

## 9. Checklist for: Consumers

**Purpose:** To improve the safety of food handling with respect to food allergies and intolerances.  
To minimize the risk for mistakes.  
To draw attention to the consumer's own responsibility.

**Requirements:** Consumers expect and demand that all food handlers have the knowledge and insight required to supply safe foods of high quality. Consumers can not be responsible for mistakes and errors at the production and distribution stage.

In this document, *allergens* refers to allergens and other food intolerance-causing substances. The substances and products thereof listed below are those that most often cause allergic and adverse reactions. These are also the foods and ingredients for which special requirements regarding labelling and food information to consumers apply (Regulation (EU) No. 1169/2011 and Swedish National Food Agency regulation LIVSFS 2014:4).

<p>1. Cereals containing gluten, namely: wheat, rye, barley, oats, spelt, kamut or their hybridized strains, and products thereof, except:</p> <p>a) wheat based glucose syrups including dextrose<sup>1</sup>;</p> <p>b) wheat based maltodextrins<sup>1</sup>;</p> <p>c) glucose syrups based on barley;</p> <p>d) cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin.</p>	<p>2. Crustaceans and products thereof.</p> <p>3. Eggs and products thereof.</p> <p>4. Fish and products thereof, except:</p> <p>a) fish gelatine used as carrier for vitamin or carotenoid preparations;</p> <p>b) fish gelatine or Isinglass used as fining agent in beer and wine.</p> <p>5. Peanuts and products thereof.</p>
--	---

<p>6. Soybeans and products thereof, except:</p> <p>a) fully refined soybean oil and fat<sup>1</sup>;</p> <p>b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, and natural D-alpha tocopherol succinate from soybean sources;</p> <p>c) vegetable oil derived phytosterols and phytosterol esters from soybean sources;</p> <p>d) plant stanol ester produced from vegetable oil sterols from soybean sources.</p> <p>7. Milk and products thereof (including lactose), except:</p> <p>a) whey used for making alcoholic distillates including ethyl alcohol of agricultural origin;</p> <p>b) lactitol.</p>	<p>8. Nuts, namely: almonds (<i>Amygdalus communis</i> L.), hazelnuts (<i>Corylus avellana</i>), walnuts (<i>Juglans regia</i>), cashews (<i>Anacardium occidentale</i>), pecan nuts (<i>Carya illinoensis</i> [Wangenh. ] K. Koch), Brazil nuts (<i>Bertholletia excelsa</i>), pistachio nuts (<i>Pistacia vera</i>), macadamia or Queensland nuts (<i>Macadamia ternifolia</i>), and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin.</p> <p>9. Celery and products thereof.</p> <p>10. Mustard and products thereof.</p> <p>11. Sesame seeds and products thereof.</p> <p>12. Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO<sub>2</sub> which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers.</p> <p>13. Lupin and products thereof.</p> <p>14. Molluscs and products thereof.</p>
---	--

<sup>1</sup> And the products thereof in so far as the process that they have undergone is not likely to increase the level of allergenicity assessed by the authority for the relevant product from which they originated.

As a consumer, you can help to improve food safety, for example, by using this checklist.

People with severe allergies must be cautious with all foods made from multiple ingredients because the risk that a food may contain traces of ingredients from other manufacturing processes can never be ruled out completely. People with severe allergies must always carry with them any medications prescribed by their physician or health care provider to counteract severe allergic reactions.

Control Point	Example of problem	Yes	No	Notes – Evaluation results
<p><b>1.</b> Do you know enough about your or your family member's food intolerances? Do you contact your physician or health care provider when you have questions about allergies or intolerances? Have you read information from recognized sources (e.g. the 1177 helpline or website, National Food Agency website, Swedish Asthma and Allergy Association, Swedish Celiac Society)?</p>	<p><i>In the case of suspected allergy or other intolerance, always contact your physician or health care provider. Attempting to diagnose yourself carries the risk that you may have a serious allergy or intolerance that is not diagnosed, that you will not receive the help needed (e.g. dietary advice), and/or that you may be avoiding a particular food unnecessarily.</i></p> <p>Note that peanuts are not a nut but a legume. Allergy to peanuts and soy may be combined with allergy to other legumes as well.</p>			
<p><b>2.</b> Insight regarding the level of sensitivity, reactions and consequences is essential. Different people have different levels of sensitivity. Based on previous reactions and information you have received from your health care provider, how would you rate your sensitivity or that of your family member? Do you know how to administer medication should it be necessary?<sup>[kv1]</sup></p>	<p><i>Examples of levels of sensitivity:</i></p> <p>Someone who is lactose-intolerant may experience symptoms that pass, while someone allergic to milk protein can become very ill. Lactose-intolerant individuals should therefore <i>limit</i> their intake of dairy products, while people with a milk allergy must <i>avoid</i> all milk and dairy products.</p> <p>Peanuts and other nuts as well as other foods such as milk and wheat can cause severe allergic reactions. For some people, however, these foods may cause less severe symptoms.</p> <p>Pollen allergy can lead to allergies to foods as well (e.g. apples, hazelnuts), but most people experience relatively mild symptoms.</p>			

