care for a child with food allergies, such as getting involved with his/her school's allergy policies, packing safe lunches, and empowering him/her to take responsibility for his allergy. You will also discover the signs and symptoms of food allergies, how to determine the severity of your allergy, ways to eat out and travel with allergies, how to create your own avoidance diet, ways to enjoy your meal without allergic symptoms, how to prevent food allergies from affecting your child, the latest research being done to treat food allergies. *Food Allergies for Dummies* also provides an in-depth chapter on peanut allergy and how to spot traces of peanut in your food. With this book, you will feel safer and more comfortable while you eat. And with plenty of helpful resources, such as web sites and allergy-friendly recipes, you'll hardly have to worry about your diet.

**Food Allergens** Tong-Jen Fu, Lauren S. Jackson, Kathiravan Krishnamurthy, Wendy Bedale, 2017-11-16 This volume identifies gaps in the assessment, management, and communication of food allergen risks. Chapters showcase best practices in managing allergen risks at various stages of the food chain, including during food manufacture, processing, and during food preparation in food

service retail food establishments and in the home and at the point of consumption The authors highlight key legislative initiatives that are in various stages of development and implementation at the federal state and community levels Finally the volume includes recommendations for ways to build and strengthen education and outreach efforts at the food industry government institutional and community levels Chapters come from an array of experts including researchers and key stakeholders from government the food industry retail food service groups and consumer groups The information presented will facilitate the development of educational materials and allergen management training programs for food production and service staff extension specialists and government inspectors Consumers and other food safety professionals will also benefit from information on food allergen control measures that have been put in place across the food chain

*Plant Food Allergens* E. N. Clare Mills, Peter R. Shewry, 2008-04-15 *Plant Food Allergens* is concerned with a paradox of immense potentially life threatening significance to about 1 in 100 adults and 1 in 10 children The paradox is that certain nutritious proteins from wholesome foods can act as if they were harmful sometimes deadly poisons to these people who possess an allergy to them In order to study the complex problems of food allergy a EU funded network called PROTALL was set up bringing together a wide range of clinicians and scientists This important book is largely based on the outcome of its investigations Written by over 30 acknowledged experts and carefully edited by Dr Clare Mills and Professor Peter Shewry themselves well known internationally this important work covers all major aspects of the subject Commencing with introductory chapters the comprehensive contents of *Plant Food Allergens* includes details of the major allergens including plant lipid transfer proteins the 2S albumin proteins the cereal amylase trypsin family latex and plant chitinases profilins beta 1 homologous allergens and plant seed globulins The book concludes with important chapters on the assessment of the allergenicity of novel and GM foods and the monitoring of and technological effects on allergenicity of proteins in the food industry *Plant Food Allergens* is an essential purchase for a wide range of scientists and clinicians including plant and agricultural scientists chemists allergy specialists food scientists and technologists pharmacologists physiologists and nutritionists Libraries in all research establishments and universities researching and teaching these subjects will need copies of this important book on their shelves Dr Clare Mills is based at The Institute of Food Research Norwich UK Professor Peter Shewry is based at Rothamsted Research Harpenden UK

**Kids' Food Allergies for Dummies** Mimi Tang, Katie Allen, 2012-02-03 Everything you need to know to look after kids with food allergy Managing food allergy is vital for the safety of kids in your care The best defence against a serious allergic reaction is knowledge and this book provides you with everything you need to know from prevention and diagnosis through to caring for kids at home school or away on holidays Look after your child in your home and on the go organise your home and make travel plans that cater for your child's needs Provide a safe environment at school or the childcare centre set up your school or centre to manage allergies with confidence Prepare your child to take responsibility for a food allergy ensure your child knows about problem foods Know

when allergic reactions are serious be prepared to treat and manage anaphylaxis Get to grips with the difference between types of food allergy identify immediate and delayed food allergies Understand why allergy rates are on the rise access the latest research on what causes allergies and how to avoid them Prepare for allergy testing learn how your child is tested and how you can get involved Look into future treatments get a grasp on new allergy treatments and possible cures Open the book and find Clear instructions for using EpiPens and Anapens Simple explanations about different types of food allergy Information about how to recognise and treat allergic reactions Sample emergency action plans The latest research on finding a cure for food allergy Key lessons to teach children with food allergy Suggestions for food replacements Websites to access further support Learn to Keep the home classroom and childcare centre safe Show others how to care for kids with food allergy Educate kids about helping their friends and themselves

**Food Allergies** Roua Lajnaf,2024-10-29 Much has been written about food allergies in scientific journals and in the lay press but Food Allergies Processing Technologies for Allergenicity Reduction approaches the issue of food allergies from an industrial processing rather than a clinical perspective Indeed industrial food processing technologies can have many beneficial effects to obtain various food products and to preserve foods from physical chemical and microbiological alterations However processing technologies including thermal and non thermal technologies can also alter the allergenic properties of food proteins This book provides an authoritative source of information on the relationship between food processing technologies and food allergens with a greater variety of studied allergens including peanuts tree nuts cow s milk eggs sesame lupine soy wheat mustard mushroom fish and shellfish as well as the importance of processing these when producing hypoallergenic foods Key Features Presents food allergies with recent advances and statistics concerning prevalence physiopathologic mechanism diagnosis and anaphylaxis Discusses food allergies in the food industry and investigates the effect of processing on allergenicity of foods during manufacturing Provides food processing and promising technologies to produce hypoallergenic food with high quality Covers the allergenic effect of different food additives with an investigation of cross reaction risks This unique book is an indispensable guide for allergic patients production managers scientists and nutritionists within the food industry as well as covering a range of critical topics in this area for all those concerned with understanding and managing food allergies

