

ALLERGEN & DIETARY REQUIREMENTS DEFINITIONS



Terminology used to describe foods produced to cater for different dietary requirements is confusing, and it is essential we get it right.



- Foods can only be identified as **Gluten-Free** if they contain less than 20 parts per million (ppm) of gluten
- Gluten-free foods must be sold in their original and unopened packaging
- Foods prepared and made in our kitchens **cannot be advertised on menus as Gluten-Free** due to the risk of potential cross-contact with gluten-containing ingredients



- A '**Non-Gluten-Containing Ingredients (NGCI)**' statement can be used on menus for dishes that have been made without gluten-containing ingredients
- Due to gluten-containing ingredients being handled in our kitchens, we cannot guarantee these dishes are gluten-free
- The following statement should be added to menus: "**Whilst every care has been taken to ensure that cross-contact is minimal within our kitchens, we do handle gluten-containing ingredients and cannot guarantee our food is 100% gluten-free**"



- Coeliac disease is a condition where the immune system attacks a person's own tissue if they eat gluten. This causes damage to the gut lining which, in severe cases, can be permanent.
- **Coeliac disease is not an allergy or an intolerance, but should be treated in the same way as an allergy**



- **Milk-Free** means that the food item does not contain any animal milk, including cow's, goat's and sheep's milk
- This is commonly also referred to as **Dairy-Free**, given that milk is the core ingredient of many dairy products, such as butter and cheese



- **Vegetarian** foods do not contain animal products, including meat, poultry, fish and seafood
- Be aware of hidden animal derived products, such as gelatine, animal rennet and meat or fish stock
- Where the manufacturer has declared that ingredients may contain traces of animal products, including fish, molluscs or crustaceans, allergen information will indicate that the dish **may contain** the relevant allergen.



- **Vegan** food does not contain any animal products or any products from animals such as dairy products, eggs and honey
- Where the manufacturer has declared that ingredients may contain traces of animal products or products from animals, including milk and egg, allergen information will indicate that the dish **may contain** the relevant allergen. These foods may therefore **not be** suitable for people with allergies to milk or eggs

- **Plant-based alternatives to milk:** The words milk, cream, butter, cheese and yoghurt are protected and cannot be used for products made from plant-based alternatives.
- When labelling these foods or referring to them on menus use the terms 'plant-based alternative to milk', 'plant-based alternative to cream' etc.

Know the difference to improve your understanding.