



Worried about food allergies and intolerances?

What you should know...

The NSW Food Authority makes sure you get accurate information about the food you buy and also makes sure your food is safe.



NSW Food Authority

www.foodauthority.nsw.gov.au



The Authority enforces the Food Act and the Food Standards Code, which requires that the 8 most common food allergens, as well as gluten and sulphites are declared on food labels.

The allergens are found in crustaceans, eggs, fish, milk, peanuts, soybeans, tree nuts, sesame seeds and their products. Gluten is found in wheat, rye, barley, oats and other cereals plus their products. Sulphites are added to food as a preservative.

These declarations appear on labels of packaged foods. You can also request this information when buying unpackaged foods or ordering food at a restaurant or takeaway.

A food business breaches the Food Act if:

- Information about allergens, gluten or sulphites is not provided on a label or is not given by staff selling unpackaged food made at the premises, or
- An allergen is found in food that was specifically requested not to contain that allergen.

If you suspect a food or food business breaches the Food Act call us on 1300 552 406.

The Authority will investigate suspected breaches, penalise non-compliance and can recall food to protect public health.

Further information on food allergies, intolerances and labelling can be found at the NSW Food Authority's web site

www.foodauthority.nsw.gov.au