

The Allergen & Diets Guide for Professional Catering



New
legislation -
we help you
to comply



Inspiration every day



Do you know legislation is changing?

As of 13th December 2014, the Food Information for Consumers Regulation (EU FIC) will change the way allergen information appears on labels and on food that is pre packed, sold loose or served out of home.

From 13th December, you need to be able to answer any consumer queries regarding allergens for the food you serve. This guide will help you to understand your responsibilities and provide examples of what actions you can take.



Unilever Food Solutions has created this Allergen & Diets Guide for Professional Catering to assist you in understanding allergen and dietary requirements and help you to become compliant to the new regulations. This tool will help you develop your knowledge in this area.

Tim Franklin-Heys
Culinary Team Manager, Unilever Food Solutions



Chefs across all sectors should ensure they are fully aware of new legislation relating to Food Allergy Information regulations. Tools like this will help greatly.

The aim is to protect consumers by raising awareness within the industry and it is vital that chefs develop a sense of ownership and responsibility.

Through ongoing training and understanding the risks, chefs will be best placed to develop recipes and menus which are innovative and creative, driving sales and customer satisfaction. The Craft Guild of Chefs welcomes the latest government legislation and is committed to supporting industry initiatives to ensure its success.

David Mulcahy FCFA CG
Vice President, The Craft Guild of Chefs



There is no doubt but that the new legislation regarding food labelling and allergens will present real challenges for the foodservice industry. No matter how the information is eventually presented, what is certain is that consumers will have to be made aware of the allergens present in foods sold loose or through the foodservice sector. In this comprehensive Allergens & Diets Guide for Professional Catering, Unilever Food Solutions has created an invaluable tool to support foodservice operators in meeting the necessary legislation requirements.

I would recommend that this guide become an integral resource for menu planning and commend Unilever Food Solutions for recognising and responding to our industry's needs with this fantastic support tool.

Adrian Cummins
Chief Executive of the Restaurants Association of Ireland

This guidance is given by Unilever Food Solutions and is intended to help you interpret the Food Information to Consumers Regulation which is coming into force on 13th December 2014. This guidance does not constitute legal advice and does not bind Unilever in any way.

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What do the new allergen regulations mean for **you**?

This means the food you serve out of home will need to provide allergen information in a clear and more consistent way; making it easier for consumers to make informed food choices.



The New Legislation is effective across the EU

The new law will apply on 13th December. You must be able to provide information on **14 allergens** on all food served, either on the menu or have the information available upon request.



1. Eggs



2. Milk



3. Shellfish



4. Molluscs



5. Fish



6. Peanuts



7. Sesame



8. Soya



9. Sulphur dioxide



10. Nuts



11. Cereals containing gluten



12. Celery



13. Mustard



14. Lupin

Click on an allergen to find out more



Responsibilities of the operator

From 13th December 2014, information on **any** of the **14 allergens** used as ingredients will need to be provided for foods sold without packaging or wrapped on site. You will be held responsible for the following:

- ✓ Where the specific allergen information is not provided upfront, clear signposting to where this information could be obtained must be provided
- ✓ These rules will only cover information about major allergens intentionally used as ingredients. They do not cover allergens present following accidental contact
- ✓ This information should be available to all members of staff

[Click here to find out more about HOW TO HANDLE DIETARY REQUIREMENTS](#)

[Click here to find out more about YOUR GUIDE TO SAFER RECIPE WRITING](#)



Responsibilities of the consumer

- ✓ To inform the waiting staff/server/chef of dietary requirements or allergy and how severe food allergy or intolerance is
- ✓ To read menus carefully to see if there is any mention of the food you react to in the name or description of a dish
- ✓ To check with the waiter or waitress about the whole dish – for example, a pizza base may contain an unexpected ingredient, or butter may have been added to vegetables, or gravy may contain milk powder
- ✓ To check what allergens are in the dish even if they have eaten it before; recipes and ingredients can change
- ✓ To watch out when using self-service areas
- ✓ To be aware of particular dishes such as North African, Chinese, Thai, Indian and Malaysian, because they often contain peanuts, nuts and sesame
- ✓ To be aware that it is common practice for a wok to be wiped between dishes as the high cooking temperatures involved kill any germs. But this doesn't remove traces of allergens



What does this mean for Suppliers?

Unilever Food Solutions have already started to prepare for the changeover to the new Food Information For Consumers Regulation, which is why you will begin to see some differences to the food allergen labels on our packaging.





