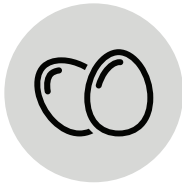


## What are Food Allergies ?

- Food allergies are adverse health effects such as hypersensitive or abnormal immune system response to specific foods.
- There are eight main food allergens to be disclosed when used as an ingredient (listed on menu, labelled correctly and inform customers when they ask).
- Other Food Allergens are: Celery and their products, Mustard and their products, Sesame seeds and their products, Clams and their products, Legumes, Lubin and their products, and Sulphite (concentration of 10 ppm or more) - Based on Technical regulation: Labeling of Prepackaged Food Stuffs GSO 9/2013.

## 8 Primary Food Allergens

### EGGS



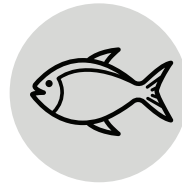
And egg products used as ingredients in cake, mayonnaise, pasta, sauces and pastries.

### SOYA BEAN



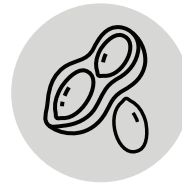
And soya bean products such as edamame and tofu. Also lecithin used in baked goods and canned foods.

### FISH



Such as salmon, tuna, and its derivatives.

### PEANUTS



And peanut products, such as peanut butter used as ingredients in salad dressings, cookies and other baked goods.

### NUTS



Such as cashews, pistachios, almonds, walnuts, pine nuts and its derivatives.

### MILK



And milk products containing lactose such as cheese, butter cream and whey.

### WHEAT



And cereal products containing gluten. such as barely, oats and rye.

### SHELLFISH



Such as crabs, shrimps, oysters, lobster and its derivatives.

## Handling Food



### Raise Awareness

Educate employees about the risks of food allergens and the importance of asking customers about food allergies and communicating such information to the cooks.



### Wash

Wash hands, utensils and surfaces after contact with food allergens. Use appropriate hand washing procedures that include both soap and water. Plain water and hand sanitizers are not effective in removing food allergens.



### Label

Label all food containers containing allergens. Store such containers away from all other foods.

- This food allergens poster is endorsed by the Ministry of Health and the Public Authority for Food and Nutrition.