

Macarons by Kiwi Debs

Allergen Information Sheet

Product	Ingredients	Allergen	Risk	
Kirkland Californian Almond flour	100% almonds	Yes (Amandin) Symptoms which can be severe: <ul style="list-style-type: none"> • itchiness or swelling of the mouth, face, lip, tongue and throat (oral allergy syndrome), asthma • atopic dermatitis • Anaphylaxis: <ul style="list-style-type: none"> ➢ Itchy skin or a raised, red skin rash (hives) ➢ Swollen eyes, lips, hands, and feet ➢ Feeling lightheaded or faint (low blood pressure – hypotension) ➢ Weak and rapid pulse ➢ Constriction of airways include swelling of the mouth, throat, or tongue ➢ Wheezing ➢ Abdominal pain, nausea, vomiting and diarrhoea ➢ Collapse and unconsciousness 	High/Severe	
Chocolate Callebaut 823 Milk Callebaut 811 Dark Callebaut Strawberry Cacao Barry Zephyr White Chocolate	Sugar, Cocoa butter, whole milk powder, non-fat dry milk , dried skimmed milk , whey (milk), butter (milk), cocoa mass, soya lecithin E322,	Milk allergen symptoms start in the early weeks/months of life. Milk allergies is unusual in adult but some report problems. <ul style="list-style-type: none"> • Skin reactions such as hives, eczema, redness, or itching. • Abdominal pain, vomiting, diarrhoea, or discomfort. 	Moderate	

<p>Valrhona Dulcey Blonde Chocolate Cacao Barry Legere Powder</p>	<p>sunflower lecithin, strawberry flavouring, colours: carmine E120, natural vanilla extract</p>	<ul style="list-style-type: none"> • sneezing, runny nose, coughing, wheezing, or shortness of breath. • Anaphylaxis in severe cases <ul style="list-style-type: none"> ➢ Itchy skin or a raised, red skin rash (hives) ➢ Swollen eyes, lips, hands, and feet ➢ Feeling lightheaded or faint (low blood pressure – hypotension) ➢ Weak and rapid pulse ➢ Constriction of airways include swelling of the mouth, throat, or tongue ➢ Wheezing ➢ Abdominal pain, nausea, vomiting and diarrhoea ➢ Collapse and unconsciousness <p>Soya allergies are more likely in infants and small children. Symptom may occur quickly or up to 48 hours.</p> <ul style="list-style-type: none"> • Stomach cramps, vomiting • Tightness of throat, cough • Indigestion, diarrhoea • Eczema • Anaphylaxis in severe cases. <p>E120 Carmine may have an effect on attention and activity in children.</p>		
<p>Dairy (double cream, cream cheese) Cows Milk Protein Allergy (CMPA)</p>	<p>Milk Proteins Lactose (milk sugars)</p>	<p>Dairy symptoms start in the early weeks/months of life. Milk allergies is unusual in adults but some report problems.</p> <ul style="list-style-type: none"> • Skin reactions such as hives, eczema, redness, or itching. • Abdominal pain, vomiting, diarrhoea, or discomfort. 	<p>Moderate to Severe</p>	<p>Purchased from supermarkets: Co-Op, Sainsburys, Tesco, Waitrose</p>

		<ul style="list-style-type: none"> • sneezing, runny nose, coughing, wheezing, or shortness of breath. • Anaphylaxis in severe cases <ul style="list-style-type: none"> ➢ Itchy skin or a raised, red skin rash (hives) ➢ Swollen eyes, lips, hands, and feet ➢ Feeling lightheaded or faint (low blood pressure – hypotension) ➢ Weak and rapid pulse ➢ Constriction of airways include swelling of the mouth, throat, or tongue ➢ Wheezing ➢ Abdominal pain, nausea, vomiting and diarrhoea ➢ Collapse and unconsciousness 		
Eggs	100% eggs	<p>Egg reactions can be mild, moderate or severe (anaphylaxis) even after touch the shells. Most common allergy in children. Symptoms appear a few minutes to hours after consuming:</p> <ul style="list-style-type: none"> • Skin inflammation such as hives • nasal congestion, runny nose, and sneezing • vomiting is common as well as stomach-ache/cramps, diarrhoea • eczema • asthma, wheezing or cough, chest tightness, shortness of breath 	Moderate to severe	Purchased from supermarkets: Co-Op, Sainsburys, Tesco, Waitrose
Fruit Curds (homemade)	Butter , sugar, citrus zest, eggs , salt	Butter (dairy milk symptoms)	Moderate to severe	

