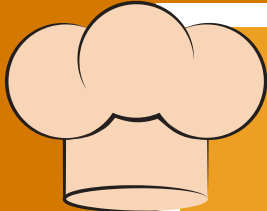


Allergy Awareness At Christmas

Remember to ASK THE QUESTION

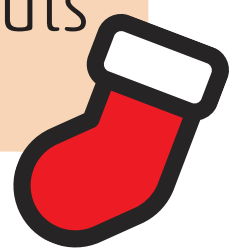
Ask catering staff directly about the ingredients, how the food is prepared and whether cross contamination with your allergens is likely

 Under European Law, catering businesses are required to provide information on the presence of the 14 major allergens. This information can be provided in writing and/or orally

Allergens in Christmas Fare

Praline

Be aware that praline is commonly made from tree nuts and peanuts



Marzipan

Be aware that many Christmas treats commonly contain Marzipan, a sweet paste which is made from two key allergens, ground-almond and egg-whites



Christmas Lunch

Classic Christmas fare including stuffing, mince pies, Christmas pudding and Christmas cake may include common allergens including cereals containing gluten, eggs, milk, tree nuts, and sulphur dioxide/sulphites used as a preservative

Alcohol

Some of the 14 major allergens may be present in alcoholic drinks. For example, Frangelico, Nocello and Crème de Noix all contain nuts



For further information please visit www.anaphylaxis.org.uk or contact our helpline team at info@anaphylaxis.org.uk or call 01252 542 029