

in partnership with  
 **AllergyUK**



**Food  
Standards  
Agency**  
food.gov.uk

# Eating out with a food allergy

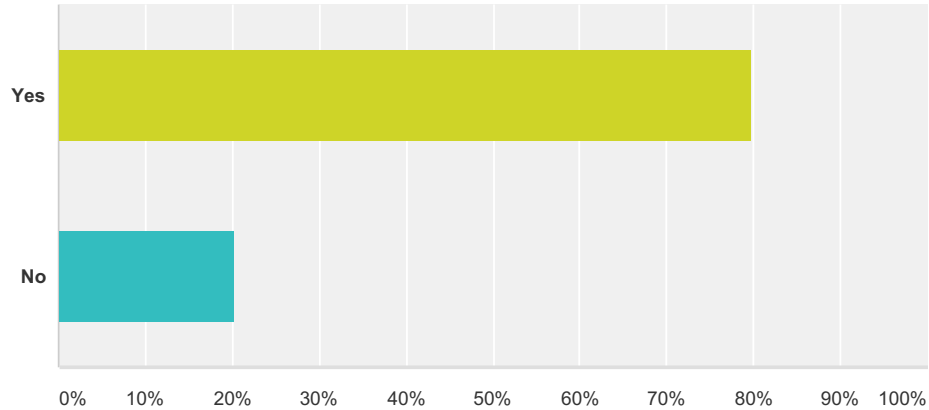
A consumer survey carried out by the FSA in partnership with Allergy UK

Please note: This is a snapshot survey of allergic consumers. It does not represent the allergic community population as a whole, or what is provided by the food service industry as a whole.

## Eating out with a Food Allergy

### Q1 Do you (or someone you care for) have a food allergy; and eat out at restaurants or order takeaways?

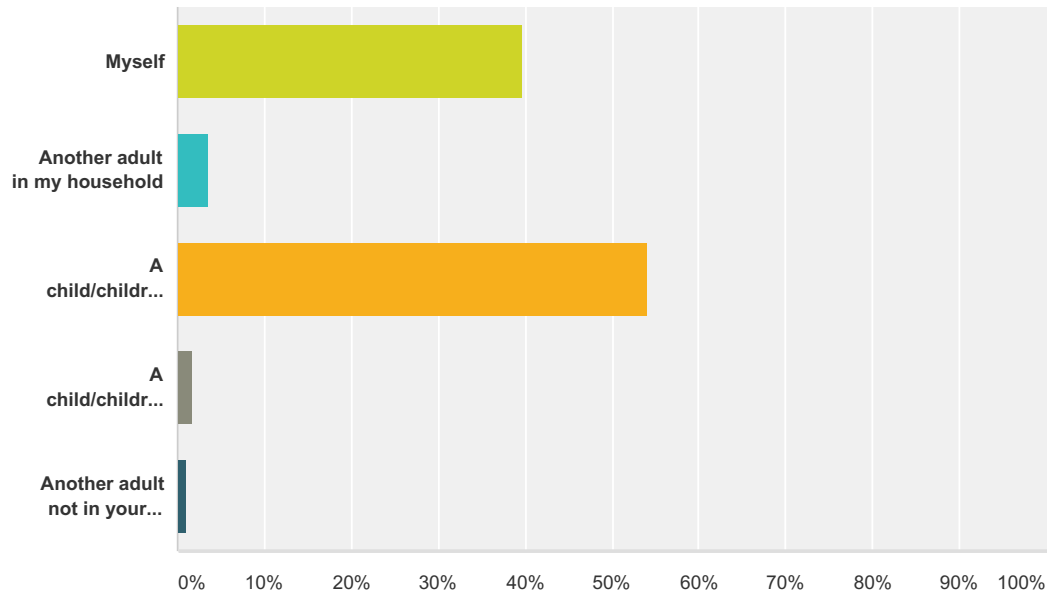
Answered: 1,535 Skipped: 0



Answer Choices	Responses
Yes	79.67% 1,223
No	20.33% 312
<b>Total</b>	<b>1,535</b>

### Q2 Do you or a family member suffer from a food allergy?

Answered: 1,181 Skipped: 354



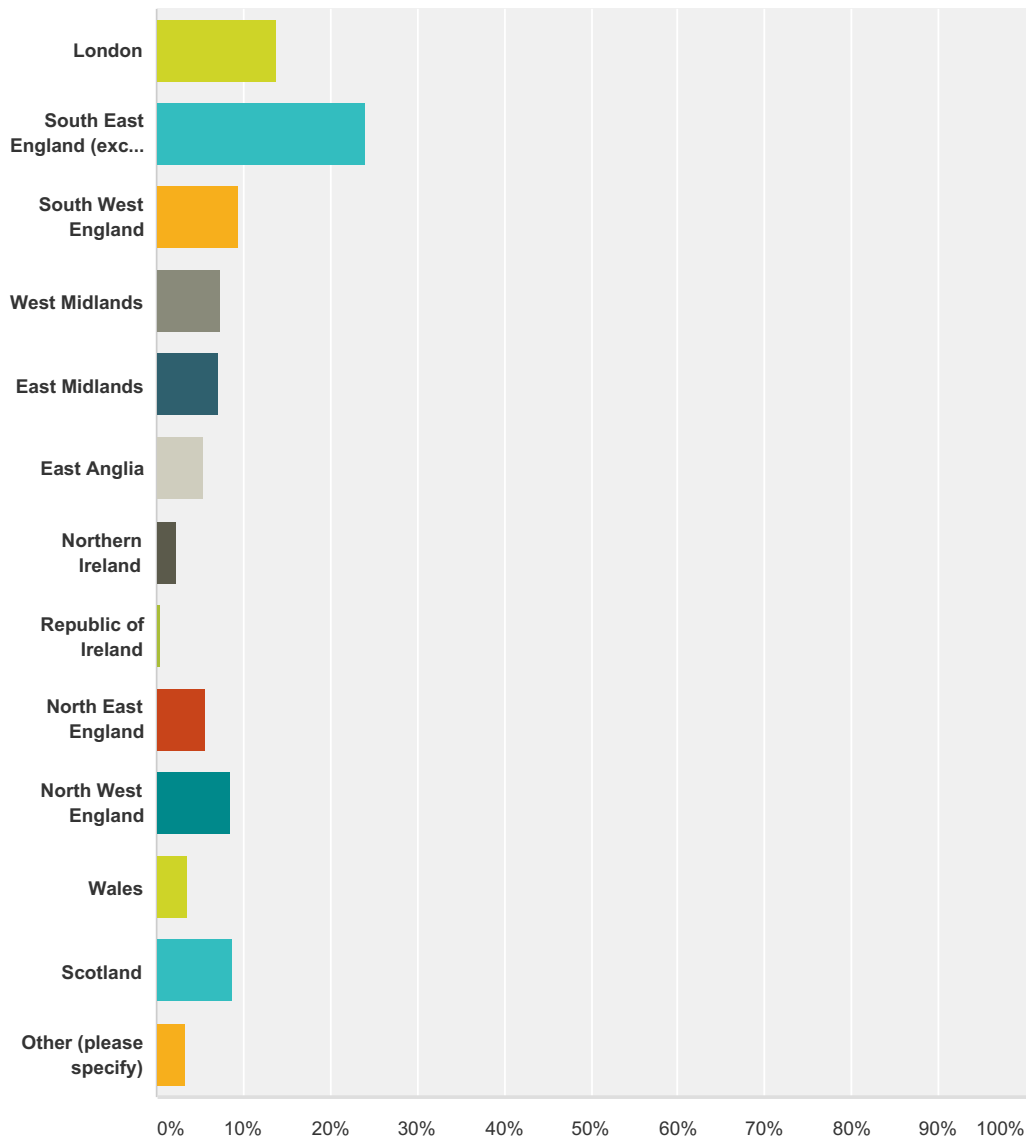
Answer Choices	Responses
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## Eating out with a Food Allergy

Myself	<b>39.71%</b>	469
Another adult in my household	<b>3.56%</b>	42
A child/children in my household	<b>54.02%</b>	638
A child/children not in your household e.g. if the children live elsewhere	<b>1.61%</b>	19
Another adult not in your household e.g. if you care for an adult who lives elsewhere, or a partner who doesn't live with you	<b>1.10%</b>	13
<b>Total</b>		<b>1,181</b>

### Q3 Which region do you live in?

Answered: 1,150 Skipped: 385



Answer Choices	Responses
London	<b>13.83%</b> 159
South East England (exc London)	<b>24.00%</b> 276

## Eating out with a Food Allergy

South West England	9.39%	108
West Midlands	7.30%	84
East Midlands	7.13%	82
East Anglia	5.39%	62
Northern Ireland	2.35%	27
Republic of Ireland	0.52%	6
North East England	5.74%	66
North West England	8.52%	98
Wales	3.65%	42
Scotland	8.87%	102
Other (please specify)	3.30%	38
<b>Total</b>		<b>1,150</b>

#	Other (please specify)	Date
1	Both London and South East London, Kent (two homes)	3/21/2016 8:42 AM
2	Yorkshire	3/19/2016 11:51 PM
3	West Yorkshire	3/19/2016 9:47 AM
4	N e Lincolnshire	3/18/2016 9:18 AM
5	currently overseas	3/17/2016 8:37 PM
6	West Yorkshire	3/17/2016 2:30 PM
7	Nortn east lincolnshire	3/17/2016 8:00 AM
8	Yorkshire	3/17/2016 7:33 AM
9	U	3/17/2016 7:22 AM
10	Cambridge	3/17/2016 3:28 AM
11	North Lincolnshire	3/17/2016 2:21 AM
12	NORTH YORKSHIRE	3/16/2016 11:39 PM
13	yorkshire	3/16/2016 11:12 PM
14	Jersey Channel Islands	3/16/2016 7:06 PM
15	Philippines	3/16/2016 6:39 PM
16	West Yorkshire	3/16/2016 6:29 PM
17	yorkshire	3/16/2016 6:27 PM
18	Isle of man	3/16/2016 5:54 PM
19	West Yorkshire	3/16/2016 5:37 PM
20	north Yorkshire	3/16/2016 5:27 PM
21	Surrey County	3/10/2016 10:29 PM
22	East Yorkshire	3/10/2016 6:40 PM
23	Leicester	3/9/2016 7:21 PM
24	Yorkshire	3/9/2016 4:41 AM
25	West Yorkshire	3/8/2016 8:07 PM

