

CHEAT SHEET

ALLERGEN LABELING BY COUNTRY

noun | al-ler-jen lab-el-ing by coun-try | \ 'a-lər-jən 'lā-b(ə-)lɪŋ 'bɪ 'kæn-trē \

: A food allergen is defined as any protein (including modified proteins and/or protein fractions) or derivative thereof.

The following foods and food groups listed are mandatory allergens that must be declared on product packaging for foods sold in the U.S., Canada, the EU, and Mexico.

	U.S.	CANADA	EU	MEXICO
Celery			X	
Egg	X	X	X	X
Fish	X	X	X	X
Gluten/Cereals Containing Gluten*		X	X	X
Lupin			X	
Milk/Dairy*	X	X	X	X
Mustard/Mustard Seed		X	X	
Peanut	X	X	X	X
Sesame/Sesame Seed*	X	X	X	
Shellfish (Crustacean)*	X	X	X	X
Shellfish (Molluscan/Mollusc)*		X	X	X
Soy/Soybean*	X	X	X	X
Tree Nuts*	X	X	X	X
Wheat*	X	X		
Sulphites/Sulfites*	X	X	X	X

*NOTES ABOUT SPECIFIC ALLERGEN CATEGORIES

FISH:

In the U.S. and Canada, the *specific species* of fish (e.g., bass, flounder, or cod) must be declared.

GLUTEN/CEREALS CONTAINING GLUTEN:

In Canada, the EU, and Mexico, cereals containing gluten are defined as wheat, rye, barley, triticale, and/or their hybridized strains and products of these. The EU and Mexico also include spelt. In Canada, gluten must be declared with its source.

MILK/DAIRY:

The EU and Mexico include lactose.

SESAME/SESAME SEED:

In April 2021, Sesame was added as the 9th major allergen in the U.S. All foods entering interstate commerce on or after January 1, 2023, that contain sesame allergens must bear a sesame allergen declaration.

SHELLFISH (Crustacean):

In the U.S. and Canada, the *specific species* of crustacean shellfish (crab, lobster, or shrimp) must be declared.

SHELLFISH (Molluscan/Mollusc):

In Canada, the *specific species* of molluscan shellfish (oysters, clams, mussels, or scallops) must be declared.

SOY/SOYBEAN:

In the U.S., Canada, EU, and Mexico, single-ingredient products, or products containing soybeans or soybean protein, must include "soybean" (or one of the approved synonyms) in the Contains statement or, as in the EU, in the ingredient statement.

TREE NUTS:

In the U.S., Canada, and EU, the *specific type* of tree nut (almonds, pecans, walnuts, etc.) must be declared.

SULPHITES/SULFITES:

In the U.S., Canada, EU, and Mexico, the presence of sulphites ("sulfites" in the U.S.) must be declared if the amount is 10 ppm (10 mg/kg) or more. If added, the specific sulfiting agent must be declared.

WHEAT:

Neither the EU nor Mexico considers wheat a separate allergen. However, both list wheat as a gluten source, so if a product contains wheat, gluten must be declared.