Your **need to know** allergens

People with food allergies or intolerances need to avoid foods that make them sick. The following section lists the 14 common food allergens and common food intolerances.

It is important to train your staff well so that they can help to avoid any cross contamination that could potentially lead to consumer sickness.



What's the difference between food allergy and food intolerance?

Food allergy occurs when the body's immune system mistakenly attacks a food protein. Allergic reactions to foods vary in severity and can be potentially fatal. Symptoms may include stomach upsets, rashes, eczema, itching of the skin or mouth, swelling of tissues (e.g. the lips or throat) or difficulty in breathing.

Food intolerance is simply the body's inability to digest a particular food, which is why it is important to be aware of common types of food intolerance, such as lactose intolerance. Symptoms may include abdominal cramps, bloating and diarrhoea.

Individuals with food allergies need restaurants to provide them with accurate information about ingredients so they can make informed decisions about what to order.

What's an anaphylactic reaction?

People with severe food allergies may experience anaphylaxis, a potentially life-threatening allergic reaction that may result in a drop in blood pressure, loss of consciousness, and even death. If a guest is having an allergic reaction, call emergency medical services and get medical help immediately!

Did you know?

Many people think the terms food allergy and food intolerance mean the same thing, but they are not. Food intolerance (e.g. lactose intolerance), unlike a food allergy, does not involve the immune system and is not life-threatening.



**Please note:**

This list is not exhaustive. In all cases, always read food labels carefully and learn where the problem food or ingredients may be used to prepare other foods. Always check carefully with your guests what can be eaten before serving any dishes.

 Can't eat

 Can eat

**Egg****Short description:**

Egg allergy is a hypersensitivity to dietary substances from the yolk or whites of eggs, causing an overreaction of the immune system

**All food and products that contain egg and egg derivatives.****Other names for egg on the label:**

Albumin/albumen, conalbumin, egg (dried, powdered, solids, white, yolk), globulin, livetin, lysozyme, ovabumin, ovomucin, ovotransferrin, silico-albuminate, vitellin

Food/products that contain or may contain egg:

Eggnog, meringue, mayonnaise, egg substitutes, pasta, lecithin, sweets/confectionery (e.g. marzipan, nougat, marshmallows) creamy sauces & salad dressings (e.g. tartare, hollandaise), baked goods and baking mixes, cream-filled desserts (e.g. some ice creams, custard), foam or milk topping on specialty coffee drinks, glazes

**Substitutes vary per dish:**

- For baking try mashed banana, a mixture of gelatine and warm water, apple sauce, xanthan gum and as an alternative for egg wash, use melted margarine
- Starch based egg substitutes
- For savoury dishes crumbled tofu works well.
- Some pasta may be egg-free. Read the label before using these pasta types. Please note: some egg-free pastas may be processed on equipment that is also used for egg-containing products

Good to know

Individuals with an egg allergy should also avoid eggs from duck, turkey, goose, quail etc.



Milk

Short description:

A milk allergy is an adverse immune reaction to one or more of the constituents of milk from any animal



All food and products that contain milk and milk derivatives.

Other names for milk:

Casein (hydrolysate), caseinates, whey (in all forms), lactoalbumin (phosphate), lactose, lactulose, lactoferrin, lacto globulin, milk protein hydrolysate

Food/products that contain or may contain milk:

Milk (in all forms), milk powder, buttermilk, yoghurt, cream, ice cream, cheese (powders), curds, custards, pudding, butter, ghee and butter fat, food glazed with milk, margarine, whitener, artificial butter flavour, chocolate, baked goods, caramel colour or flavouring, (luncheon) meat, potatoes (instant, mashed), nougat.



If a recipe allows substitute milk with water, non-dairy milk (e.g. soy, rice, oat, coconut, almond) or in sweet recipes with fruit juice



Shellfish and Molluscs

Short description:

Food allergy to shellfish is relatively common. Along with peanuts and tree nuts, shellfish are some of the most frequent triggers of anaphylactic reactions

Allergy to molluscs has been reported less frequently than allergy to shellfish

As shellfish and molluscs contain the same type of proteins some people may react to both food groups



All food and products that contain crustaceans and molluscs and their derivatives.

Shellfish include:

Shrimp (crevette), prawns, crab, crayfish and lobster

Molluscs include:

Clams, cockles, mussels, octopus, oysters, snails, squid (calamari) and scallops

Food/products that contain or may contain shellfish and molluscs:

See Can't eat section for fish including shellfish and molluscs and products thereof



See Can eat section for fish



Fish

Short description:

Finned fish can cause severe allergic reactions and is usually a life-long allergy. More than half of all people who are allergic to one type of fish are also allergic to other fish, so allergists often advise their patients to avoid all fish.



