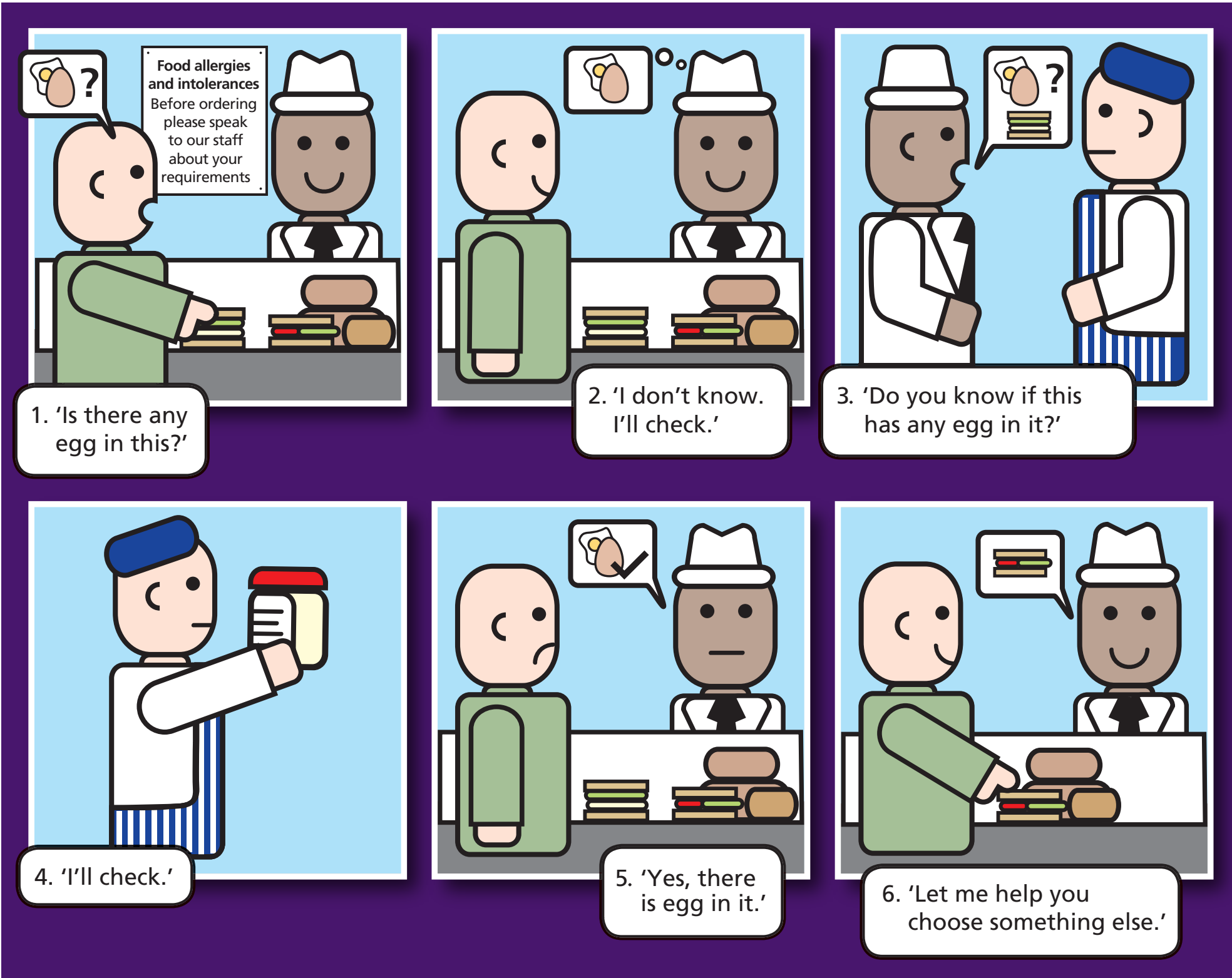
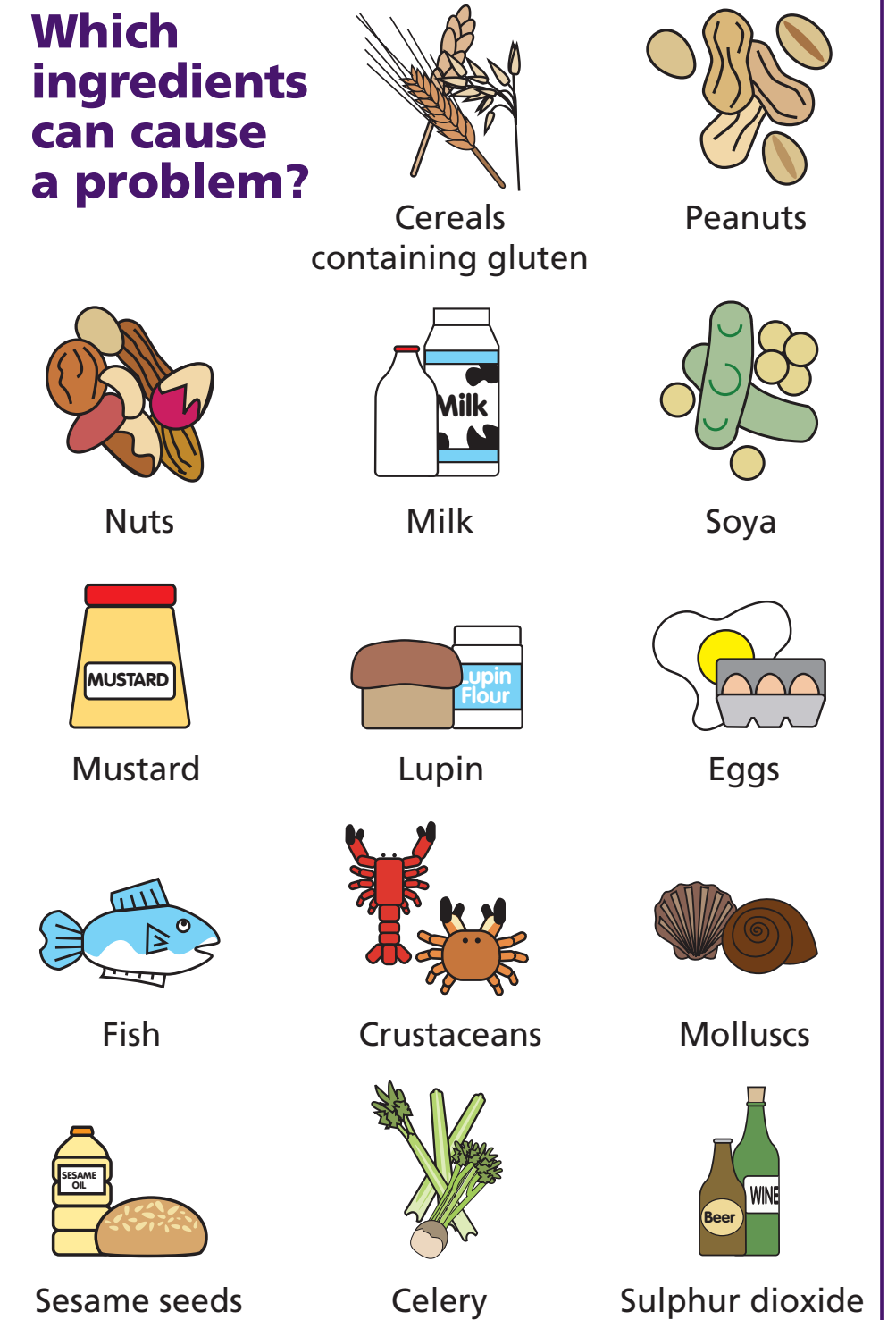


# Think Allergy

When someone asks you if a food contains a particular ingredient – always check. From 13 December 2014, food businesses will need to provide information about allergenic ingredients in the food they serve.



## Which ingredients can cause a problem?



For more information and advice about allergy, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy)

A booklet **Allergen information for loose foods** is also available to download.