

Annex II of Regulation (EU) 1169/2011: List of Allergens and Exemptions

It is important that information on the presence of foods proven to produce an adverse allergenic or intolerance reaction should be available for sensitive consumers, to make informed choices which are safe for them. The list of allergenic foods and foods causing intolerance which require mandatory declaration in the EU is found in Annex II of Regulation (EU) No 1169/2011, see below. Labelling of these ingredients, processing aids,

substances or products causing allergies or intolerances is obligatory when they are used in the manufacture or preparation of a food and are still present in the finished product, even if in an altered form.

Note: This list will be systematically re-examined and, where necessary, updated taking into account the objective of better information for consumers and the most recent scientific progress and technical knowledge.

1 Cereals containing gluten, namely: wheat, rye, barley, oats, spelt, kamut or their hybridised strains, and products thereof, except:

- (a) wheat based glucose syrups including dextrose¹;
- (b) wheat based maltodextrins¹;
- (c) glucose syrups based on barley;
- (d) cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin.

2 Crustaceans and products thereof;

3 Eggs and products thereof;

4 Fish and products thereof, except:

- (a) fish gelatine used as carrier for vitamin or carotenoid preparations;
- (b) fish gelatine or Isinglass used as fining agent in beer and wine.

5 Peanuts and products thereof;

6 Soybeans and products thereof, except:

- (a) fully refined soybean oil and fat¹;
- (b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, and natural D-alpha tocopherol succinate from soybean sources;
- (c) vegetable oils derived phytosterols and phytosterol esters from soybean sources;
- (d) plant stanol ester produced from vegetable oil sterols from soybean sources.

7 Milk and products thereof (including lactose), except:

- (a) whey used for making alcoholic distillates including ethyl alcohol of agricultural origin;
- (b) lactitol.

8 Nuts, namely: almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecan nuts (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia ternifolia*), and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin;

9 Celery and products thereof;

10 Mustard and products thereof;

11 Sesame seeds and products thereof;

12 Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO₂ which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers;

13 Lupin and products thereof;

14 Molluscs and products thereof.

¹ And the products thereof, in so far as the process that they have undergone is not likely to increase the level of allergenicity assessed by the Authority for the relevant product from which they originated.