



# 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-contamination 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 an immune condition, which results in the body's defence system reacting to and attacking ingested gluten, causing damage to the lining of the gut
- **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 or beverage item does not contain and mammalian milk, including cows, goat and sheep 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



- **Vegetarianism** is the practice of not eating animal products, including meat, poultry, fish, seafood
- Be aware of hidden animal products, such as gelatine, animal rennet and meat or fish stock
- Vegetarian foods may contain traces of fish, shellfish or molluscs making them unsuitable for people with allergies to these foods



- **Veganism** is the practice of not eating or using animal products and animal derived products such as dairy products, eggs and honey
- Vegan food has no intentionally added animal or animal by-product ingredients and we take care to ensure vegan food is not contaminated with non-vegan foods in our kitchens.
- However, where the manufacturer has declared that ingredients may contain traces of animal products or animal derived products, including milk, egg, fish etc., allergen information will indicate that the dish **may contain** the relevant allergen. These foods may therefore **not** be suitable for people with allergies to fish, milk, eggs etc.

Know the difference to improve your understanding.