

Allergen	Examples
Gluten	cereals, wheat, rye, barley, oats, spelt, kamut, including hybridized and derivatives
Shellfish and derivatives	both marine and freshwater ones: prawns, scampi, lobster, crabs, hermit crabs and similar
Egg and derivatives	all compound products with eggs, even partially. Among the most common: mayonnaise, omelette, emulsifiers, egg pasta, biscuits and even savoury pies, gelato, custard and creams, etc.
Fish and derivatives	including derivatives, that is all those food products that are made up of fish, even in small percentage
Peanuts and derivatives	packaged snacks, creams and condiments which contain even small percentage
Soy and derivatives	milk, tofu, spaghetti, etc.
Milk and derivatives	yoghurt, biscuits and cakes, gelato and various creams. Any product in which milk is used
Nuts and derivatives	all products that include: almonds, hazelnuts, common walnuts, cashew nuts, pecans and Brazil and Queensland nuts, pistachios
Celery and derivatives	present in pieces but also inside soup preparations, sauces and vegetable concentrates
Mustard and derivatives	it can be found in sauces and condiments, especially in mustard
Sesame seeds and derivatives	in addition to the whole seeds used for bread, we can find traces in some types of flour
Sulfur dioxide and sulphites in concentrations higher than 10 mg / kg or 10 mg / l expressed as SO ₂	used as preservatives, we can find them in: preserves of fish products, in pickled foods, in oil and in brine, in jams, in vinegar, in dried mushrooms and in soft drinks and fruit juices
Lupine and derivatives	now present in many vegan foods, in the form of roasts, salami, flours and similar that are based on this legume, rich in protein
Mollusks and derivatives	quinnie, razor clam, scallop, heart, date mussel, callista clam, pelican's foot, lumachino shell, mussel, murice, oyster, patella, sea truffle, tellina clam and clam etc..