All food and products that contain fish and fish derivatives. The most commonly studied fish with respect to allergy are cod, salmon and tuna.

Most common fishes:

Anchovy, bass, bream, carp, cisco, cod, eel, flounder, grouper, haddock, hake, halibut, herring, mackerel, mahi-mahi, marlin, monkfish, pike, plaice, pollock, rockfish, salmon, sardine, shark, smelt, snapper, sole, swordfish, tilapia, trout, tuna, turbot, white fish, whiting

Food/products that contain or may contain fish:

Ethnic foods (e.g. fried rice, paella, spring rolls), salad dressing and sauces (e.g. Worcestershire, soy, barbeque), seafood soups and broths (e.g. Bouillabaisse), surimi, pizza, dips and relishes (e.g. Sicilian, Patum Peperium), gelatine, dried powders and flakes, flavourings



- Carrageenan, a type of algae used in cooking as a thickener and emulsifier, is often mistaken for a fish product. It's perfectly safe for those with fish allergy to consume
- Fish is a rich source of protein, B vitamins, niacin, vitamin A, vitamin E and several minerals. Legumes, grains, meat, poultry and other forms of protein can replicate these nutritional benefits
- Oily fish (such as salmon) is rich in omega-3. Alternative sources of omega-3 include linseed (flaxseed), rapeseed (canola), soybean oil, walnuts, margarine, and mayonnaise

Good to know

It is generally recommended that individuals who are allergic to one species of fish avoid all fish and products including fish ingredients e.g. fish sauce and fish oil.



Peanuts

Short description:

Peanut allergy is a hypersensitivity reaction to dietary substances from peanuts causing an overreaction of the immune system. It is a type of food allergy distinct from tree nut allergies



All food and products that contain peanuts and peanut derivatives.

Other names for peanuts:

Ground nuts, beer nuts, monkey nuts, nut meat, arachis oil, kernels, mandelonas, peanut protein

Food/products that contain or may contain peanuts:

Peanut oil, peanut flour, peanut butter, ethnic foods (e.g. African, Asian, Mexican), vegetarian meat substitutes, hydrolysed plant/vegetable protein, sauces and dressings (e.g. chilli, pesto, gravy, mole, enchilada, satay), artificial nuts, mandelonas (peanuts soaked in almond flavouring), baked goods, sweets and cereals (e.g. cake, pudding, cookies, cereal bar, nougat, marzipan), desserts, vegetarian products, egg rolls, pizza, glazes, marinades and dressings, snacks (e.g. mixed nuts)



- Use other seed oils as alternatives to peanut oils.
- Many nut butters are produced on equipment used to process peanut butter, therefore making it somewhat of a risky alternative

Good to know

Experts often caution those with peanut allergies to avoid tree nuts, due to cross-contamination risks. Plus, about one-third of those with an allergy to peanuts (which are legumes like beans) has or will develop an allergy to one or more tree nuts, which grow on trees.





Soy

Short description:

Soy allergy is a hypersensitivity to dietary substances from soy causing an overreaction of the immune system. Symptoms of soy allergy are typically mild, although anaphylaxis is possible



All food and products that contain soy and soy derivatives.

Other names for soy:

Soy (all forms e.g. albumin, fibre, flour, grits, milk, nuts, sprouts, oil), soya, soja, soybean, soy protein (concentrate, isolate), textured vegetable protein (TVP), edamame, bean curd/tofu, soy lecithin, okara

Food/products that contain or may contain soy:

Soybean butter, soy milk, soy oil, hydrolysed vegetable/plant/soy protein, sauces (e.g. soy, shoyu, tamari, teriyaki, Worcestershire), miso, tempeh, soy bean sprouts, bread crumbs, cereals, crackers, vegetarian dishes, vegetable gum, vegetable starch, surimi, canned tuna, soups & broths, flavourings



Try milk/dairy products. In case your guest is also allergic to milk/dairy try alternatives such as:

- Potato, rice, hemp, almond and coconut options
- In place of soy flour, try rice flour
- In place of soy oil, try rapeseed, corn or olive oil
- In place of soy sauce, try using a mixture of balsamic vinegar and salt
- Incorporate vegetables, whole grains and other lean sources of protein





Sesame

Short description:

Sesame allergy is a hypersensitivity to dietary substances from sesame seeds causing an overreaction of the immune system



All food and products that contain sesame and sesame derivatives.

