

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 Valrhona Dulcey Blonde Chocolate	Sugar, Cocoa butter, whole milk powder, non-fat dry milk , dried skimmed milk , whey (milk), butter (milk), cocoa mass, soya lecithin sunflower lecithin, strawberry	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. • sneezing, runny nose, coughing, wheezing, or shortness of breath. 	Moderate	

Cacao Barry Legere Powder	flavouring, colours: carmine E120, natural vanilla extract	<ul style="list-style-type: none"> • 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>		
Dairy (double cream, cream cheese) Cows Milk Protein Allergy (CMPA)	Milk Proteins Lactose (milk sugars)	<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. • sneezing, runny nose, coughing, wheezing, or shortness of breath. • Anaphylaxis in severe cases 	Moderate to Severe	Purchased from supermarkets: Co-Op, Sainsburys, Tesco, Waitrose

		<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 	Medium	Purchased from supermarkets: Co-Op, Sainsburys, Tesco, Waitrose
Fresh Fruit	<p>Apple Avocado Banana Cherry Citrus Kiwifruit Mango</p>	<p>Some fruits cause an allergic reaction in some people. Allergic reactions to fruit are often part of pollen food syndrome (hayfever). Symptoms:</p>	Moderate	

	Melon Nectarine Peach Plum Strawberry	<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 		
Lotus Biscoff Spread	Wheat, Soya Gluten	<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>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>	Moderate to Severe	This process is kept separate from the main working surfaces. Cleaned before and after.

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)	<p>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>	<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 likely hood 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>	Severe	

		<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 		
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 • 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 	Moderate to Severe	www.zingyzo.eu/shop/p/strawberry-powder

