
ALLERGEN LABELLING

Health Canada published amendments to the *Food and Drug Regulations* in February 2011 to strengthen the labelling requirements for peanuts, tree nuts, sesame seeds, **wheat and triticale**, milk, eggs, fish, crustaceans, shellfish, soybeans, mustard seeds, **grains containing gluten**, and added sulphites. It is mandatory to declare these priority allergens on a product label even when these are an ingredient of another ingredient. For example, mustard is a common ingredient in spice mixes and must be declared if it is present in the mix.

The [new food allergen labelling regulations](#) came into force on August 4, 2012. Food manufacturers must declare these priority food allergens, gluten sources, and added sulphites on food labels, either in the list of ingredients or immediately following the list of ingredients in the statement "Contains: [*common name of allergen*]"