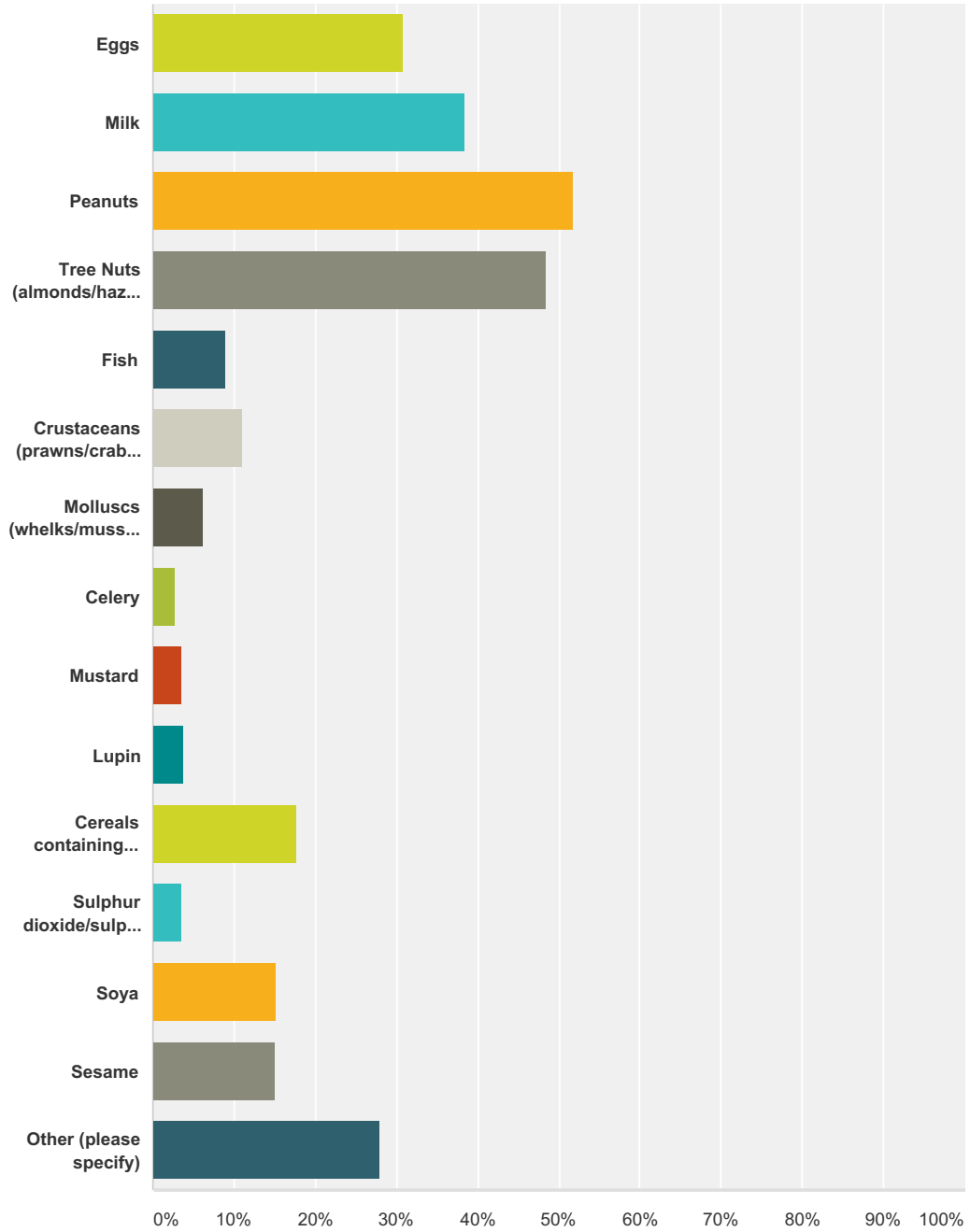
## Eating out with a Food Allergy

26	East Yorkshire	3/8/2016 12:20 PM
27	Southampton - do you call that SE or SW?	3/8/2016 11:38 AM
28	west yorks	3/8/2016 9:35 AM
29	Qld Australia	3/7/2016 7:53 PM
30	yorkshire	3/7/2016 7:36 PM
31	South Yorkshire	3/7/2016 6:48 PM
32	West Yorkshire	3/7/2016 6:35 PM
33	South	3/7/2016 5:29 PM
34	South	3/7/2016 5:28 PM
35	Yorkshire	3/7/2016 5:07 PM
36	Yorkshire	3/7/2016 5:04 PM
37	South Yorkshire	3/7/2016 4:58 PM
38	Leeds	3/7/2016 4:28 PM

### **Q4 Which food allergies do you or your family member suffer from? Tick all that apply**

Answered: 1,142 Skipped: 393

## Eating out with a Food Allergy



Answer Choices	Responses	
Eggs	31.00%	354
Milk	38.44%	439
Peanuts	51.84%	592
Tree Nuts (almonds/hazelnuts/walnuts/pecan nuts, etc)	48.34%	552
Fish	8.93%	102
Crustaceans (prawns/crab/lobster etc)	11.03%	126
Molluscs (whelks/mussels/snails etc)	6.22%	71
Celery	2.63%	30

## Eating out with a Food Allergy

Mustard	3.59%	41
Lupin	3.85%	44
Cereals containing gluten (spelt/Khorasan wheat)	17.69%	202
Sulphur dioxide/sulphites	3.50%	40
Soya	15.32%	175
Sesame	15.06%	172
Other (please specify)	27.93%	319
<b>Total Respondents: 1,142</b>		

#	Other (please specify)	Date
1	some fruits like berries and apples	3/28/2016 5:14 PM
2	garlic	3/27/2016 10:45 PM
3	Wheat	3/26/2016 8:56 PM
4	Oats, chicken, rapeseeds oil, turmeric, curcumin, colourings, flavourings, artificial sweeteners, kiwi, paprika and any juices from concentrates. (Under GOSH, life is difficult)	3/26/2016 9:36 AM
5	Yeast	3/25/2016 7:41 AM
6	Coconut	3/24/2016 11:59 PM
7	Wheat	3/24/2016 10:27 PM
8	Peas beans and pulses, oats (including gluten free)	3/24/2016 6:39 PM
9	Oral Allergy Syndrome includes raw: apples, pears, nectarines, peaches, plums etc.	3/22/2016 12:10 PM
10	All Dairy related products	3/21/2016 4:28 PM
11	E102	3/21/2016 3:04 PM
12	Kiwi	3/21/2016 10:28 AM
13	Rice, aubergine, sweet potato	3/21/2016 8:43 AM
14	Pineapple red pepper	3/20/2016 10:44 AM
15	fructose	3/20/2016 10:25 AM
16	Kiwi fruit	3/20/2016 9:26 AM
17	Strawberry. Orange. Kiwi.	3/20/2016 9:20 AM
18	kiwifruit	3/19/2016 7:54 PM
19	Banana	3/19/2016 3:16 PM
20	Peas and beans	3/19/2016 2:14 PM
21	tomatoes, bananas, sea salt	3/18/2016 9:18 PM
22	extremely strict medical diet for IBS	3/18/2016 7:36 PM
23	Peas and chicken peas	3/18/2016 6:57 PM
24	coconut and many non food too	3/18/2016 4:33 PM
25	Lentils	3/18/2016 4:17 PM
26	fruit	3/18/2016 4:16 PM
27	Butter; lentils; chillies;	3/18/2016 4:08 PM
28	coconuts	3/18/2016 2:44 PM
29	Raw fruit & veg	3/18/2016 2:00 PM

## Eating out with a Food Allergy

30	Banana	3/18/2016 12:49 PM
31	Kiwi	3/18/2016 11:37 AM
32	Coconut	3/18/2016 11:20 AM
33	cashews and pistashios	3/18/2016 10:23 AM
34	chicken, honey and kiwi fruit	3/18/2016 10:02 AM
35	citrus	3/18/2016 10:01 AM
36	Lactose; Tapioca; Buckwheat; Quorn	3/18/2016 9:49 AM
37	Kiwi bananas lentils ect	3/18/2016 9:48 AM
38	Alliums	3/18/2016 9:29 AM
39	Kiwi and many other fruits and vegetables	3/18/2016 9:24 AM
40	Coconut	3/17/2016 11:41 PM
41	Strawberries citrus fruits and pineapple	3/17/2016 11:32 PM
42	Strict vegetarian	3/17/2016 10:01 PM
43	Kiwi	3/17/2016 9:31 PM
44	broccoli and peas	3/17/2016 9:28 PM
45	Peas and single stoned fruit	3/17/2016 8:42 PM
46	Tomato	3/17/2016 7:41 PM
47	Lentil bean citrus banana malteresers coffee	3/17/2016 6:11 PM
48	Wheat	3/17/2016 6:05 PM
49	Chickpea	3/17/2016 5:49 PM
50	Benzoate	3/17/2016 5:01 PM
51	Oranges	3/17/2016 3:47 PM
52	banana	3/17/2016 3:08 PM
53	strawberry, orange coconut tomatoes	3/17/2016 2:49 PM
54	cocoa	3/17/2016 2:39 PM
55	Rice	3/17/2016 2:34 PM
56	Coconut, peaches, apricot, melon, kiwi	3/17/2016 2:32 PM
57	Kiwi fruit and Parsley	3/17/2016 2:12 PM
58	some legumes	3/17/2016 1:32 PM
59	Berries, tomatoes	3/17/2016 1:31 PM
60	Coconut	3/17/2016 11:48 AM
61	Coeliac so not technically an allergy	3/17/2016 11:29 AM
62	Buckwheat	3/17/2016 10:55 AM
63	Garlic	3/17/2016 10:47 AM
64	unidentified trigger	3/17/2016 10:25 AM
65	Coconuts	3/17/2016 9:49 AM
66	Tomato, banana	3/17/2016 9:24 AM
67	legumes	3/17/2016 9:09 AM
68	Chicken, kiwi, pineapple	3/17/2016 8:53 AM
69	Salmon	3/17/2016 8:52 AM
70	Spices	3/17/2016 8:47 AM



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71	legumes	3/17/2016 8:47 AM
72	berries	3/17/2016 8:38 AM
73	Kiwi	3/17/2016 8:36 AM
74	Vegetables and fruit	3/17/2016 8:21 AM
75	Shea	3/17/2016 8:15 AM
76	Banana, blueberries, pineapple	3/17/2016 7:40 AM
77	MSG	3/17/2016 7:34 AM
78	Banana kiwi legumes	3/17/2016 7:30 AM
79	GLUTEN	3/17/2016 5:49 AM
80	Strawberries, apples	3/17/2016 12:59 AM
81	Corn (maize)	3/17/2016 12:56 AM
82	Some fruits	3/17/2016 12:46 AM
83	Kiwi fruit	3/16/2016 11:57 PM
84	Lentils, peas, strawberries, tomatoes, pulses	3/16/2016 11:43 PM
85	Tomatoes & Strawberries	3/16/2016 11:32 PM
86	Kiwi	3/16/2016 11:29 PM
87	All berry's kewi peach	3/16/2016 11:24 PM
88	Carrots bananas	3/16/2016 11:15 PM
89	Bananas	3/16/2016 11:12 PM
90	Melon, strawberry	3/16/2016 11:10 PM
91	GARLIC	3/16/2016 11:09 PM
92	Tomato	3/16/2016 11:07 PM
93	beef green beans peas carrots pineapple	3/16/2016 11:07 PM
94	citrus	3/16/2016 10:59 PM
95	Orange/ orange juice	3/16/2016 10:56 PM
96	Beef	3/16/2016 10:50 PM
97	Coconut	3/16/2016 10:48 PM
98	Alcohol, Strawberries, Potatoes, Banana, Peppers	3/16/2016 10:45 PM
99	cashews, OAS	3/16/2016 10:34 PM
100	Wheat	3/16/2016 10:34 PM
101	yeast	3/16/2016 10:27 PM
102	Chickpea, honey, berries, kiwi, tomato, citrus	3/16/2016 10:23 PM
103	Yeast	3/16/2016 10:22 PM
104	RAPESEED OIL, XANTHAN GUM, DAIRY, OATS, BARLEY, RYE, HONEY	3/16/2016 10:19 PM
105	tomato ; chilli ; paprika	3/16/2016 10:14 PM
106	Strawberries, kiwi, tomatoes.	3/16/2016 10:02 PM
107	Lactose	3/16/2016 9:51 PM
108	Peas, lentils, kiwi	3/16/2016 9:51 PM
109	Coconut	3/16/2016 9:47 PM
110	Banana	3/16/2016 9:46 PM
111	Coconut	3/16/2016 9:43 PM