Other names for sesame:

Benne (benne seed, benniseed), gingelly and gingelly oil, seeds

Food/products that contain or may contain sesame:

Bread (e.g. hamburger buns, multi-grains), crackers, cereals, toast, dips and spreads (e.g. hummus, chutney), ethnic foods (e.g. stews, stir fries), sesame oil/salt/paste (tahini)/butter, savoury products (e.g. dressings, gravies, marinades, soups, seasonings, sauces)

Occasionally allergic reactions to other seeds such as poppy seeds occur. Therefore, please check with your guests



As a garnish you can use other seeds such as sunflower and pumpkin seeds. Also nuts can be used if the guest is not allergic to peanuts and tree nuts (check information on peanuts and tree nuts)



Sulphur Dioxide

Short description:

Sulphur Dioxide can cause allergy-like symptoms in people with underlying asthma and allergic rhinitis. The most common reaction is wheezing, tight chest and cough, which can be severe and distressing



All food and products that contain sulphur dioxide and sulphur dioxide derivatives.

Other names for sulphur dioxide:

E220-228 (European names); potassium bisulphite or metabisulphite; sodium bisulphite, dithionite, metabisulphite or sulphite, sulphiting agents, sulphurous acid

Food/products that may contain sulphur dioxide:

Alcoholic and non-alcoholic drinks; bottled juices and concentrates (e.g. lemon, lime); canned, frozen and dried fruit and vegetables; cereals; condiments; potatoes, starches, sugar syrups, tomato products (e.g. paste, pulp and purée), vinegar

Good to know

Sulphur Dioxide is added to some processed food to maintain colour, prolong shelf life and prevent the growth of micro-organisms. The use of sulphites is regulated.



Nuts

Short description:

Nut allergy is a hypersensitivity to dietary substances from tree nuts causing an overreaction of the immune system which may lead to severe physical symptoms. Like those with peanut allergies, most individuals who are diagnosed with an allergy to tree nuts tend to have a lifelong allergy



All food and products that contain nuts and nut derivatives.

Nuts include but are not limited to:*

Almonds, walnuts, pecan nuts, hazelnuts, Brazil nuts, cashews, pistachio nuts, macadamia nuts, Queensland nuts

*According to EU Labelling Directive. Other lists exist.

Food/products that contain or may contain nuts:

Tree nut oil, marzipan, nougat, nut extracts/paste/butters, chocolate and chocolate spreads, ethnic and vegetarian dishes, salads & dressings, sauces (e.g. bbq, pesto), marinades & gravies, mortadella (may contain pistachios), cereals, crackers, alcoholic beverages (e.g. amaretto, frangelico), desserts, flavoured coffees, baked goods



It is important to remember that many individuals who have a nut allergy may also have an allergic reaction to peanuts.

Keep this in mind when preparing foods in your kitchen.

The following are generally safe for individuals with a nut allergy:

- Nutmeg
- Water chestnuts
- Butternut squash
- Coconut

Good to know

Although the peanut is not a tree nut, some people with tree nut allergies also react to peanuts.



Cereals containing gluten/Gluten Intolerance/Coeliac Disease

Short description:

Gluten intolerance is caused by the body's inability to break down gluten, a protein in wheat and other grains

Coeliac disease is a digestive condition caused by gluten intolerance. Those with Coeliac disease must eliminate gluten from their diet

Allergy to wheat and cereals containing gluten also occurs. Signs and symptoms are similar to other allergies, although it is more frequently seen as triggered by exercise. Gluten is an important allergen, but other proteins can also be involved



All foods and products derived from or containing:

Wheat (all forms, including durum, semolina, spelt, kamut, einkorn and faro), barley rye, oat, malt, couscous