- Skin reactions such as hives, eczema, redness, or itching.
- Abdominal pain, vomiting, diarrhoea, or discomfort.
- sneezing, runny nose, coughing, wheezing, or shortness of breath.
- Anaphylaxis in severe cases
 - Itchy skin or a raised, red skin rash (hives)
 - Swollen eyes, lips, hands, and feet
 - Feeling lightheaded or faint (low blood pressure – hypotension)
 - Weak and rapid pulse
 - Constriction of airways include swelling of the mouth, throat, or tongue
 - Wheezing
 - Abdominal pain, nausea, vomiting and diarrhoea
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- eczema

asthma, wheezing or cough, chest tightness, shortness of breath

Citrus allergy symptoms appear with two hours of consuming the fruit and include:

		<ul style="list-style-type: none"> • Skin reactions such as hives, eczema • Breathing difficulties • Vomiting, diarrhoea, stomach cramps • Anaphylaxis is severe case. 		
Food Colourings (artificial) Colour Splash Food Colour Gel Rainbow Dust Pro Gel	E102 Tartrazine E110 Quinoline yellow, E120 sunset yellow, E122 carmine E124 Carmoisine, E129 Ponceau 4R, E133 Allura Red AC, brilliant blue	May have an adverse effect on activity and attention in children.	Moderate	
Fresh Fruit	Apple Avocado Banana Cherry Citrus Kiwifruit Mango Melon Nectarine Peach Plum Strawberry	Some fruits cause an allergic reaction in some people. Allergic reactions to fruit are often part of pollen food syndrome (hayfever). Symptoms: <ul style="list-style-type: none"> • Redness, mild swelling or itching of the lips, tongue, inside of the mouth and ears. • Sneezing, runny nose, or symptoms affecting the eyes. • Itching and mild swelling of the throat. • Abdominal (tummy) pain, feeling sick and vomiting. • Very rarely, anaphylaxis 	Moderate	
Lotus Biscoff Spread	Original caramelised biscuits 58% (wheat flour, sugar, vegetable oils (palm oil from sustainable and certified plantations,	Immediate Wheat allergy symptoms come on quickly. Some may have reaction by touching and breathing. Symptoms <ul style="list-style-type: none"> • a red raised rash (known as hives or urticaria) anywhere on the body 	Moderate to Severe	This process is kept separate from the main working surfaces. Cleaned before and after.

	rapeseed oil), candy sugar syrup, raising agent (sodium bicarbonate E500ii), soya flour, salt, cinnamon), rapeseed oil, sugar, emulsifier: soya lecithin E322, citric acid E330	<ul style="list-style-type: none"> • a tingling or itchy feeling in the mouth • swelling of lips, face or eyes • stomach pain or vomiting. • sneezing or a blocked nose. • Anaphylaxis in severe cases. <p>Soya allergies are more likely in infants and small children. Symptom may occur quickly or up to 48 hours.</p> <ul style="list-style-type: none"> • Stomach cramps, vomiting • Tightness of throat, cough • Indigestion, diarrhoea • Eczema • Anaphylaxis in severe cases. <p>Gluten is one of many proteins found in wheat. A wheat allergy, may have a reaction to gluten, but may react to other proteins, or a combination.</p>		
Marshmallow Fluff (homemade)	Egg whites, sugar, vanilla extract	<p>Symptoms appear a few minutes to hours after consuming:</p> <ul style="list-style-type: none"> • Skin inflammation such as hives • nasal congestion, runny nose, and sneezing • vomiting is common as well as stomach-ache/cramps, diarrhoea • eczema • asthma, wheezing or cough, chest tightness, shortness of breath 	Moderate to severe	
Oreo Biscuits	Wheat flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder 4.3 %, wheat starch, glucose-fructose syrup, raising agents: ammonium carbonates E503,	<p>Immediate Wheat allergy symptoms come on quickly. Some may have reaction by touching and breathing.</p> <p>Symptoms</p> <ul style="list-style-type: none"> • a red raised rash (known as hives or urticaria) anywhere on the body • a tingling or itchy feeling in the mouth 	Moderate to Severe	This process is kept separate from the main working surfaces. Cleaned before and after.

