

## TOP TIPS FOR YOUR FOOD SHOP

It's not always easy living with allergies, especially when you have to read every ingredient list and scrutinise every detail on the packaging. Here's a few of our top tips to help reduce your stress when food shopping.



### 14 ALLERGENS

There are 14 major food allergens that must be emphasised in the ingredients list on pre-packaged food. Make sure you are familiar with how your allergen will be labelled, it may vary between products.



### RECIPE CHANGES

Make sure to check food labels every time you buy a food as ingredients and labels can change. Often there will be a 'recipe change' label on the front of the pack, but this is not a legal requirement, so always double check.



### VEGAN FOOD

Be aware that foods labelled as 'vegan' or 'plant-based' may still contain traces of 'animal' allergens, which could pose a risk for you if you have an animal-based allergy. Exercise caution and read labels carefully to ensure safety.



### CONTAMINATION

Be aware of PAL, which provides extra written allergen information on food packaging to indicate potential cross-contamination risks, and consult your GP or allergy specialist for guidance on interpreting PAL.



### CONTACT

If you are feeling unsure about whether a product includes your allergen as an ingredient or if it is safe for you to purchase, contact the manufacturer for more detailed advice about the ingredients and food production process.



## THE HIDDEN BATTLE WITH ALLERGIES