## Eating out with a Food Allergy

112	oats. cream.	3/16/2016 9:37 PM
113	lamb	3/16/2016 9:31 PM
114	Vegetable peppers	3/16/2016 9:27 PM
115	Kiwi fruit	3/16/2016 9:25 PM
116	latex	3/16/2016 9:22 PM
117	Green vegetables	3/16/2016 9:19 PM
118	Cucumber	3/16/2016 9:16 PM
119	runner beans	3/16/2016 9:14 PM
120	Barley,Banana,Corn/Maize, Pineapple	3/16/2016 9:11 PM
121	Beef, Pineapple, Oats	3/16/2016 9:11 PM
122	Potato, lentils, tomato, baked beans.	3/16/2016 8:58 PM
123	Rapeseed, pine nuts	3/16/2016 8:56 PM
124	citrus and peas	3/16/2016 8:38 PM
125	Coconut	3/16/2016 8:34 PM
126	Wheat.	3/16/2016 8:32 PM
127	Apples, pears, kiwi.	3/16/2016 8:29 PM
128	Coconut	3/16/2016 8:21 PM
129	flavour enhancers	3/16/2016 8:13 PM
130	onions & garlic	3/16/2016 8:11 PM
131	Egg whites	3/16/2016 8:10 PM
132	Wheat	3/16/2016 7:57 PM
133	Pineapple	3/16/2016 7:51 PM
134	EIA to wheat, oats.	3/16/2016 7:50 PM
135	Kiwi	3/16/2016 7:47 PM
136	Peppers, gluten, Courgettes, oubergene,	3/16/2016 7:35 PM
137	All legumes	3/16/2016 7:19 PM
138	Peas	3/16/2016 7:16 PM
139	kiwi	3/16/2016 7:12 PM
140	Oranges	3/16/2016 7:08 PM
141	beef	3/16/2016 7:07 PM
142	wheat dairy lactose	3/16/2016 7:05 PM
143	Lentils	3/16/2016 7:02 PM
144	Cashew nuts and pistachio	3/16/2016 7:02 PM
145	Rice, beef, pork, chicken, turkey, lamb, peas, beans, coconut, pineapple	3/16/2016 7:00 PM
146	Rapeseed and Kiwi	3/16/2016 7:00 PM
147	Peas	3/16/2016 6:55 PM
148	Preservatives	3/16/2016 6:40 PM
149	Onions	3/16/2016 6:38 PM
150	Kiwi peas beans legumes	3/16/2016 6:38 PM
151	coffee	3/16/2016 6:34 PM
152	Kiwi, bananas, lentils	3/16/2016 6:30 PM

## Eating out with a Food Allergy

153	Gluten and dairy	3/16/2016 6:29 PM
154	kiwu	3/16/2016 6:28 PM
155	Malt, barley, spices/chili, fortified wheat	3/16/2016 6:22 PM
156	Nettle and its extracts.	3/16/2016 6:21 PM
157	Pulses	3/16/2016 6:21 PM
158	All legumes, corn. Cinnamon	3/16/2016 6:20 PM
159	Banana	3/16/2016 6:20 PM
160	Kiwi	3/16/2016 6:15 PM
161	Apples, peaches - birch tree grouping	3/16/2016 6:10 PM
162	Wheat oats	3/16/2016 6:10 PM
163	Citrus fruit, chickpeas, tomatoes, seeds	3/16/2016 6:06 PM
164	Lentils, beans, kiwi, salmon, green peas	3/16/2016 6:06 PM
165	Beef, Corn, Peas, Chickpeas.	3/16/2016 6:05 PM
166	Oats, Barley, Rye, Red Split Lentils	3/16/2016 6:02 PM
167	Tomato, avocado, strawberry, kiwi, orange, red meat,	3/16/2016 6:01 PM
168	hay fever	3/16/2016 6:00 PM
169	Tomatoes	3/16/2016 5:54 PM
170	chickpea, green peas, lentils	3/16/2016 5:50 PM
171	Chick peas and peas	3/16/2016 5:49 PM
172	Chickpea, haricot bean,	3/16/2016 5:47 PM
173	Vaso-active amines - phenylethylamine, histamine and tyramine	3/16/2016 5:46 PM
174	Kiwi fruit and watermelon	3/16/2016 5:45 PM
175	Banana	3/16/2016 5:44 PM
176	Poppy seed, kiwi	3/16/2016 5:42 PM
177	corn	3/16/2016 5:42 PM
178	lentils	3/16/2016 5:39 PM
179	Chickpea, Kiwi,	3/16/2016 5:38 PM
180	Corn, spices, tomato, potato and kiwi	3/16/2016 5:37 PM
181	Seeds	3/16/2016 5:36 PM
182	Fennel & Pine Nuts	3/16/2016 5:34 PM
183	Chicken, mushrooms, peppers	3/16/2016 5:33 PM
184	Pine nut	3/16/2016 5:33 PM
185	Apple skin, raspberries, wheat	3/16/2016 5:31 PM
186	Kiwi strawberry	3/16/2016 5:31 PM
187	Chickpeas, kiwi	3/16/2016 5:29 PM
188	chickpeas, kidney beans, lentils and green peas	3/16/2016 5:29 PM
189	Peas beans lentils chickpeas raw fruit	3/16/2016 5:26 PM
190	Legumes	3/16/2016 5:22 PM
191	apples and pears	3/16/2016 5:22 PM
192	kiwi fruit	3/16/2016 5:21 PM
193	Also Kiwi fruit, cantaloupe melon, lentils, and chick peas	3/16/2016 5:19 PM

## Eating out with a Food Allergy

194	Kiwi fruit	3/16/2016 5:14 PM
195	Poppy seeds	3/16/2016 5:11 PM
196	fruits	3/16/2016 3:33 PM
197	apples, pears	3/15/2016 4:48 PM
198	latex	3/13/2016 7:14 PM
199	Pine nuts	3/12/2016 3:49 PM
200	White beans	3/11/2016 9:17 PM
201	chicken	3/11/2016 3:26 PM
202	Garlic-major!!	3/11/2016 2:45 PM
203	Legumes, Beans, Peas, Lentils	3/11/2016 1:53 PM
204	gluten	3/11/2016 1:04 PM
205	Pine nuts and dust mite	3/10/2016 10:30 PM
206	Coeliac - gluten and wheat	3/10/2016 7:14 PM
207	apples	3/10/2016 12:19 PM
208	Wheat, Chick peas, Lentils	3/10/2016 10:53 AM
209	sacilyate diet /latex, citrus eg limes lots of spices	3/10/2016 8:01 AM
210	Brazil Nut	3/9/2016 10:08 PM
211	Rice and corn	3/9/2016 8:10 PM
212	Lentils	3/9/2016 4:50 PM
213	Kiwi	3/9/2016 1:37 PM
214	Banana, all wheats, Brazil nuts, penicillin, peas, broad beans,	3/9/2016 10:42 AM
215	citrus products	3/9/2016 9:01 AM
216	Gluten, corn	3/9/2016 8:30 AM
217	anything containing gluten	3/9/2016 8:03 AM
218	Raspberry and strawberry pip enzymes	3/8/2016 10:27 PM
219	Bananas, lentils	3/8/2016 9:11 PM
220	Gluten (wheat, rye and barley)	3/8/2016 8:09 PM
221	Unidentified	3/8/2016 6:01 PM
222	Kiwi	3/8/2016 4:04 PM
223	Lentils	3/8/2016 2:00 PM
224	Lentils	3/8/2016 1:58 PM
225	Wheat	3/8/2016 1:57 PM
226	(Oral Allergy Syndrome)	3/8/2016 1:42 PM
227	Wheat, bananas, chestnuts, mango, papaya	3/8/2016 12:31 PM
228	All seed and legumes (peas/beans/lentils)	3/8/2016 12:30 PM
229	Partner is currently on FODMAP elimination, comprehensive list of limitations including some fruit, veg, and pulses, going beyond the big 14.	3/8/2016 11:59 AM
230	coconut	3/8/2016 11:58 AM
231	All citrus, onions, garlic, citric acid, salmon. Other fish ok	3/8/2016 11:49 AM
232	Poppy seeds	3/8/2016 11:38 AM
233	coconut	3/8/2016 11:16 AM

## Eating out with a Food Allergy

234	Wheat	3/8/2016 11:15 AM
235	cheese	3/8/2016 10:40 AM
236	mushroom	3/8/2016 10:32 AM
237	Wheat	3/8/2016 10:22 AM
238	oats	3/8/2016 9:50 AM
239	Melon	3/8/2016 9:22 AM
240	pineapple, kiwi, popcorn	3/8/2016 8:39 AM
241	citrus fruits	3/8/2016 7:35 AM
242	Coconut lentils chickpeas seeds	3/8/2016 7:15 AM
243	Lipid Transfer protein (Oral Allergy Syndrome)	3/7/2016 11:28 PM
244	Legumes	3/7/2016 11:17 PM
245	Grass,	3/7/2016 10:58 PM
246	Kiwi	3/7/2016 10:12 PM
247	WHEAT	3/7/2016 10:07 PM
248	oral allergy syndrome i.e. vegetables, fruit etc	3/7/2016 10:05 PM
249	Garlic	3/7/2016 9:44 PM
250	Wheat	3/7/2016 9:16 PM
251	Beans/pulses	3/7/2016 9:00 PM
252	melon	3/7/2016 8:55 PM
253	Citrus	3/7/2016 8:49 PM
254	Raw Garlic	3/7/2016 8:47 PM
255	wheat	3/7/2016 8:47 PM
256	citrus	3/7/2016 8:35 PM
257	Kiwi	3/7/2016 8:33 PM
258	Kiwi	3/7/2016 8:15 PM
259	Rapeseed	3/7/2016 8:12 PM
260	Coconut	3/7/2016 8:11 PM
261	coconut	3/7/2016 8:06 PM
262	Fruits	3/7/2016 8:05 PM
263	kiwi, banana	3/7/2016 7:46 PM
264	Chicken and Avacardo	3/7/2016 7:38 PM
265	Banana Apple Cherry Lentils Seeds	3/7/2016 7:33 PM
266	Garlic, spices, cinnamon	3/7/2016 7:32 PM
267	Wheat	3/7/2016 7:31 PM
268	Wheat (not gluten); Kiwi fruit	3/7/2016 7:22 PM
269	cheese	3/7/2016 7:16 PM
270	Pine nuts, seeds	3/7/2016 7:15 PM
271	peas, beans, lentils	3/7/2016 6:57 PM
272	oats, sweet potatoe	3/7/2016 6:51 PM
273	Preservatives	3/7/2016 6:50 PM
274	Bell peppers	3/7/2016 6:46 PM