	potassium carbonates E501, sodium carbonates E500), salt, emulsifier: soya lecithin E322, acidity regulator: sodium hydroxide E524, flavouring.	<ul style="list-style-type: none"> • swelling of lips, face or eyes • stomach pain or vomiting. • sneezing or a blocked nose. • Anaphylaxis in severe cases. <p>Soya allergies are more likely in infants and small children. Symptom may occur quickly or up to 48 hours.</p> <ul style="list-style-type: none"> • Stomach cramps, vomiting • Tightness of throat, cough • Indigestion, diarrhoea • Eczema • Anaphylaxis in severe cases. <p>Gluten is one of many proteins found in wheat. A wheat allergy, may have a reaction to gluten, but may react to other proteins, or a combination.</p>		
Pariani Sicilian Pistachio Paste	100% pistachios	<p>Pistachio (tree) nut symptoms include:</p> <ul style="list-style-type: none"> • itchy mouth or ears • scratchy throat • hives on the mouth • swelling of the lips, mouth, tongue, or throat 	Moderate to Severe	www.pariani.org/en/inventario/ingredienti/paste-di-frutta-secca/pasta-di-pistacchio-siciliano-s1/
Sprinkles (Edible)	Corn starch, malt syrup, sugar, glucose, wheat starch, dextrose (E1200), Maltodextrin (E1400), Antitackiness Agent Magnesium stearate (E470b), thickener acacia gum (E414), Glazing Agent shellac (E904), Colours: Allura Red E129, Titanium Dioxide E171, silver E174, gold E175	<p>Immediate Wheat allergy symptoms come on quickly. Some may have reaction by touching and breathing.</p> <p>Symptoms</p> <ul style="list-style-type: none"> • a red raised rash (known as hives or urticaria) anywhere on the body • a tingling or itchy feeling in the mouth • swelling of lips, face or eyes • stomach pain or vomiting. • sneezing or a blocked nose. • Anaphylaxis in severe cases. <p>E129 may affect attention and activity in children.</p>	Low to severe	

Tree nuts (Brazil nuts, hazelnuts, macadamia, pecans, pistachios, walnuts)	Proteins in the nut	<p>Nut allergies develop before the age of 5. Those with peanut (legume) allergies have an increased likelihood 30 to 40% of developing a tree nut allergy. Those with tree nut allergy have an increased risk of sesame allergy.</p> <p>Reactions to tree nuts can also be triggered in people who have pollen food syndrome, also referred to as oral allergy syndrome. When there is a hypersensitivity reaction to fruit, vegetables and nuts when cross reacting with certain aero allergens (e.g birch pollen).</p> <p>Symptoms:</p> <ul style="list-style-type: none"> • Swelling of the lips, mouth, tongue or throat • itchy throat • hives on the mouth • Anaphylaxis in severe cases 	Severe	
ZingyZoo Freeze Dried Raspberries	100% raspberries	No		www.zingyzo.eu/shop/p/freeze-dried-raspberry-powder
ZingyZoo Freeze Dried Strawberries	100% strawberries	<p>Symptoms include:</p> <ul style="list-style-type: none"> • throat tightness • itching or tingling mouth • skin rashes, such as hives or eczema • itchy skin • wheezing • cough • congestion • stomach pains, nausea, vomiting • diarrhoea • dizziness • light-headedness 	Moderate to Severe	www.zingyzo.eu/shop/p/strawberry-powder

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