

Mustard

Mustard allergy is one of the less common food allergies present in the UK and is more prevalent in Europe particularly in France. Although it is one of the rarer food allergies the reaction that it can cause can still be severe.

Mustard can be found in many food products and, in part, because of this it is included in the 14 Allergens. The word mustard will be stated in the ingredient list in a way that makes it clear to the consumer of its presence, even if it appears in minute quantities. As there are many species of mustard it is advisable that if you have a mustard allergy, it is best to avoid all species. This would include Mustard Cress.

MUSTARD IS ALSO KNOWN AS:

As mustard is used to enhance the flavour of food in its various forms, it can be found in many processed and manufactured foods, such as sauces and spice mixes and ethnic marinade seasonings.

Mustard is also known as:

- Brassica Nigra
- Brassica Juncea
- Brassica Hirta
- Sinapis Alba

HOW MUSTARD CAN BE USED

The mustard plant can be used in all its forms in food products including the seeds, leaves, flowers, sprouted mustard seeds, mustard oil, and mustard & cress. All are likely to cause a reaction in people with a mustard allergy

MUSTARD CAN BE FOUND IN:

- | | | |
|--------------|-------------------|--------------|
| ▪ Sauces | ▪ Pizza Flours | ▪ Mayonnaise |
| ▪ Crackers | ▪ Fish Paste | ▪ Soups |
| ▪ Condiments | ▪ Processed Meats | ▪ Pickles |
| ▪ Marinades | ▪ Salad Dressings | ▪ Sausages |

REACTIONS:

The symptoms of a food allergy, including mustard allergy, may occur within seconds or minutes of coming into contact with the culprit food. On occasions there may be a delay of more than an hour. Mild symptoms include nettle rash (otherwise known as hives or urticaria) or a tingling or itchy feeling in the mouth.

More serious symptoms are uncommon but remain a possibility for some people, including children. These may include:

- Itching, hives, or skin rash
- Swelling in the face, throat and/or mouth
- Difficulty breathing
- Severe asthma
- Feeling dizzy, faint, or light-headed
- Abdominal pain, nausea, and vomiting
- Anaphylactic shock – severe reaction

NOTE:

Mustard Flour is the ground mustard seed and does not contain WHEAT flour, however many pre made up mustard can contain wheat (gluten) as a thickener e.g. Colman's mustard – always check the label.

<https://foodallergyaware.co.uk/resources/factsheets/>