Departments of Nutrition and Dietetics
Norfolk and Norwich University Hospital NHS Trust
Norfolk Community Health and Care NHS Trust

Food Labelling

There are 14 main food allergens that must be labelled for whether this is an ingredient or a processing aid.

Gluten containing cereals (wheat, rye, barley and *oats) are included within the 14 allergens and are emphasised on the label in the ingredient list by using

bold - wheatflour or **wheatflour**
italics – barley malt or *barley malt*
underlined - rye flour or rye flour
highlighted - wheat rusk or wheat rusk

*Uncontaminated or “gluten-free” oats are safe to include

It is important that you always check the ingredient list as you will need to look for the cereals containing gluten, e.g. wheat, emphasised within the ingredients list.

As the information about allergens is located in the ingredients list the (voluntary) use of allergy boxes and allergy statements that provide a short cut to allergen information such as “contains gluten” or “gluten free” will be phased out.

Food businesses will still be allowed to use the **“may contain…”** warning e.g. **“may contain wheat”** as a way of highlighting the risk of possible cross contamination that can happen in food production.

Since December 2014 allergen information has had to be provided for foods purchased without packaging in supermarkets, delis, cafes and restaurants. This could be written on a board/chart or provided verbally by a member of staff. **Note - these rules only cover allergens intentionally used as an ingredient, they do not cover accidental cross contamination.**