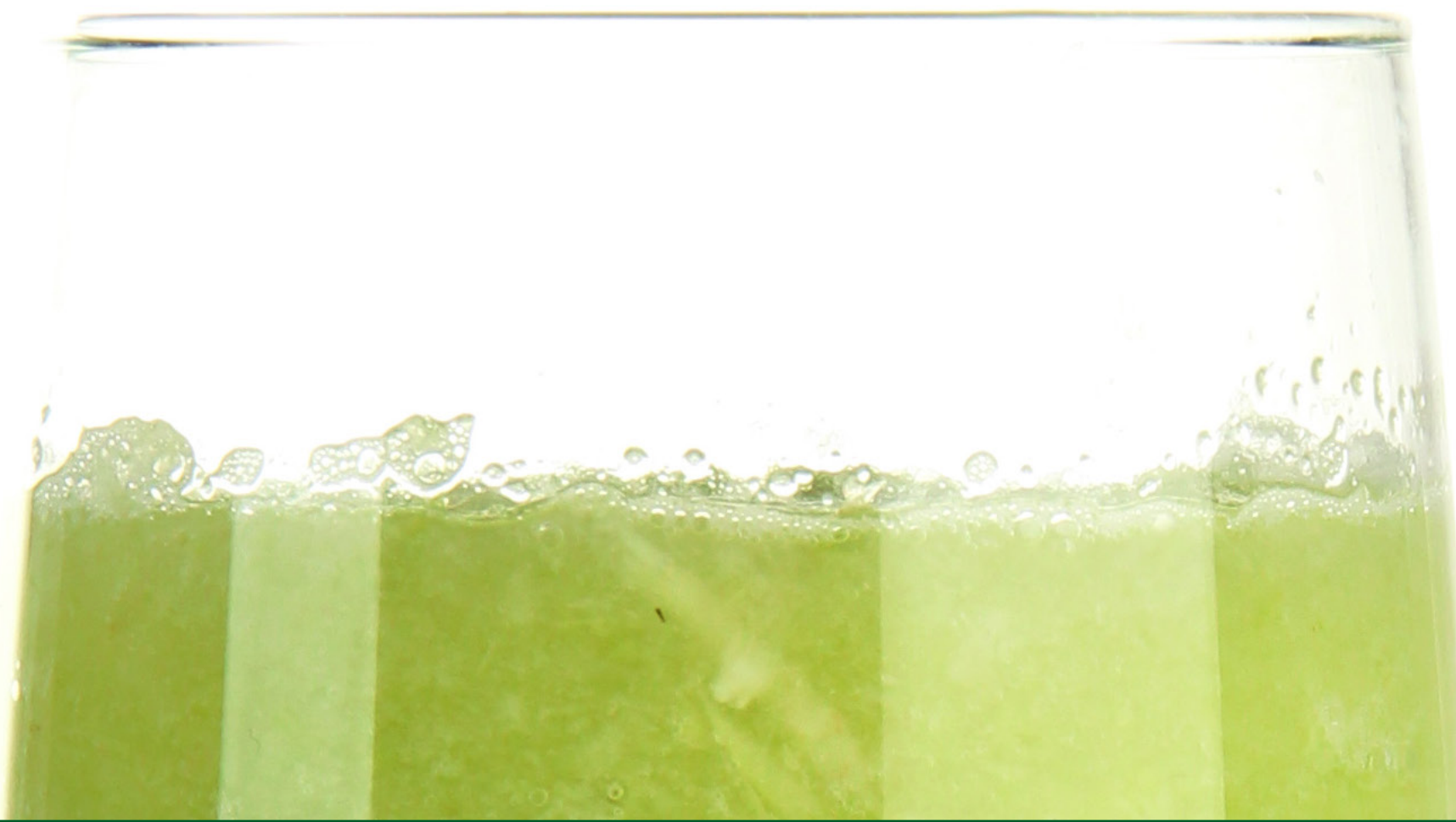
Food/products that contain or may contain wheat:

Bread, baked goods, baking mixes, pasta, breadcrumbs, crackers, beer, malt coffee, muesli mixes, gluten-based additives, spreads, seasonings and condiments, sauces, chocolate bars, drinks containing cocoa, surimi, hydrolysed wheat protein



Rice flour, buckwheat, corn flour, maize flour, potato flour, tapioca flour, flours from nuts/beans/seeds, chickpeas, quinoa, soya, gluten free breads: made from rice, corn, potato, soy flour, gluten free pizza bases, gluten-free corn tortillas, gluten free pancakes/cakes, muffin mixes, gluten free pasta: corn pasta, rice pasta, rice vermicelli, rice noodles Rice: such as Basmati

Foods suitable for people with Coeliac disease are also safe for people with allergies to cereals containing gluten



Celery (and celeriac)

Short description:

Allergy to celeriac (the celery root) is more common than to celery stick, although both can cause severe reactions. Symptoms vary from mild ones, such as oral allergy syndrome, to anaphylactic shock.

Celery and celeriac are a frequent cause of food allergy in some European countries but celery allergy is much rarer in the UK.



Other names for celery and products thereof:

Celery stalk, celery leaf, celeriac (the root of celery), celery seed

Food/products that contain or may contain celery:

Celery salt, vegetable juices containing celery, spice mixes, curry, bouillons, soups, stews, sauces, processed meat products, sausages, salads e.g. Waldorf salad, vegetable salad, potato salad with bouillon, savoury snacks



Fenugreek, parsley root, lovage

Good to know

Celery – the root, stalk and leaf – are traditionally used to prepare bouillons, soups, stews and sauces.



