

In a nutshell: Food allergy is an unusual, potentially life-threatening, immune system response that happens quickly after consuming particular foods. Food premises should inform consumers of any food allergen information.

Food allergy refers to the unusual reaction of the human immune system to certain substances or ingredients in food. The food trade should prevent any unintended cross-contamination of food allergens to food products or cutlery. In Hong Kong, common food ingredients that can cause food allergy are as follows:

- Cereals containing gluten such as barley, wheat, rye, oats
- Fish and fish product
- Eggs and egg products
- Peanuts, soybeans and their products
- Crustacea and crustacean products
- Tree nuts and nut products
- Milk and milk products
- Sulphite



When taking orders, waiting staff can ask customers if they have any food allergies, and confirm with the cooks whether the dishes contain the concerned allergens.

Your customer may be suffering a severe food allergic reaction when he/she develops the symptoms of a swollen tongue, breathing difficulties, tight chest, trouble swallowing or speaking, dizziness and collapse. Please call 999 for help at once.