**Food Allergy: Molecular Basis and Clinical Practice** M., Ebisawa,B.K., Ballmer-Weber,S., Vieths,R.A., Wood,2015-05-21 While first accounts of food allergy date back to antiquity only in recent years has food allergy become recognized as one of the major allergic diseases During the last decade the output of research papers on food allergy increased tremendously and today issues related to food allergies still attract a lot of attention among academics and the general public Featuring contributions by world renowned experts this book presents the current concept practice and recent advances in the field of food allergy A comprehensive background section provides a historical retrospective and information on the immunological basis and epidemiology of food allergies Main topics discussed include clinical aspects diagnosis and management allergen based food

allergies and disease based food allergies Furthermore nutritional aspects and diets public policy and educational programs are covered as well as recent hot topics such as molecular based allergen diagnosis eosinophilic gastrointestinal food allergies and oral immunotherapy Allergists pediatricians internists dermatologists and general practitioners will find this publication an essential source of information as it provides in depth insights into food allergies from childhood to adulthood

**Food Allergies** Scott H. Sicherer, 2013-05 Manage your food allergies with this easy to follow question and answer guide Posing the questions that anyone with food allergies will think to ask and then some Food Allergies provides practical emotional and scientific guidance on the topics that affect your life Allergy expert Scott H Sicherer addresses the full spectrum of food allergies from mild to life threatening from single foods to food families clearing up misconceptions along the way He explains how exposure to foods can bring about an allergic response describes the symptoms of food allergy and illuminates how food allergies develop He also recommends tests for diagnosing both food allergies and chronic health problems caused by food allergies such as eczema hives and respiratory and gastrointestinal symptoms Food Allergies thoroughly explains how to prevent exposure to a known allergen at home at school in restaurants and elsewhere and what to do if exposure occurs including how to handle an anaphylactic emergency Dr Sicherer also reviews food reactions that are not allergic such as lactose intolerance advises how to get adequate nutrition when you must avoid dietary staples and discusses whether allergies ever go away they do and then sometimes they return

**Encyclopedia of Food Chemistry**, 2018-11-22 Encyclopedia of Food Chemistry Three Volume Set is the ideal primer for food scientists researchers students and young professionals who want to acquaint themselves with food chemistry Well organized clearly written and abundantly referenced the book provides a foundation for readers to understand the principles concepts and techniques used in food chemistry applications Articles are written by international experts and cover a wide range of topics including food chemistry food components and their interactions properties flavor aroma texture the structure of food functional foods processing storage nanoparticles for food use antioxidants the Maillard and Strecker reactions process derived contaminants and the detection of economically motivated food adulteration The encyclopedia will provide readers with an introduction to specific topics within the wider context of food chemistry as well as helping them identify the links between the various sub topics Offers readers a comprehensive understanding of food chemistry and the various connections between the sub topics Provides an authoritative introduction for non specialists and readers from undergraduate levels and upwards Meticulously organized with articles structured logically based on the various elements of food chemistry

**Multidisciplinary Approaches to Allergies** Zhong-Shan Gao, Hua-Hao Shen, Min Zheng, Lynn J. Frewer, Luud J. W. J. Gilissen, 2013-07-27 Allergy is an immunological disease caused by multiple factors and characterized by variability specificity and complexity Multidisciplinary Approaches to Allergies covers diverse aspects ranging from basic molecular mechanisms to societal issues within the framework of multidisciplinary approaches to allergies It contains 29 chapters in 6 parts General Allergy

Allergenic Sources and Allergens Diagnosis Therapies and Pharmacy Hypoallergenic Products Environment Hygiene and Societal Issues It can be used in education and research as introductory and supplementary material It is also an indispensable tool for scientists and doctors who are searching for an integrated way for allergy prevention treatment and management Zhong Shan Gao Ph D is Professor of Fruit Science and Allergy at the Department of Horticulture and the Allergy Research Center Zhejiang University China Hua Hao Shen M D Ph D is Professor of Respiratory Diseases at the Second Affiliated Hospital School of Medicine Zhejiang University China and Professor in the Chang Jiang Scholars Program MOE Min Zheng M D Ph D is Professor of Dermatology at the Second Affiliated Hospital School of Medicine Zhejiang University China Lynn J Frewer Ph D is Professor of Food Society at the School of Agriculture Food and Rural Development Newcastle University UK Luud J W J Gilissen Ph D is senior researcher at Plant Research International Wageningen University and Research Centre the Netherlands **Cumulated Index Medicus** ,1999

Fuel your quest for knowledge with is thought-provoking masterpiece, **Allergy Which Allergens** . This educational ebook, conveniently sized in PDF ( PDF Size: \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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