

# Allergen labelling

- To prevent health hazards to consumers allergic to specific foods, it is mandatory to indicate the presence of specified ingredients in foods and additives based on the degree and frequency of past health hazards, etc.

## 【Major symptoms of food allergy】

**Minor symptoms:** Itching, hives, swollen lips and eyelids, vomiting, and wheezing

**Severe symptoms:** Anaphylactic shock including impairment of consciousness and hypotension

## Specified ingredients, etc.

Names of specified ingredients, etc.		Reason	labelling requirement
Specified ingredients	Shrimp, crab, wheat, buckwheat, egg, dairy products, and peanut	Items with high need for labelling based on the number of cases and severity	labelling is mandatory
Items equivalent to specified ingredients	Almond, abalone, squid, salmon roe, orange, cashew nut, kiwi fruit, beef, walnut, sesame, salmon, mackerel, soybean, chicken, banana, pork, matsutake mushroom, peach, yam, apple, and Gelatin	Items with a considerable number of cases and patients with severe symptoms on a continuous basis but not as much as the specified Ingredients	labelling is recommended

## Labelling example

(As a general rule, allergens must be listed individually. They may be listed collectively on an exceptional basis.)

### 【Listing allergens individually】

Ingredients: Potato, carrot, ham (including egg and pork), mayonnaise (including egg and soybean), hydrolyzed protein (including beef, salmon, mackerel, and gelatin)/seasoning (amino acid, etc.)

### 【Listing allergens collectively】

Ingredients: Potato, carrot, ham, mayonnaise, hydrolyzed protein/seasoning (amino acid, etc.), (including egg, pork, soybean, beef, salmon, mackerel, and gelatin in part)