Control Point	Example of problem	Yes	No	Notes – Evaluation results
<p><b>3.</b> Do you communicate clearly when requesting or giving information? Do you ask for ingredient lists for unpackaged foods and food dishes?</p>	<p><i>Examples of clear communication:</i></p> <p>I am allergic to milk protein. Does this dish contain any form of cow’s milk or cheese? I can not eat food prepared on surfaces, in pots, or with other utensils used to prepare foods containing milk or milk products unless they have been washed in between. I have a very severe allergic reaction to any foods that contain milk or dairy.</p> <p>I have celiac disease, which is often also called gluten intolerance. I can not eat any foods that contain wheat, rye or barley.</p> <p>Keep in mind that: Statements like “I am gluten” are not correct or clear communication.</p> <p>Restaurants must be able to tell you if a food dish contains any of the 14 most common allergens (see above). They do not have to provide it in writing but the information must be available to you upon request.</p> <p>Restaurants that offer dishes “free” from certain foods must have special procedures to accommodate guests with severe allergies. Most restaurants do not have these procedures in place but many people with allergies and intolerances can eat their food anyway. It is therefore better to word your questions as noted above rather than simply asking: “Is this dish milk-free?” (See also Control Point 7, below.)</p>			

Control Point	Example of problem	Yes	No	Notes – Evaluation results
<p><b>4.</b> Do you always read the ingredient lists?</p>	<p>If your answer to this is “No”, you are exposing yourself to serious risks!!</p> <p><i>Examples of misunderstandings:</i></p> <p>Changes in a food’s content are often not marked in any way other than changes to the information in the ingredient list.</p> <p>Hard-to-read print can make it impossible to get information about what a product contains – demand clear, legible text!</p>			
<p><b>5.</b> Do you always demand ingredient lists on food packages?</p>	<p>You should!</p> <p>If you lack information due to unclear labelling, let the staff in the stores where you shop know. You may also contact the local food inspection office in your municipality.</p> <p>New EU labelling regulations state that the allergens listed in the table on <b>pages 1 and 2</b> must always be declared and emphasized.</p>			

Control Point	Example of problem	Yes	No	Notes – Evaluation results
<p><b>6.</b> Are you aware that buffet tables and food production pose a risk of contamination, i.e. where a food may have come in contact with a substance that it is not supposed to contain?</p>	<p><i>Examples of risks:</i></p> <p>Self-serve buffets and bulk sweets etc. present a high risk of cross-contamination via spills and splashes and the shared use of utensils for more than one item.</p> <p>A food may be produced on a production line that is difficult to clean properly, e.g. in the chocolate industry. Dark chocolate is therefore often contaminated with milk.</p> <p>Raw materials are contaminated at some point in the handling process, e.g. during harvest, transport, storage or packaging. Cross-contamination of oats with wheat, rye and barley is therefore common.</p> <p>Only a food for particular nutritional purposes (known as PARNUT foods), i.e. clearly marked as being “free” from a particular ingredient on the label, is guaranteed to be completely free from that particular allergen.</p> <p>See Control Point 9.</p>			

Control Point	Example of problem	Yes	No	Notes – Evaluation results
<p><b>7. Are there foods that are safe for me to eat?</b></p>	<p>One’s own level of sensitivity and the information available about a product should form the basis for an assessment of potential risks and risk-taking.</p> <p>PARNUT foods (see Point 6) require extra quality-assurance practices in accordance with special regulations, and production and sales of PARNUT foods must be registered with the National Food Agency. Only a PARNUT food that states it is “free” from a particular ingredient on the label is guaranteed to be completely free from that particular allergen.</p> <p>Note that in the case of severe intolerance/allergy, the only alternatives are PARNUT foods and foods prepared from pure, uncontaminated raw materials.</p>			

Date: .....

Name of person who completed checklist: .....