### Allergen labelling

To prevent health hazards to consumers allergic to specific foods, it is mandatory to indicate the presence of specified ingredients in foods and additives based on the degree and frequency of past health hazards, etc.

#### Specified ingredients, etc.

<table>
<thead>
<tr>
<th>Names of specified ingredients, etc.</th>
<th>Reason</th>
<th>Labelling requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Specified ingredients</td>
<td>Shrimp, crab, wheat, buckwheat, egg, dairy products, and peanut</td>
<td>Items with high need for labelling based on the number of cases and severity</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Items equivalent to specified ingredients</th>
<th>Reason</th>
<th>Labelling requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond, abalone, squid, salmon roe, orange, cashew nut, kiwi fruit, beef, walnut, sesame, salmon, mackerel, soybean, chicken, banana, pork, matsutake mushroom, peach, yam, apple, and Gelatin</td>
<td>Items with a considerable number of cases and patients with severe symptoms on a continuous basis but not as much as the specified ingredients</td>
<td>labelling is recommended</td>
</tr>
</tbody>
</table>

#### Labelling example

(As a general rule, allergens must be listed individually. They may be listed collectively on an exceptional basis.)

**Listing allergens individually**

Ingredients: Potato, carrot, ham (including egg and pork), mayonnaise (including egg and soybean), hydrolyzed protein (including beef, salmon, mackerel, and gelatin)/seasoning (amino acid, etc.)

**Listing allergens collectively**

Ingredients: Potato, carrot, ham, mayonnaise, hydrolyzed protein/seasoning (amino acid, etc.), (including egg, pork, soybean, beef, salmon, mackerel, and gelatin in part)

#### [Major symptoms of food allergy]

**Minor symptoms:** Itching, hives, swollen lips and eyelids, vomiting, and wheezing

**Severe symptoms:** Anaphylactic shock including impairment of consciousness and hypotension

### Specified ingredients, etc.

- Shrimp, crab, wheat, buckwheat, egg, dairy products, and peanut
- Almond, abalone, squid, salmon roe, orange, cashew nut, kiwi fruit, beef, walnut, sesame, salmon, mackerel, soybean, chicken, banana, pork, matsutake mushroom, peach, yam, apple, and Gelatin