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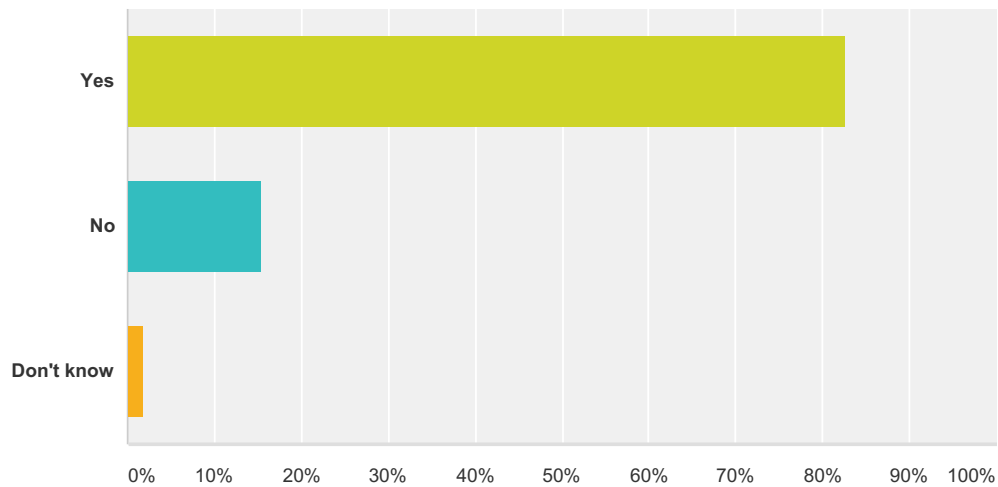
275	sunflower, asparagus, nectarine	3/7/2016 6:36 PM
276	apples, carrots, green beans, asparagus, parsnips, nectarines, kiwi fruit, undercooked potato	3/7/2016 6:30 PM
277	Lentils, pulses, chick peas, chick pea flour	3/7/2016 6:29 PM
278	Kiwi	3/7/2016 6:19 PM
279	Avocados	3/7/2016 6:11 PM
280	tomato, amaranth	3/7/2016 6:10 PM
281	wheat	3/7/2016 6:08 PM
282	Oats wheat barley rye	3/7/2016 6:07 PM
283	Preservatives used to prolong shelf-life of bread/scones/croissants.	3/7/2016 6:05 PM
284	Kiwi chick pea lentil	3/7/2016 6:00 PM
285	Banana, Kiwi, Passion Fruit	3/7/2016 5:57 PM
286	Lentils and Peas	3/7/2016 5:57 PM
287	citric products	3/7/2016 5:56 PM
288	Kiwi	3/7/2016 5:50 PM
289	Stone fruits	3/7/2016 5:45 PM
290	Pine nuts	3/7/2016 5:39 PM
291	Kiwi fruit	3/7/2016 5:37 PM
292	Banana	3/7/2016 5:36 PM
293	Banana, Courgette, avocado	3/7/2016 5:35 PM
294	quinoa, all of the legume/bean family, seeds, pulses	3/7/2016 5:30 PM
295	All nuts & nut oils	3/7/2016 5:28 PM
296	White bean , and pulse	3/7/2016 5:26 PM
297	oranges, tomatoes	3/7/2016 5:24 PM
298	Kiwi, apples, cherries, lemon, dried fruits and wasps!	3/7/2016 5:20 PM
299	Orange & MSG	3/7/2016 5:04 PM
300	Kiwi	3/7/2016 4:56 PM
301	Chicken	3/7/2016 4:55 PM
302	kiwi fruit	3/7/2016 4:52 PM
303	citrus fruit	3/7/2016 4:49 PM
304	Strawberries	3/7/2016 4:48 PM
305	Oral Allergy Syndrome	3/7/2016 4:48 PM
306	coriander, paprika, cumin, chili (fruit, seeds, powder), kiwi, anaseed, anise, fennel, dill, tumeric,	3/7/2016 4:40 PM
307	Pomegranates	3/7/2016 4:37 PM
308	Uncooked Fruit, Veg and Salad	3/7/2016 4:33 PM
309	Black peppercorns	3/7/2016 4:32 PM
310	Lentils and chickpeas	3/7/2016 4:29 PM
311	lentils	3/7/2016 4:28 PM
312	Apples, cherries	3/7/2016 4:28 PM
313	Mango	3/7/2016 4:28 PM
314	Chickpeas and lentils	3/7/2016 4:27 PM
315	most raw fruit	3/7/2016 4:26 PM

## Eating out with a Food Allergy

316	Wheat	3/7/2016 4:21 PM
317	all seeds , lentils, red wine	3/7/2016 4:19 PM
318	Poppy seeds	3/7/2016 4:19 PM
319	Fruits - Oral Allergy Syndrome	3/7/2016 4:14 PM

**Q5 The EU Food information for Consumers regulations (EU FIC), introduced in December 2014, mean that restaurants and takeaways are required by law to provide customers with information if any of the top 14 allergens are ingredients in the food they serve. Are you aware of these rules? Top 14 Allergens: Eggs, Milk, Peanuts, Tree Nuts, Fish, Crustaceans, Molluscs, Celery, Mustard, Lupin, Cereals containing Gluten, Sulphur Dioxide/Sulphites, Soya, and Sesame.**

Answered: 1,136 Skipped: 399

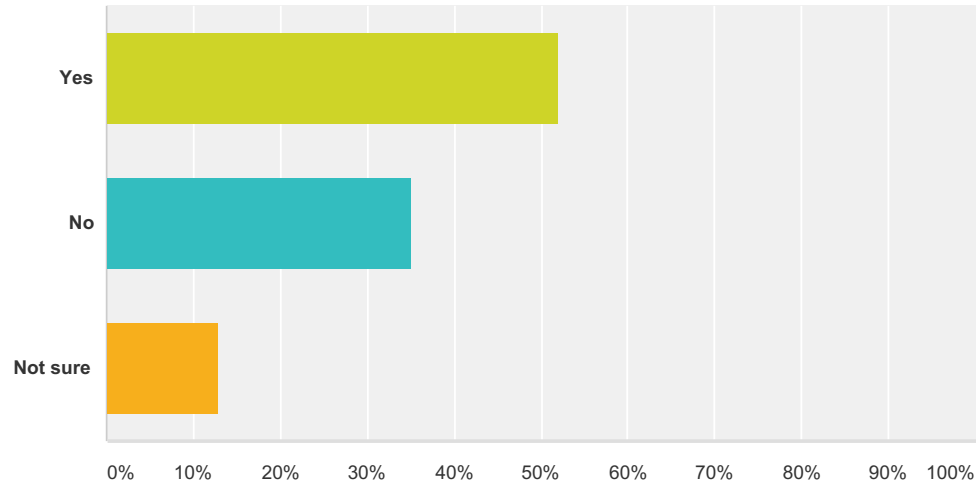


Answer Choices	Responses
Yes	82.57% 938
No	15.49% 176
Don't know	1.94% 22
<b>Total</b>	<b>1,136</b>

**Q6 Have you seen, heard or read any publicity about how information on food allergens is provided?**

Answered: 1,131 Skipped: 404

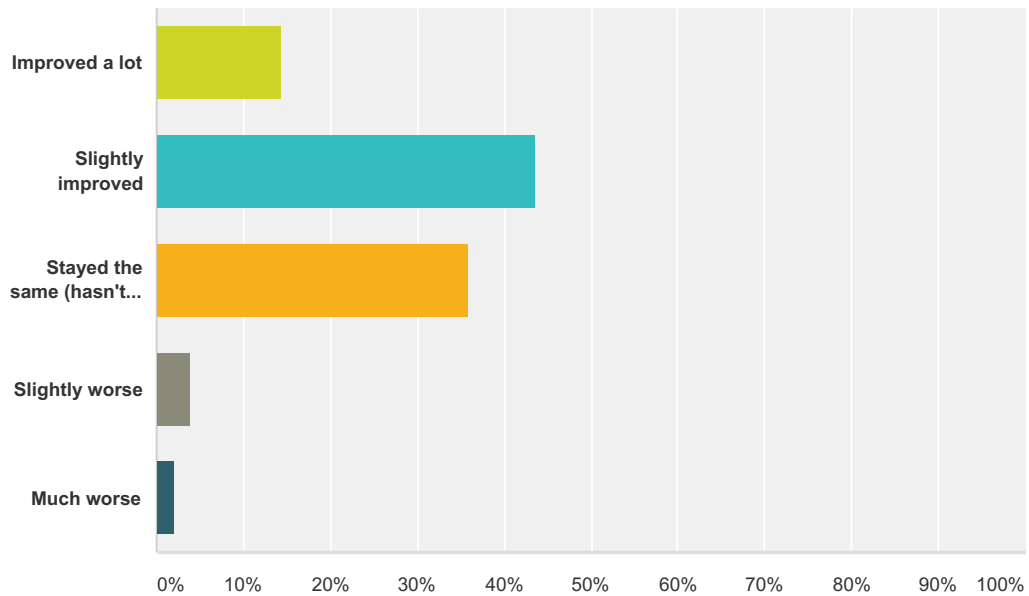
## Eating out with a Food Allergy



Answer Choices	Responses
Yes	51.99% 588
No	35.01% 396
Not sure	13.00% 147
<b>Total</b>	<b>1,131</b>

## Q7 Since December 2014, how has your overall experience of eating out changed?

Answered: 1,125 Skipped: 410



Answer Choices	Responses
Improved a lot	14.49% 163
Slightly improved	43.73% 492

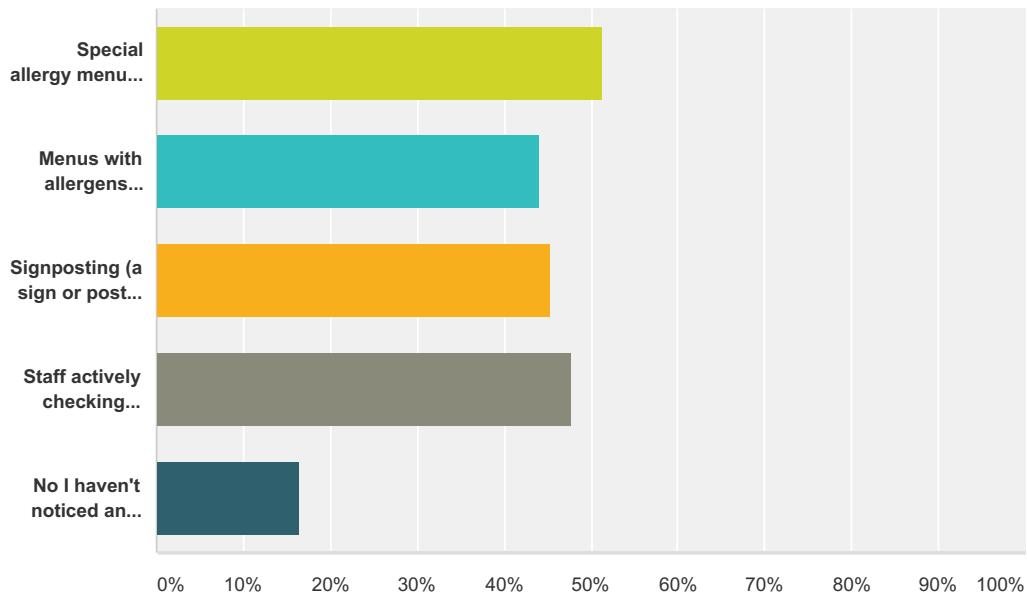


## Eating out with a Food Allergy

Stayed the same (hasn't changed)	35.82%	403
Slightly worse	3.91%	44
Much worse	2.04%	23
<b>Total</b>		<b>1,125</b>

