

## Triggers for food allergies and intolerances

The following fourteen 'allergenic' ingredients must be declared in Switzerland and the EU.

- Cereals containing gluten\*
  - Wheat (incl. spelt, kamut, khorosan, triticale)
  - Spelt (incl. dried green spelt)
  - Rye, barley, oats
  
- Milk\* incl. lactose
  
- Eggs\*
  
- Fish\*
  
- Crustaceans\*
  
- Soy\*
  
- Peanuts\*
  
- Thick-skinned fruit (nuts)\*
  - Almonds
  - Hazelnuts
  - Walnuts
  - Cashew nuts
  - Pecan nuts
  - Brazil nuts
  - Pistachios
  - Macadamia nuts and Queensland nuts
  
- Sesame\*
  
- Celery\*
  
- Mustard\*
  
- Sulphur dioxide and sulphites\*
  
- Lupine\*
  
- Molluscs\*

\*and derivative products