Mustard

Short description:

The symptoms of mustard allergy may come on rapidly, usually within minutes but sometimes up to two hours.



Other names for mustard and products thereof:

Mustard seed, mustard leaves, mustard flower, mustard oil, sprouted mustard seeds, mustard powder

Food/products that contain or may contain mustard:

Sausages, processed meat products, roulade, spice mixes, pickles, marinades, soups, sauces, chutneys, delicatessen salad, some mayonnaises, barbecue sauce, fish paste, ketchup, tomato sauce, piccalilli, pizza, salad dressings, Indian food including curries.





Lupin

Short description:

The lupin is well-known as a popular garden flower with its tall, colourful spikes. Allergy to lupin has been recognised for some time in mainland Europe, where lupin flour is used fairly commonly in food products. In the UK, cases of lupin allergy are less common because lupin is only rarely used in foods.



Other names for lupin and products thereof:

Lupine, lupin flour, lupin seed, lupin bean

Food/products that contain or may contain lupin:

Lupin flour, lupin seed, lupin bean, baked goods such as pastries, pies, waffles, pancakes, pasta products, pizzas, vegetarian meat substitutes, lupin sprouts



Lactose Intolerance

Short description:

Lactose intolerance is not a food allergy, but occurs in individuals who lack the enzyme lactase, which is needed to digest the milk sugar lactose
Common symptoms are diarrhoea, wind/flatulence and general discomfort



Be careful with all food and products that contain lactose such as milk and dairy products.

Food/products that contain or may contain lactose:

Cow's, sheep, goat's (mammals) milk, dairy desserts, ice cream, butter, cheese, yoghurt, salad dressing, mayonnaise, chocolate, peanut butter, bread and other baked goods, processed meat and fish products, instant products, sweets, additives containing lactose



Low-lactose or lactose-free milk (depending on severity), or replace with other products such as:

- Soy milks, yoghurt and some cheeses
- Milk made from rice, oats, quinoa, almonds, hazelnuts, coconut and potato
- Foods carrying 'lactose free', dairy-free' or 'suitable for vegans' signs

Fermented dairy products such as probiotic yoghurt, sour cream, cottage cheese, hard cheeses may be easier to digest than fresh dairy products.
Check with your guest before use

Good to know

The lactose contained within milk or dairy products will not be listed separately on the food label, so you need to check the ingredients list for milk (ingredients) and dairy products.

The severity of lactose intolerance influences the amount of lactose a person can tolerate. Check with your guest what ingredients can/cannot be used.



Diets, diets, diets – the ones you really need to know about

For both lifestyle, medical and religious reasons, people differ in their dietary needs.

In this chapter, we'll briefly examine the dietary requirements and health concerns of a variety of different groups of people, including ethnic groups, vegetarians and people with specific dietary requirements due to medical reasons e.g. diabetes (other than allergies and intolerances).





With practical tips and information, we'll help you plan suitable menus to meet your guests' dietary requirements, so they can choose the meals that best suit their needs.

 Can't eat

 Can eat

Halal (Muslim)

Short description:

Halal is generally used in reference to food that fulfils Muslim dietary rules according to Islamic law



Haram (prohibited): Swine/Pork and its by-products (e.g. gelatine, lard, enzymes), meat of animals slaughtered in a way not to Halal standards, or dead before slaughtering, blood, drinks and foods containing alcohol, carnivorous animals, birds of prey and certain other animals, foods contaminated with any of the above products

Foods containing ingredients such as gelatine, enzymes, emulsifiers, and flavours are questionable because the origin of these ingredients is not known



Halal certification by a credible organisation is one efficient way to confirm halal status of a food. Look for halal certification symbols on pack

Meats and proteins: Other meats, including beef, lamb, and poultry as long as they are slaughtered according to Islamic law, fish (with scales)

Dairy: Dairy is generally considered halal, however yoghurts containing gelatine and cheeses containing animal-based enzymes are not permissible

Fats & oils: Butter, margarine, oils and other fats (other than lard) unless they have been exposed to non-halal foods (e.g. oil used to fry pork chops)

Possible substitutes for alcohol: Vinegar, lemon juice, vegetable broth

Vegetables: All vegetable materials except intoxicating ones. Beans, nuts, seeds



Kosher

Short description:

Kosher food is food prepared in accordance with Jewish dietary laws



Meat from animals that don't have 'cloven hooves' and 'chew the cud' such as pork, camel and hare. Meat from kosher animals that were not slaughtered in the ritually proper way (as stipulated by Jewish Law)

Some birds/poultry

Dairy: Dairy products derived from non-kosher animals, or containing non-kosher additives (e.g. cheeses with animal fat)

Eggs: Eggs of non-kosher birds, eggs of kosher birds containing blood

Fish: Shellfish (such as shrimps, crabs, mussels, lobsters)

Wine: Wine and other grape products must be processed in agreement with the requirements of 'Halacha' (Jewish Religious Law)



Meat: Bulls, cows, sheep, lambs, goats, veal and springbok

Birds/poultry: Goose, duck, chicken, turkey may be eaten.

Dairy: All milk products derived from kosher animals. The milk of impure cattle and game is prohibited.

Eggs: Eggs of kosher birds as long as they do not contain blood.

Fish: Fish with fins and scales may be eaten such as tuna, salmon and herring.

Fruit and vegetables: All fruit and vegetables (they should be free of bugs, worms and insects)

Good to know

There are some rules to follow during preparation of kosher food:

- kosher meat must be slaughtered by a ritual slaughterer
- meat and milk products must not be served at the same meal or cooked together. Separate sets of utensils must be used to cook and serve these food items

Contact your local authority for further information.



Diabetic diet

Short description:

Diabetes occurs when the amount of glucose (sugar) in the blood is too high because the body is unable to use it properly

Reason for this is that there isn't any insulin produced by the pancreas or not enough to help glucose enter body cells (insulin resistance)



A highly restricted diet is not advised, but adopting healthy eating guidelines is vital and helps manage diabetes and protect long term health



- Include starchy carbohydrates which are slowly absorbed (lower GI value) as these won't affect blood glucose levels as much. Preferably whole grain products, new potatoes, sweet potato and yam, vegetable and pulses such as kidney beans, butter beans, chickpeas or red and green lentils
- Fruit and vegetables are an important part of a healthy diet
- Use sugar, honey and syrup carefully to 'season' dishes. Use sugar-free, no-added-sugar or diet fizzy drinks/squashes instead of sugary versions
- Serve lower fat options, particularly low in saturated fat and high in unsaturated fats or oils, such as mono- or polyunsaturated fats (e.g. olive oil, rapeseed oil and vegetable oils)
- Use healthy vegetable oils and fats rather than animal fats such as butter and lard. Choose chicken, turkey, lean meat and fish
- Choose lower-fat dairy foods such as skimmed or semi-skimmed milk, low-fat or diet yogurts, reduced-fat cheese and lower-fat spreads
- Use healthier cooking/preparation methods e.g. grilling, steaming
- Limit the amount of salt added to foods. To add flavour, use a variety of spices and herbs instead
- Serve appropriate sized meals – not too large
- Serve dips, spreads, mayonnaise or dressings separately so that people can choose whether to have it or not

What is Insulin?

A hormone produced by the pancreas that allows glucose to enter the body's cells.

What is Glycaemic Index (GI)?

All carbohydrate foods break down to glucose, however, they break down at different rates. A low GI food releases glucose more slowly into the blood stream resulting in a lower and slower rise in blood glucose levels compared to a high GI food. It is important to be aware that some foods with a low GI are not healthy everyday choices such as potato chips and chocolate. Also, some foods with a high GI are healthy everyday choices such as watermelon and brown rice.



Vegan diet

Short description:

A dietary vegan is one who abstains from including animal products (not only meat and fish, but also dairy products and eggs, as well as other animal-derived substances) from their diet.



All animal products including meat, fish, poultry, eggs, dairy foods and anything derived from animals e.g. lecithin, gelatine, rennet. Some avoid honey



All vegetables, grains, pulses, nuts, seeds and fruits

Common vegan dishes prepared without animal ingredients include:

Ratatouille, falafel, hummus, veggie burritos, rice and beans and veggie stir-fry. Ingredients such as tofu, tempeh, and seitan are widely used in vegan cuisine. Plant cream and plant milk – such as almond milk, grain milk, or soy milk – are used instead of cow's or goat's milk. Vegan recipes will use apple sauce, ground flax seeds, soft or silken tofu, or commercial starch-based egg-substitute products, instead of chickens' eggs



Vegetarian diet

Short description:

There is no single legal definition of the word ‘vegetarian’ or ‘vegan’.