### Q8 Since December 2014, have you noticed an increase in any of the following measures when you visit restaurants and takeaways? Tick all that apply

Answered: 1,108 Skipped: 427

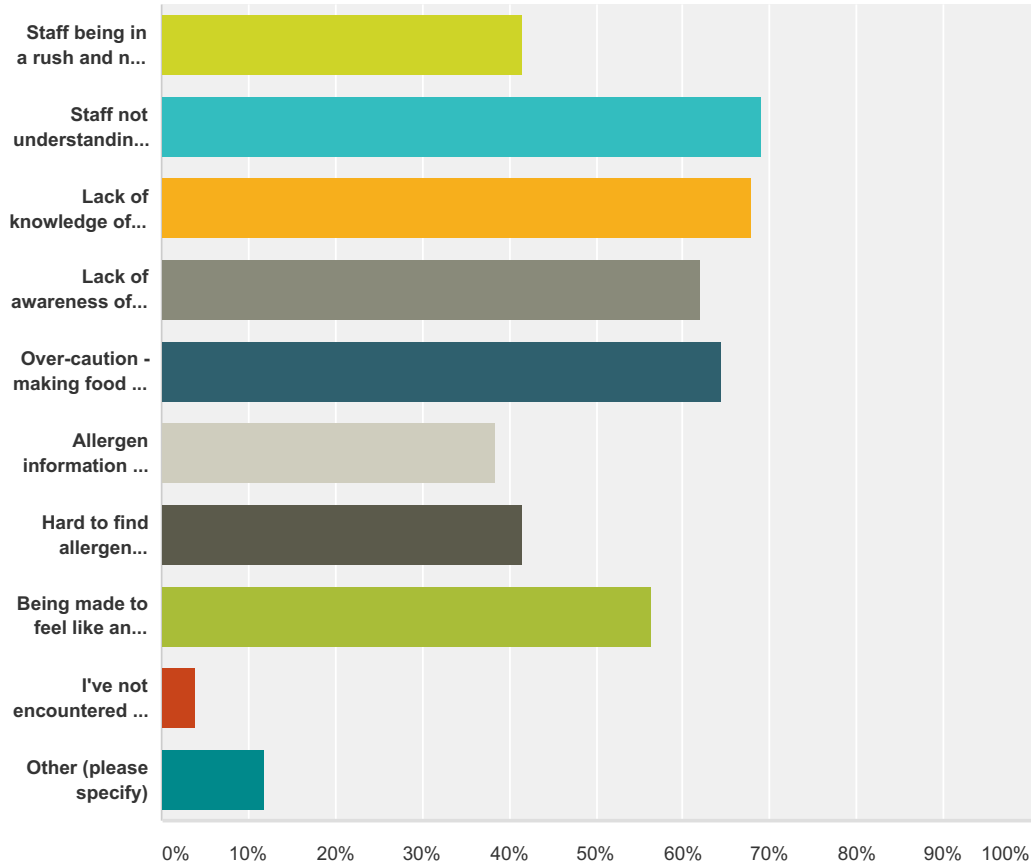


Answer Choices	Responses
Special allergy menus or allergen books for food allergic customers	51.44% 570
Menus with allergens marked out, for the use of all customers	44.13% 489
Signposting (a sign or poster) that allergen information is easily available from staff either verbally or in writing	45.31% 502
Staff actively checking allergen information with the chef, when asked	47.74% 529
No I haven't noticed an increase in any of these	16.43% 182
<b>Total Respondents: 1,108</b>	

### Q9 Have you encountered any of the following issues when ordering/eating food at catering outlets such as restaurants or takeaways? Tick all that apply

Answered: 1,100 Skipped: 435

## Eating out with a Food Allergy



Answer Choices	Responses
Staff being in a rush and not checking thoroughly/informing the kitchen of my/my family member(s) food allergy	41.64% 458
Staff not understanding the severity of an allergy, and how easily a mistake may cause a reaction	69.18% 761
Lack of knowledge of menu content when giving information	67.91% 747
Lack of awareness of cross contamination or ingredient substitution	62.09% 683
Over-caution - making food off limits by applying blanket 'may contain' labels	64.45% 709
Allergen information not being available	38.36% 422
Hard to find allergen information readily	41.64% 458
Being made to feel like an inconvenience due to my or my family member(s) food allergy	56.45% 621
I've not encountered any issues	4.00% 44
Other (please specify)	11.91% 131
<b>Total Respondents: 1,100</b>	

#	Other (please specify)	Date
1	there is lack of information but i'm not fussy, i just order "secure" food. which is what everybody should do. and btw if food were kept simple (with few ingredients of outstanding quality instead of tons of stuff to cover the poor quality of main ingredients) it would be much easier for everybody! just hire good cooks and chefs, not mw people!	3/24/2016 11:55 PM
2	Allergen information printed in a format that is very difficult to read and interpret eg a very large table of data with tiny writing	3/24/2016 6:41 PM
3	Being refused food/even a cup of tea and asked to leave because of music nut allergy	3/22/2016 2:06 PM

## Eating out with a Food Allergy

4	Being told allergen book is incorrect when dovre checked with chef, being told no allergen info available and big name resturants unaware of change need for it in writing	3/21/2016 8:46 AM
5	These issues are so common that we very rarely eat out together. If we do, we take food prepared at home for my grandson, who is the allergy sufferer.	3/18/2016 4:20 PM
6	It has all for much better!	3/18/2016 4:10 PM
7	Because I have multiple allergies I find that often in New places they will make mistakes. Often getting one of the allergies catered for or the other. Eg. Ordering a burger and the put it on a gf bun but put butter on it.	3/18/2016 4:09 PM
8	One restaurant in particular advised that they'd rather my daughter eat elsewhere as they did not know what was in their food. We reported them, they were subject to an inspection and a follow up to ensure lessons had been learned. I was very happy with the prompt action taken by the inspection team.	3/18/2016 2:40 PM
9	Seriously limited menu options, often only two choices and often no desserts at all	3/18/2016 2:36 PM
10	Refusal to feed my child just incase	3/18/2016 11:13 AM
11	Being told the dish contains eggs and gluten for a dairy allergy. Worrying if people are thinking eggs comes from cows!	3/18/2016 11:06 AM
12	Its hard as tapioca and buckwheat are unusual	3/18/2016 9:51 AM
13	M&s are terrible and so it the tesco cafe. All other places I have been are fab x	3/18/2016 9:21 AM
14	When I have been given food containing the allergen I have, the staff have either i) showed no concern at all, ii) said I should have told them how severe my reaction is & iii) tried to charge me to re-do my food! On all occasions they were aware of my allergy.	3/18/2016 1:12 AM
15	Drink contamination	3/17/2016 11:34 PM
16	Pure ignorance and catering companies (aka restaurants etc) not being aware of the severity of anaphylaxis.	3/17/2016 9:24 PM
17	Everyone assuming you want gluten free, when you don't!	3/17/2016 7:09 PM
18	Feeling like I had to 'get what I'm given' i.e. whatever they are prepared to cook, that's what I have to have. Which kind of takes the joy out of eating out	3/17/2016 6:07 PM
19	Staff often unsure if the food contains an allergen	3/17/2016 5:03 PM
20	Increase in use of treenuts in Indian foods - also when ordering takeaways my local chinese has a terrible command of english and I cant get them to understand - so we can't risk it :(	3/17/2016 5:03 PM
21	Waitress in a pub forgot to tell us there were nuts in a crumble on a specials board despite being told by manager to do so	3/17/2016 4:41 PM
22	Getting my allergy confused with another	3/17/2016 2:57 PM
23	Out of date allergy information, not updated when a food has changed ingredients	3/17/2016 2:36 PM
24	Nothing provided for us to eat - went for coffee and no dairy free cakes/snacks/biscuits!	3/17/2016 10:34 AM
25	Rudeness and generally not wanting to help basically saying 'eat else where'	3/17/2016 9:25 AM
26	While more restaurants have signage about Allergies this isn't necessarily followed up. Many places I've been to don't know or implement the new legislation and don't know what's in their food.	3/17/2016 8:59 AM
27	Staff not understanding what dairy are and therefore unsure what to bring us	3/17/2016 8:41 AM
28	even at a top establishment in park lane turned down my request a simple one which is not to fry in the same oil but they refused because they use the same oil to fry everythg and it will take them an extra 15 munutes to re heat new oil. Marriott Park Lane. I had however been to so other places which would go the extra miles to ensure we were provided for.	3/17/2016 8:14 AM
29	Specific menus eg carluccios dairy free is great for single allergy but fails to consider multiple allergies. Sainsbury allergy book is much better as it lists all of the ingredients	3/17/2016 6:56 AM
30	At a Gastro pub waitress showed us food ingredient booklet and my daughter ordered nut free starter but chef added an off menu ingredient of pesto dressing containing cashew nuts. This made the process of showing us the ingredient booklet worthless if the chef isn't sticking to the menu properly and isn't understanding what contains nuts. Luckily my daughter saw the dressing and realised it was pesto.	3/17/2016 1:41 AM
31	Confusion between the Allergen book and the kitchen - the book told me I was allowed the vanilla ice cream but the chef said it may contain nuts, the waitress argued with me and said the book said it was fine despite the chefs warnings!!	3/17/2016 12:43 AM

