

# Are the FOODS you eat making you sick?

Here is the list of 14 food ingredients that declared as common allergens by the EU. Let's learn more about them!

**i** =Tips

**?** =Food sources

\*Reference: European Food Safety Authority

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## Celery



**i** People are more likely allergic to the root than the stalk. Celery is a common cause of oral allergy.

**?** Food sources: Vegetable juice, smoothie, soup, curry, salad

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## Gluten



**i** Gluten is a family of proteins found in grains, including wheat, rye, spelt and barley.

**?** Food sources: Baked goods, noodle, beer, sauce, cereal

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## Crustacean



**i** Crustaceans includes crab, prawn and crayfish, etc. They have a shell with jointed appendages.

**?** Food sources: Seafood mix, salad, crab stick, shrimp paste

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## Egg



**i** People allergic to chicken egg are suggested to avoid other eggs that with similar allergens.

**?** Food sources: Baked goods, egg noodle, batter for deep-fried food, dessert, mayonnaise

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## Fish



**i** Fish contaminated with bacteria can cause histamine poisoning. It is easily mistaken as food allergy.

**?** Food sources: Fish ball, soup, salad dressing, stock, fish sauce, sandwich filling

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## Lupin



**i** Lupin is a legume that is frequently used in the Mediterranean. It becomes toxic if prepared improperly.

**?** Food sources: Speciality bread, dessert, crepe, vegetarian meat substitute, lupin flour

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## Milk



**i** The protein structure of cow's milk is similar to goat's milk, where cross reactivity may occur.

**?** Food sources: Dairy product (including butter, cream, cheese, yogurt and ice cream)

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## Molluscs



**i** Molluscs have a soft body covered by a hard exoskeleton, such as squid, clam and oyster.

**?** Food sources: Seafood mix, oyster sauce, seafood stock

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## Mustard



**i** Mustard is made from the seeds of mustard plant, it is different from wasabi.

**?** Food sources: Salad dressing, mustard sauce of hot dog, sausage and processed meat product

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## Nuts



**i** Nuts are grown on trees, examples are cashew nuts, almonds and hazelnuts.

**?** Food sources: Baked goods, nut spread, sauce, dessert, vegetarian product

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## Peanuts



**i** Peanuts are not classified as nuts, they are legume growing under the soil.

**?** Food sources: Baked goods, peanut oil, sauce, vegetarian products

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## Sesame



**i** The sesame allergen is similar in structure to peanut allergen, where cross reactivity could happen.

**?** Food sources: Bakery goods, sesame oil, tahini, stir fry

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## Soya



**i** Soybean and black bean are different species that from the same family. They may have similar allergens.

**?** Food sources: Vegetarian products, tofu, soy milk, soy sauce, vegetarian meat substitute

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## Sulphur dioxide



**i** Sulphur dioxide and sulphites (E220-E228) are generally used as preservative.

**?** Food sources: Beer, wine, soft drink, dried fruit, vinegar, processed meat products

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## Want to Pinpoint Your Food Allergens?



How to choose the right test?

Hidden allergens in your diet?

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## 甲殼類動物



**i** 蟹、龍蝦和蝦是最常見的甲殼類動物，它們通常有一個外殼和附肢。

**?** 食物來源：海鮮雜燴、沙律、蟹柳、蝦醬

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## 麩質



**i** 麩質是一種存在於穀物如小麥、黑麥、斯佩爾特和大麥中的蛋白質。

**?** 食物來源：烘焙食品、麵條、啤酒、醬汁

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## 芹菜



**i** 芹菜的根部比莖部更容易引起過敏。芹菜是造成口腔過敏的常見原因。

**?** 食物來源：蔬菜汁、沙冰、雜菜湯、咖喱、沙律

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## 是食物惹的禍嗎？

以下是歐盟指出的14種常見食物致敏源。讓我們一起認識多一點！

**i** = 小貼士

**?** = 食物來源例子

\*參考資料：歐洲食品安全局

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## 牛奶



**i** 牛奶蛋白質的結構與山羊奶蛋白質相似，兩者之間可能存在交叉反應。

**?** 食物來源：乳製品(包括牛油、忌廉、芝士、乳酪和雪糕)

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## 羽扇豆



**i** 羽扇豆是一種地中海地區經常用到的豆類。羽扇豆帶有毒性，如處理不當可引致食物中毒。

**?** 食物來源：特色麵包、甜品、素食食品、羽扇豆粉

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## 魚



**i** 進食被細菌污染的魚會引致組胺中毒，容易被誤認為是食物過敏。

**?** 食物來源：魚丸、海鮮湯、沙律醬、魚露、三明治餡料

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## 雞蛋



**i** 雞蛋與其他蛋類的蛋白質相似，可能存在交叉反應。如對雞蛋過敏亦應避免其他蛋類。

**?** 食物來源：烘焙食品、蛋麵、甜品、油炸食品、蛋黃醬

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## 花生



**i** 花生不屬於堅果，它們其實是在土壤下生長的豆科植物。

**?** 食物來源：烘焙食品、花生醬、花生油、素食食品

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## 堅果



**i** 堅果是指生長在樹上的堅果，包括腰果、杏仁和榛子等。

**?** 食物來源：烘焙食品、堅果醬、堅果油、甜品、素食食品

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## 芥末



**i** 芥末是由芥菜植物的種子製成，它與山葵是不同的植物。

**?** 食物來源：熱狗、加工肉類、醬料

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## 軟體動物



**i** 軟體動物具有柔軟的身體，通常被堅硬的外殼覆蓋著。魷魚、蚌和蠔都屬於這一組。

**?** 食物來源：海鮮雜燴、蠔油、湯料

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## 想找出您的致敏食物？



您有致敏食物而不自知嗎？

如何選擇合適測試？

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## 二氧化硫



**i** 二氧化硫和亞硫酸鹽 (E220-E228) 通常用作防腐劑。

**?** 食物來源：啤酒、紅酒、汽水、乾果、醋、加工肉類製品

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## 大豆



**i** 大豆和黑豆其實是同一家族的不同品種，對大豆敏感者可能會同時對黑豆敏感。

**?** 食物來源：素食食品、豆腐、豆漿、醬油、素肉

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## 芝麻



**i** 芝麻過敏原在結構上與花生過敏原相似，兩者之間可能存在交叉反應。

**?** 食物來源：烘焙食品、麻油、麻醬、中式小炒

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