The Vegetarian Society defines a vegetarian as: ‘Someone who lives on a diet of grains, pulses, nuts, seeds, vegetables and fruits with, or without, the use of dairy products and eggs’.

Lacto-ovo-vegetarians eat both dairy products and eggs; this is the most common type of vegetarian diet.

Lacto-vegetarians eat dairy products but avoid eggs.



Any food that contains meat, poultry, game, fish, shellfish or by-products of animals, such as animal-derived rennet and gelatine.

Please check carefully if your guest doesn't eat egg



All vegetables, grains, pulses, nuts, seeds, fruits, dairy products, tofu, plant cream and plant milk – such as almond milk, grain milk, or soy milk.

Good to know

There are different types of vegetarian:

- **Lacto-ovo-vegetarians** eat both dairy products and eggs; this is the most common type of vegetarian diet
- **Lacto-vegetarians** eat dairy products but avoid eggs
- **Ovo-vegetarians** eat eggs but avoid dairy products



How to handle dietary requirements

There are lots of small steps you can take to ensure that your guests with allergies and other dietary requirements have a pleasant and safe dining experience in your restaurant. You are responsible for what you serve to your guests. How well prepared are you to provide your guests with food allergies and specific dietary requirements with accurate information about ingredients?



Checklist

Are your staff clear on who is responsible for what?

- Do you have a plan in place addressing who will answer guests' questions about menu items?
- Do your staff know how to handle guests' questions about allergies?
- Have you made your menu easy for those with food allergies?
- Do you know each of the ingredients used in your menu items?
- Have you carefully identified allergens found in unexpected places e.g. cooking oil which is often used for many foods?
- Do you avoid cross contact of allergy-causing food with safe food while preparing and serving the meal?
- Do your staff know how to correct a mistake in meal preparation?
- Do you keep printed materials and information on the website up to date?
- Do your staff know how to handle an allergic reaction?
- Do you have allergens listed on your menu or a signpost on your menu stating the following: **'Food Allergies and Intolerance Before you order your food and drinks, please speak to a member of our staff if you have a food allergen or food intolerance.'**
For an example, see the menu above



Your guide to safer recipe writing

Recipe EXAMPLE

Ingredient and allergen statement

Grilled hake and chips

Ingredients

1 kg	Hake fillets
500g	McCains frozen chips
160g	Blue ribbon cake flour
100ml	Crispa sunflower oil
80g	Maizena corn flour
80g	Robertsons fish spice
15g	Robertsons chip and potato seasoning

Ingredients statement

Hake, McCains Frozen Chips [potatoes, vegetable oil (palm fruit)], Blue Ribbon Cake Flour [wheat flour (gluten)], Crispa Oil [sunflower seed, TBHQ], Maizena Corn Flour [maize starch], Robertsons Fish Spice [maize flour (radurised), salt, monosodium glutamate, herbs, yeast extract, spices, citric acid, vegetable oil (plant partially contains antioxidant TBHQ), flavourants, anticaking agent (E551), onion, flavour enhancer (E631, E627)], Robertsons Chip and Potato Seasoning [modified maize starch, radurised spices (7%) (chillies, coriander, black pepper, celery, nutmeg, clove), wheat flour, flavourants (onion, barbeque, tomato), yeast extract, anti caking agent, (E572), fumaric acid, hydrogenated vegetable fat (palm fruit) (contains antioxidant TBHQ), flavour enhancers, (E631, E627), mustard flavour, radurised herbs (oregano, sage, thyme)].



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Allergens

Fish, Wheat (gluten)

Ingredient statement

1. List the ingredients you use in your dish in their raw state in the order of their quantity – **from highest quantity to the lowest.**
2. Copy the ingredient list of **every** processed ingredient.
3. Write the ingredient statement for your dish in the **order of the ingredients listed in step 1** (highest quantity to the lowest).

Allergen statement

1. You need to include the **14 Food Allergens** if present on the menu or elsewhere



Good to know

- Your menu may contain both processed and non-processed ingredients. Non-processed ingredients often don't have an ingredient list. In this case just include the name of the ingredient
- Each ingredient should be separated by a comma
- Ingredients should be listed with the product and brand name to ensure that the statement is accurate and the ingredient can be clearly identified
- Most processed ingredients list allergens on the packaging, helping you to identify which are the allergens in your dish. If not please contact your supplier
- Most naturally grown ingredients do not have allergen information on pack. For these ingredients please check if they are classified as common food allergens
- Remember that allergens can enter a dish through cross contamination during preparation and serving



Data Sources

Allergens

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