## Eating out with a Food Allergy

32	waiters who don't speak english well enough to understand - have to go and get a manager and this makes a lot of fuss.	3/17/2016 12:04 AM
33	Meals listed not their elements so whole courses are deemed not suitable when it may only be one element of it	3/16/2016 11:26 PM
34	Staff knowing my child couldn't have gluten dairy soya egg etc and giving her pom bears which contain soya bread and cake which also contained egg	3/16/2016 11:11 PM
35	A few restaurants have refused to serve me.	3/16/2016 11:02 PM
36	we tend to avoid places where we feel an allergy sufferer would not be accommodated e.g. chinese takeaways, indian takeaways /restaurants, middle eastern restaurants	3/16/2016 11:00 PM
37	Being given a meal with a packet of butter on the side, after specifically saying my son has severe (we carry medication) allergies.	3/16/2016 10:53 PM
38	Have suspected points one and two, when daughter has had a reaction, following a meal, but hard to prove.	3/16/2016 10:36 PM
39	Some restaurants have all the information and trained staff that are very helpful and knowledgeable about the menu and cross contamination. Menu is also clearly label with allergens. Occasionally (but getting much better) I would say all the items above are observed or it is difficult for person with allergens to change the menu. But it is getting much better these days.	3/16/2016 10:32 PM
40	Menu mislabelling as in no milk yet contains yogurt!!! Severe lack of knowledge training and info given to those on food industry with whom we put a huge amount of faith in.	3/16/2016 10:25 PM
41	Dairy free, OR Gluten free, not both?!?!?	3/16/2016 10:20 PM
42	embarrassment of having the chef in full whites appear at my table, the whole restaurant staring and the attitude being I have made a complaint.	3/16/2016 10:07 PM
43	We have been told something was ok to eat that clearly wasn't	3/16/2016 9:22 PM
44	I don't feel any more confident to eat out with severe food allergy	3/16/2016 9:08 PM
45	Cafe saying allergen info not available and to eat elsewhere (Morrisons and M&S!)	3/16/2016 8:59 PM
46	Went to a Thai restaurant in the Bullring Birmingham. No allergy info on menu. Waitress spoke little English, she had to call the manager. He gave me his iPad to look up Red Thai Curry and although it said at the top of the page it was wheat free after scrolling down it said it contained wheat! Just about everything on the menu contained wheat. The Staff were useless.	3/16/2016 8:40 PM
47	not all eating/drinking establishments sell/provide alternative dairy & milk products eg soya milk	3/16/2016 8:09 PM
48	No information on dairy content of products.	3/16/2016 7:51 PM
49	Not letting me read the allergy book - reading it out to me	3/16/2016 7:48 PM
50	There needs to be ingredient and allergy info for each item in a dish. Eg - a hot dog will say 'contains wheat' but our daughter might want the sausage without the roll. Because it says 'contains wheat', we can't find out if there is wheat in the actual sausage.	3/16/2016 7:47 PM
51	I was barred from taking my son to an eating establishment for making the staff "feel nervous" when ordering for my son. I have also had to report 3 establishments to eh for having insufficient/no allergen info	3/16/2016 7:25 PM
52	My main issue is they always say "may contain nuts" which is not helpful	3/16/2016 7:08 PM
53	Whilst there is some improvement these issues still occur	3/16/2016 7:05 PM
54	Frequently I find restaurants assume it's a gluten allergy even after being told and then still say "it's gluten free"	3/16/2016 7:04 PM
55	Staff not understanding Lupin is an allergen and assuming I say gluten. It's a problem as gluten free foods often contain lupin.	3/16/2016 6:54 PM
56	I get ignored and not taken seriously although I always state my 3yr old is anaphylaxis. I have sent meal back before as ive been ignored.	3/16/2016 6:47 PM
57	I	3/16/2016 6:34 PM
58	No detail on pulses which is one of my daughters allergens	3/16/2016 6:22 PM
59	A trendy cafe telling me they can verbally tell me what's in things but when pressed the chef said she couldn't tell me what was in the bread as it from a bakery. Even when I told them it was no excuse they were the ones selling it and it was against the law they just shrugged their shoulders :-)	3/16/2016 6:20 PM
60	Staff being super anxious despite doing a really excellent job.	3/16/2016 6:14 PM

## Eating out with a Food Allergy

61	Food containing allergens included on the plate even though we have explicitly advised of allergies!	3/16/2016 6:10 PM
62	I tend to research before trying a new place, therefore I don't encounter many problems once a choice is made	3/16/2016 6:05 PM
63	Food I selected is ok but "we cannot guarantee no cross contamination in the kitchen"	3/16/2016 5:54 PM
64	getting it wrong twice after specifically stating something was soya free by 4 members of staff, then discovering all there product have soya in flour	3/16/2016 5:52 PM
65	Problems with staff not understanding the issues with cross-contamination within the kitchen/food prep area, eg at a carvery when the chef puts a Yorkshire pudding on a plate ready for the next person and you have to say "Can I have a clean plate please!!"	3/16/2016 5:49 PM
66	Restaurants have produced allergen menus but seem more reluctant to adapt existing dishes. So, the allergen menu may say that a certain dish is not suitable for someone with a milk allergy. It might be that this is simply because of cheese added just before serving, for example, which could be easily left off, but restaurants now seem to stick rigidly to the allergy menu and just state no, that dish is not ok. Prior to the new laws, there seemed to be more flexibility with adapting dishes. Now it is as though they feel they have met their obligations by creating the allergen menu, so they don't need to go any further in trying to meet the needs if diners with allergies.	3/16/2016 5:48 PM
67	As corn is not one of the officially listed allergens and comes in multiple forms most catering staff will have zero knowledge of it.	3/16/2016 5:40 PM
68	It has made some places of reach now as they have put may contain	3/16/2016 5:22 PM
69	take away order refused by Indian take away once allergy declared despite non of order having no nuts in it .	3/16/2016 5:20 PM
70	Many places rely on major allergen ingredient spreadsheets which tell you, for example chicken nuggets contain egg. They do not actually tell you all the ingredients in that food. If you are allergic to something other than the major allergens there is not sufficient information for you to choose safely.	3/11/2016 2:00 PM
71	Not taking the allergy seriously and after I had rejected the meal (due to nuts on the top) the staff evidently just scraped the cashew nuts off the meal and represented it, rather than providing a freshly cooked, non contaminated meal - allergic response resulted. (Prior to ordering I had asked if the meal can be cooked without the nuts and they said 'yes' - I relied on this assurance).	3/10/2016 7:22 PM
72	Generally staff are extremely well educated in the subject. The allergy suffer is my 1 year old baby girl and I research allergy friendly restaurants before visiting. Any which do not cater for allergies we do not visit.	3/10/2016 2:01 PM
73	varies on restaurant/menu - shameful at times as where proprietors have got it right you form trust they gain you loyalty - where they differ it can lead to an awful experience - this I have experienced with a good chain and I am trying to raise awareness to support where I can through my local MP tnhough any steers would be great	3/10/2016 8:05 AM
74	All being good with main course then being absent mindedly given a nut biscuit on the saucer with a cup of coffee.	3/9/2016 7:11 PM
75	often often often feel like you are inconveniencing the server by asking	3/9/2016 2:43 PM
76	Generally a lack of knowledge which results in food not being available	3/9/2016 10:45 AM
77	Allergy being treated as a joke, complete with mocking and laughter	3/9/2016 10:10 AM
78	Restaurant owners who simply do not know what gluten is	3/8/2016 10:20 PM
79	Lack of alternative, e.g. soya or almond milk	3/8/2016 9:20 PM
80	Overall, despite some teething problems, this has changed our lives. It is a marvellous piece of legislation, if long overdue	3/8/2016 9:16 PM
81	Eating out carries greatly, as we choose to eat in places that serve only homemade produce it is easier to request allergy information. However some bakeries we have visited have not been able to supply us with the 14 allergens listing when requested. Also frontline staff are not always aware of ingredients when asked.	3/8/2016 5:26 PM
82	The ticks above have only happened once or twice. Problem though with people thinking 'Lactose Free' is OK for milk allergy and having to explain.	3/8/2016 4:26 PM
83	I have only taken my daughter to eat at places where I can check an allergy menu online in advance so already know what is safe. I have never just turned up somewhere and hoped they would have something safe	3/8/2016 1:21 PM
84	Confusion between gluten free and wheat allergy (potential anaphylaxis)	3/8/2016 12:32 PM
85	Not enough to food choice	3/8/2016 12:05 PM

## Eating out with a Food Allergy

86	I find it frustrating when they label food as safe for nut allergy sufferers but that doesn't include cross contamination. It makes the allergy menu useless if you need to avoid traces of products. This is common as the law only covers actual ingredients, not cross contamination. If you force places to discuss cross contamination they will generally just tell you nothing is safe.	3/8/2016 12:02 PM
87	Refusal to obtain allergen information. Knowing the new rules made me feel able to stand my ground and insist, rather than leaving. Have also had a restaurant refuse to serve us as they felt they couldn't keep me safe from cross contamination.	3/8/2016 12:01 PM
88	Total ignorance such as saying, in response to egg allergy, 'it's gluten free'.	3/8/2016 11:40 AM
89	Restaurants not taking responsibility when they have made a mistake on listing the allergens	3/8/2016 11:37 AM
90	Have been fobbed off - 'you will be fine!' Have received food with egg and dairy in even though I have explained my problems, were very rude to me - made me feel it's my fault! A recent comment I received 'was have checked the label and it seems ok but don't take us to court if you have any problems!!'	3/8/2016 11:19 AM
91	lack of information as one of my allergies is not on the list of common allergies	3/8/2016 11:17 AM
92	Meal coming out with Hazel nut stuffing on it, I sent it back. it came out rather quickly so I checked under my meat and the carrot was still there. so I sent it back again and all they had done was to put it on another plate. I was out with work and in the end the managing director stepped in and demanded to see the manager. A meal came out but I had lost all confidence in the place and refused to eat it. the place was part of a chain and the MD wrote a letter to the company. We never went back.	3/8/2016 10:19 AM
93	We encounter Hidden Dairy a lot, even with big chains ie Wetherspoons forgot to check the bread rolls for milk in hamburgers	3/8/2016 9:59 AM
94	Casual staff totally unaware of allergy problems. Much food pre-prepared so local staff do not have information.	3/8/2016 9:58 AM
95	Especially M&S try buying a bar of chocolate, biscuit, cake or birthday cake or Easter egg. I honestly feel like crying. Waitrose as bad when we visit relatives.	3/7/2016 11:02 PM
96	When I say I am allergic to peanuts, they assume it is all nuts.	3/7/2016 10:18 PM
97	v expensive restaurant told me that some of their ingredients are imported and the contained ingredients are likely not to be accurate	3/7/2016 10:08 PM
98	It has been suggested to me that we might like to eat elsewhere	3/7/2016 9:31 PM
99	Staff saying items are ok e.g. Burger but later clarifying that parts are not ok e.g. No burger bun available. Sometimes claiming items have been bought in so no knowledge of allergens.	3/7/2016 9:19 PM
100	Been given food frequently with the allergens that we are allergic to	3/7/2016 9:18 PM
101	I wish there would be more measurements like to keep separate friers for chips only for example..	3/7/2016 8:51 PM
102	Providing meal with allergy food on plate irrespective of knowing this could be fatal!?	3/7/2016 8:45 PM
103	Overly complicated spreadsheets that take hours to read - they comply with the law but are not fit for purpose or easy/simple to use.	3/7/2016 8:44 PM
104	telling staff you have a nut allergy and then they deliver nut goods for others in the party, on the same plate as my nut free item and i have even seen staff using the same serving items and then not undering my i returned the item i ordered.	3/7/2016 8:10 PM
105	Removing items from dish just in case and no replacement for the item	3/7/2016 7:44 PM
106	Gluten menus readily available; few hateful allergen information	3/7/2016 6:53 PM
107	I've experienced several incidents where the allergy sheets don't match the actual products served , different suppliers etc,pizza express recently allergy sheet no nuts yet product reads may contain nuts ,	3/7/2016 6:27 PM
108	Waitress told my son had a serious nut allergy, said meal was fine. When she brought it out I double checked and she said "It's fine. It did say it may contain nuts, but it probably won't". Staff do not appreciate the severity of allergies.	3/7/2016 6:22 PM
109	Grouping food allergy with intolerances. Assumptions that everything will be ok, as we have an epi-pen to hand.	3/7/2016 6:21 PM
110	allergy information very small print in a very thick booklet Staff not able to speak enough English to understand what you are asking	3/7/2016 6:13 PM
111	been refused service completely	3/7/2016 5:55 PM
112	Nothing available to eat	3/7/2016 5:51 PM

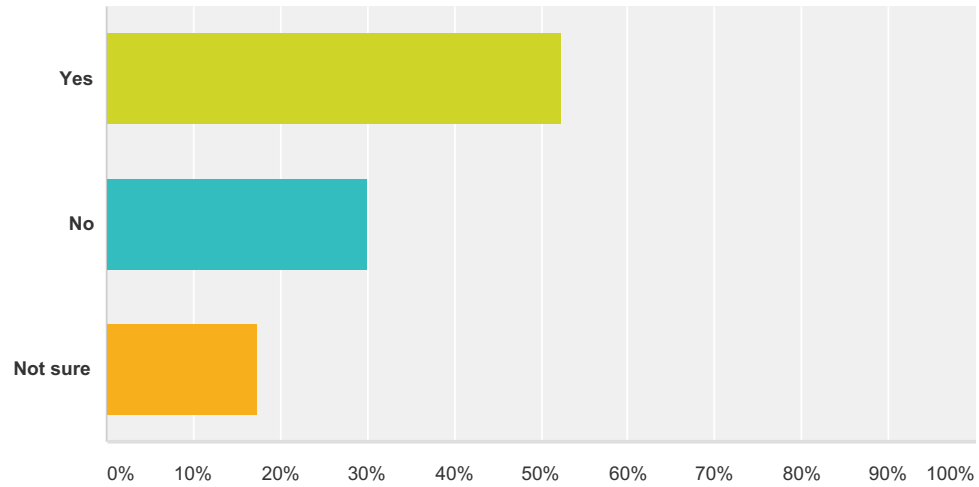
## Eating out with a Food Allergy

113	Insufficient information on allergens on websites or no ability to query	3/7/2016 5:48 PM
114	We find nobody can offer us more than a plain baked potato...boring...but we are grateful for something. Most are helpful...some just ignore or don't help at all despite promising to help. We always enquire ahead of arrival.	3/7/2016 5:35 PM
115	Strangely, I often get the answer that 'x dish' doesn't contain gluten' after I have asked if it contains dairy or egg. As though people working in cafes or restaurants are confused as to what different food groups are.	3/7/2016 5:29 PM
116	Suggestions that we leave as they cannot cater for our daughter	3/7/2016 5:28 PM
117	Only take my daughter to nacdonalds to eat out as she doesn't feel confident to eat elsewhere	3/7/2016 5:23 PM
118	Wouldn't eat there if staff wee unhelpful	3/7/2016 5:11 PM
119	Staff thinking eggs are dairy.. I've encountered this several times. And staff thinking lactose free products were safe on my daughter who has a cow milk protein intolerance.	3/7/2016 5:10 PM
120	Over caution on products in supermarkets also	3/7/2016 5:08 PM
121	No allergy friendly alternative available, had to leave restaurants.	3/7/2016 5:07 PM
122	On one occasion I was given food with mustard in because waiter/chef was unaware mustard was in the curry powder even though I had specified allergies before ordering. When he realised he said there was only a teaspoon in 5 litres of the soup so I explained the amount didn't matter.	3/7/2016 4:42 PM
123	Panic on the part of the server	3/7/2016 4:40 PM
124	Some members of staff have never heard of a Gluten Allergy!	3/7/2016 4:34 PM
125	Not being able to specify in which form the allergen food is present in the food, i.e. baked, heated, fresh etc.	3/7/2016 4:32 PM
126	Incorrect or incomplete written and oral info on allergens	3/7/2016 4:30 PM
127	Relates to previous questions: allergy only diagnosed 02/2015	3/7/2016 4:28 PM
128	We tend to just not eat out - or my son eats before we go (which is awful for him) - as we just don't trust restaurants to take it as seriously as they need to	3/7/2016 4:25 PM
129	In general, I find the more expensive a venue, the more likely the table staff are to understand an allergy. Many waiters will tell you straight away "ah yes no nuts in that" like you are an idiot for even asking. When prompted about the uses of nut oils, cross contamination in deep-fat fryers, nut warnings on ingredients etc they usually look a little sheepish and realise they haven't thought it through at all. The best advice I would give to anyone would be to deliberately test restaurant staff in this way. The ones who are quickest to answer usually do so because of ignorance or because they are rushed off their feet, in my experience, not competence.	3/7/2016 4:22 PM
130	Over caution is a big problem Allergy advice needs to clearly distinguish contain and may contain	3/7/2016 4:22 PM
131	At Hotel Chocolat, even though they were advised I had a nut allergy, the kitchen staff substituted the chocolate moose for one with nuts, I had an allergic reaction and ended up in hospital.	3/7/2016 4:16 PM

**Q10 Since the rules were introduced in December 2014, do you feel more confident when asking a member of staff in a food establishment for information about allergenic ingredients in any food they are selling?**

Answered: 1,096 Skipped: 439

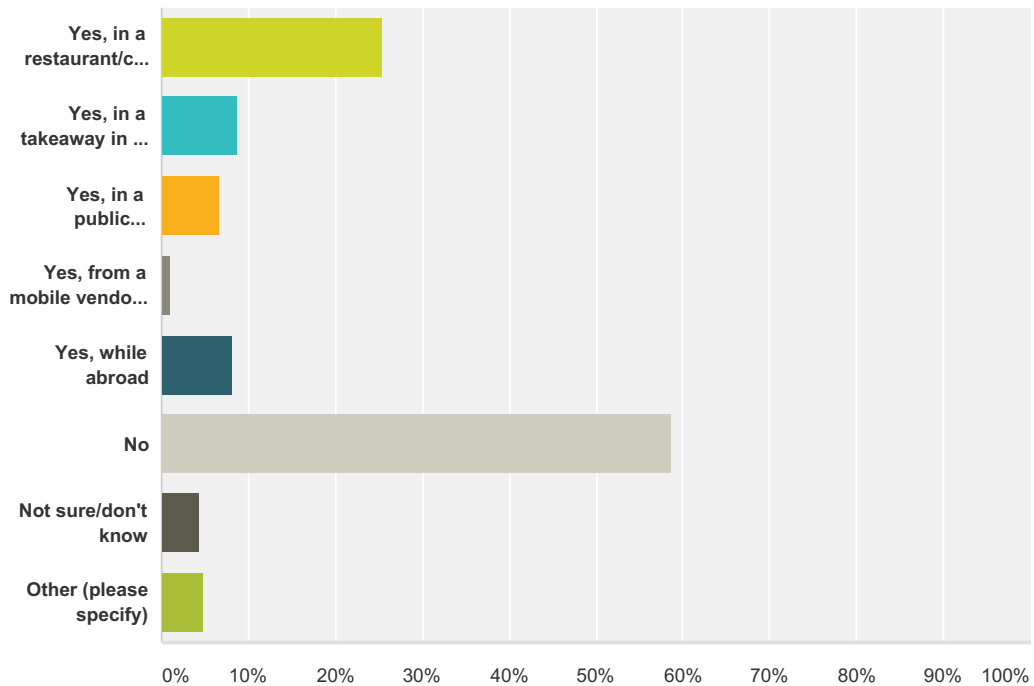
### Eating out with a Food Allergy



Answer Choices	Responses
Yes	52.46% 575
No	30.11% 330
Not sure	17.43% 191
<b>Total</b>	<b>1,096</b>

### Q11 Since December 2014, have you or your family member with a food allergy had an allergic reaction as a result of food bought out of the home? Tick all that apply

Answered: 1,091 Skipped: 444





## Eating out with a Food Allergy

Answer Choices	Responses	
Yes, in a restaurant/cafe in the UK	25.48%	278
Yes, in a takeaway in the UK	8.71%	95
Yes, in a public facility/institution (School/College/Hospital etc)	6.60%	72
Yes, from a mobile vendor (e.g food van/market or hot food stall)	1.01%	11
Yes, while abroad	8.07%	88
No	58.57%	639
Not sure/don't know	4.31%	47
Other (please specify)	4.86%	53
<b>Total Respondents: 1,091</b>		

#	Other (please specify)	Date
1	Yes, but cannot remember where or what caused the problem	3/25/2016 8:53 AM
2	I take my own food for my daughter as I don't trust outside foods	3/20/2016 3:00 PM
3	No, because we don't take any risks. We have no confidence in restaurants or takeaways as they don't take allergy issues seriously.	3/18/2016 4:21 PM
4	We tend to stick with places we know are safe to eat in.	3/18/2016 11:07 AM
5	I have become quite paranoid! So a couple of times I have thought I have eaten something with nuts in and made myself sick straightaway. Therefore I'm not 100% sure if I had an allergic reaction or not, I was just being over pre cautious.	3/18/2016 10:19 AM
6	Don't go out now food outlets	3/18/2016 9:53 AM
7	A mistake by a friend not deliberate friend so upset	3/17/2016 11:35 PM
8	I'm always very careful and if the staff aren't 100% sure it is safe then I won't give it to my daughter	3/17/2016 4:21 PM
9	My son has a food anxiety now which we have been receiving help for. Since he turned 16 and realised how sever his problem was. So eating out at the moment for him is a no go	3/17/2016 10:56 AM
10	The only reason for no reactions is because we go to great lengths to keep safe. We do not feel any safer since the new rules and esp would not risk Indian or Chinese.	3/17/2016 8:47 AM
11	yes unaware that recipes had been changed	3/17/2016 12:05 AM
12	Gluten intolerance doesn't show up until next day	3/16/2016 11:00 PM
13	food bought from a supermarket	3/16/2016 10:20 PM
14	I always ask to see the ingredient list to confirm.	3/16/2016 9:45 PM
15	I'm too worried about having an allergic reaction to eat out. Other than McDonald's, every where sells food with nuts or a "may contain nuts" label. It means my social life is seriously restricted & I so wish it wasn't :( I don't think restaurants are doing no where near enough to resolve & deal with the issue	3/16/2016 8:33 PM
16	Asda	3/16/2016 8:27 PM
17	In a hotel in Cumbria	3/16/2016 8:13 PM
18	We are so careful that up til now we have stayed safe for the past ten years. It's grt to have the new info guidelines but needs to be specific for each food item, not each dish.	3/16/2016 7:49 PM
19	Supermarket bakery	3/16/2016 7:12 PM
20	Cross contamination from soft play toys	3/16/2016 7:03 PM
21	Yes, i ask most of the time about the ingredients and if they're sure.. Most of them have preservatives and there are also times when staff would say no preservatives and when i eat it I will end up in hospital ER	3/16/2016 6:51 PM
22	We don't often choose to eat out	3/16/2016 6:49 PM

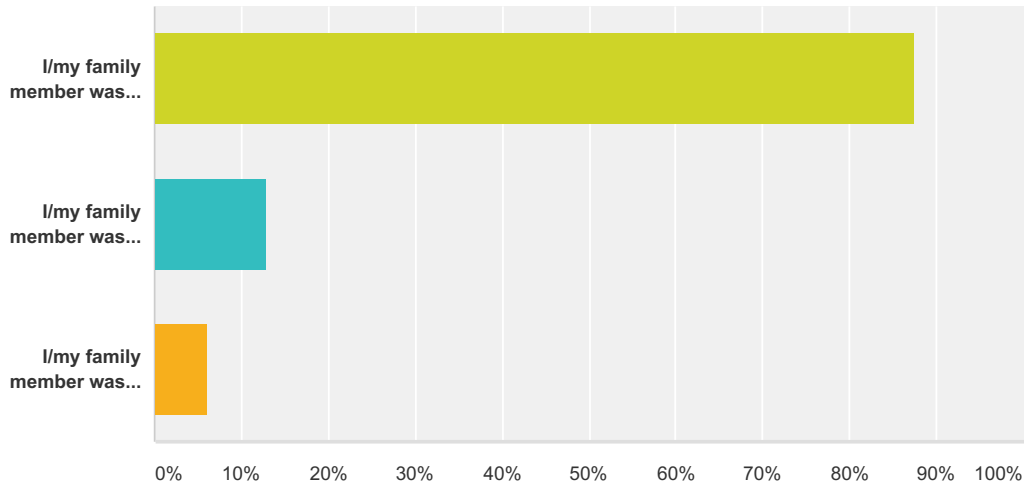
## Eating out with a Food Allergy

23	I look at the restaurants etc...website and call them before hand. If they can tell me, most of the time I have to quiz them to get answers, then I'll eat out. Majority of the time I have to eat in because things aren't clear	3/16/2016 6:37 PM
24	yes from a bakery	3/16/2016 5:53 PM
25	No, because since I got the corn diagnosis I don't eat out.	3/16/2016 5:41 PM
26	yes, at a catered for event	3/16/2016 5:23 PM
27	Reaction up to 24 hours after eating from a restaurant / cafe	3/11/2016 9:42 AM
28	i find that front end staff have no idea about latex and say that chefs don't wear them when they do again I think this is down to lack of understanding and then have to explain in detail of which proves more frustrating to them especially when busy	3/10/2016 8:07 AM
29	I've come close to getting a reaction on a couple of occasions from a restaurant.	3/10/2016 8:04 AM
30	food sample from Costco	3/8/2016 4:28 PM
31	Have refused Lactose Free when given (milk allergy)	3/8/2016 4:27 PM
32	BA will not provide special meals for nut allergies a ns Turkish Airlines tried to put me of a flight from Antalia to Istanbul	3/8/2016 2:58 PM
33	Well known pasty shop.	3/8/2016 1:47 PM
34	Have not eaten allergen, but have been served food containing it - spotted, not eaten.	3/8/2016 11:41 AM
35	No because I choose meals that are most unlikely to contain the allergen	3/8/2016 9:59 AM
36	Not taken risk due to ignorance of staff	3/8/2016 9:17 AM
37	Yes, but it is believe to be an allergy to an allergen something that we were not previously aware of.	3/7/2016 10:22 PM
38	Yes	3/7/2016 9:48 PM
39	Wedding meal	3/7/2016 8:13 PM
40	Yes from a supermarket	3/7/2016 7:45 PM
41	Always stick to chips	3/7/2016 6:31 PM
42	Don't trust anywhere to be safe to provide a meal. Lack of education and awareness in when eating out	3/7/2016 6:03 PM
43	won't risk most outlets!	3/7/2016 5:36 PM
44	Cinema	3/7/2016 5:33 PM
45	Too scared to risk eating out very often and so I'm very cautious	3/7/2016 5:00 PM
46	No but because we can't eat out anywhere due to cross contamination during prep and cooking	3/7/2016 4:51 PM
47	Hospital	3/7/2016 4:50 PM
48	had allergy not sure if food was the cause, was ina place serving food	3/7/2016 4:42 PM
49	Yes on an inflight meal that was marked as dairy free but was not	3/7/2016 4:39 PM
50	no but are not any more comfortable with restaurants so eat only where we were already comfortable, with one exception that is completely allergen free	3/7/2016 4:32 PM
51	had a near miss though, but as I didnt feel confident that the waitress grasped the severity/issue, I asked to see the chef (she sighed hard, but did it!)	3/7/2016 4:32 PM
52	While in Guernsey in the Channel Islands.	3/7/2016 4:22 PM
53	I don't often eat out/buy takeaways	3/7/2016 4:22 PM

**Q12 If you or your family member has had an allergic reaction in the last year caused by food bought from a catering outlet, what was the outcome?**

Answered: 450 Skipped: 1,085

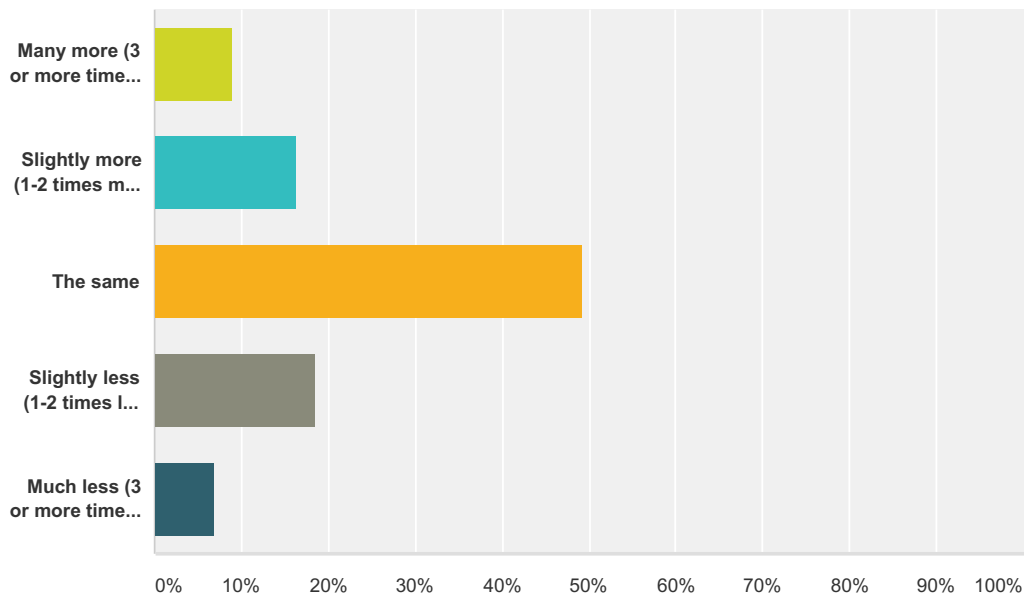
## Eating out with a Food Allergy



Answer Choices	Responses
I/my family member was self-treated where the incident happened (for example using an adrenaline auto injector or antihistamine)	87.56% 394
I/my family member was treated in hospital as an outpatient	12.89% 58
I/my family member was treated in hospital as an in-patient	6.00% 27
<b>Total Respondents: 450</b>	

## Q13 In the last year, have you or your allergic family member had more or less allergic reactions than in the year before that?

Answered: 445 Skipped: 1,090



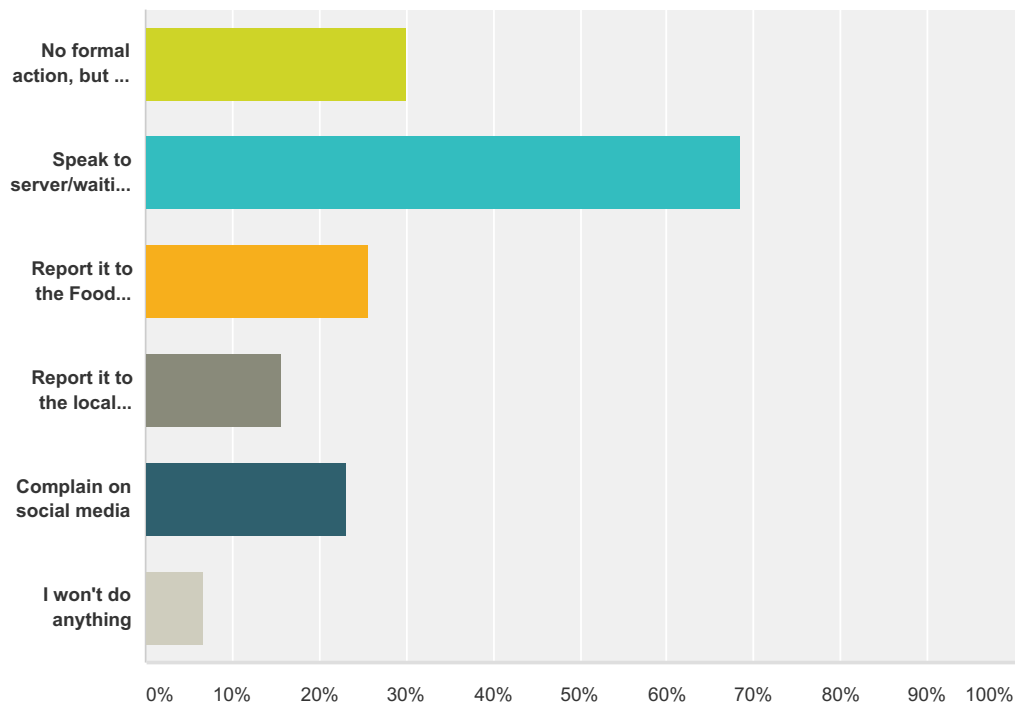
Answer Choices	Responses
Many more (3 or more times than the year before)	8.99% 40

## Eating out with a Food Allergy

Slightly more (1-2 times more than the year before)	16.18%	72
The same	49.21%	219
Slightly less (1-2 times less than the year before)	18.65%	83
Much less (3 or more times less than the year before)	6.97%	31
<b>Total</b>		<b>445</b>

### Q14 If you or your family member encountered a restaurant or takeaway not giving correct allergen advice, what steps would you take? Tick all that apply

Answered: 1,075 Skipped: 460



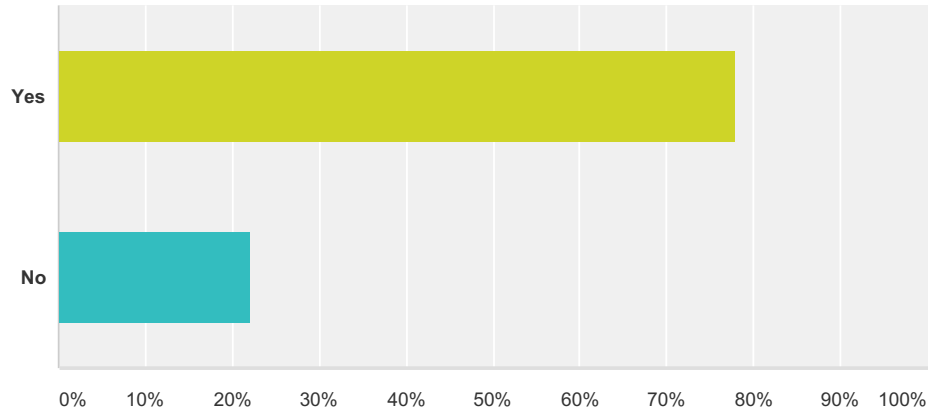
Answer Choices	Responses
No formal action, but I would tell any other allergy sufferer to avoid it	30.14% 324
Speak to server/waiting staff/manager about importance of displaying/providing correct information	68.56% 737
Report it to the Food Standards Agency	25.77% 277
Report it to the local authority	15.72% 169
Complain on social media	23.26% 250
I won't do anything	6.60% 71
<b>Total Respondents: 1,075</b>	

### Q15 Would you like to be entered into a

## Eating out with a Food Allergy

### prize draw, and be in with a chance of winning one of five £20 vouchers?

Answered: 1,072 Skipped: 463



Answer Choices	Responses	Count
Yes	77.89%	835
No	22.11%	237
<b>Total</b>		<b>1,072</b>

### Q16 Please leave your details to be entered into a prize draw, and be in with a chance of winning one of five £20 Love2Shop vouchers.

Answered: 814 Skipped: 721

Answer Choices	Responses	Count
Name	100.00%	814
Company	0.00%	0
Address	0.00%	0
Address 2	0.00%	0
City/Town	0.00%	0
State/Province	0.00%	0
ZIP/Postal Code	0.00%	0
Country	0.00%	0
Email Address	99.75%	812
Phone Number	0.00%	0