

Supplementary Table 1: Major legislation implementation associated with food allergen labelling in food for sale in the United Kingdom.

Group	Comes into force	Legislation	Description	References
1	10 November 2003 (EU) 25 / 26 November 2004 (UK)	Directive 2003/89/EC The Food Labelling (Amendment) (No. 2) Regulations 2004	Mandatory labelling of 12 allergens: celery, cereals containing gluten, crustaceans, eggs, fish, milk, mustard, nuts, peanuts, sesame, soybeans, sulfur dioxide and sulfides (10 mg/kg)	European Union, 2003 UK Statutory Instruments, 2004 ; Northern Ireland Statutory Rules, 2004 ; Scottish Statutory Instruments, 2004 ; Wales Statutory Instruments, 2004
2	21 March 2005 (EU) 25 November 2005 (UK)	Commission Directive 2005/26/EC The Food Labelling (Amendment) (No. 2) Regulations 2005	Exclude labelling on processed allergen ingredients in celery, cereals containing gluten, eggs, fish, milk, mustard, nuts, soybean until 25 Nov 2007	European Union, 2005 UK Statutory Instruments, 2005 ; Northern Ireland Statutory Rules, 2005 ; Scottish Statutory Instruments, 2005 ; Welsh Statutory Instruments, 2005
3	22 December 2006 (EU) 23 / 30 December 2007 (UK)	Directive 2006/142/EC The Food Labelling (Declaration of Allergens) Regulations 2007	Addition of lupin and molluscs to the existing 12 allergens listed	European Union, 2006 UK Statutory Instruments, 2007 ; Northern Ireland Statutory Rules, 2007 ; Scottish Statutory Instruments, 2007 ; Welsh Statutory Instruments, 2007
4	27 November 2007 (EU) 31 May 2008 (UK)	Directive 2007/68/EC The Food Labelling (Declaration of Allergens) Regulations 2008	Finalised exceptions to certain processed allergen ingredients in cereals containing gluten, fish, milk, nuts, soybeans , removed celery, eggs and mustard	European Union, 2007 UK Statutory Instruments, 2008 ; Northern Ireland Statutory Rules, 2008 ; Scottish Statutory Instruments, 2008 ; Welsh Statutory Instruments, 2008
5	20 January 2009 (EU) 1 January 2012 (UK)	Commission Regulation 41/2009 The Foodstuffs Suitable for People Intolerant to Gluten Regulations 2010	Implement gluten-free labelling, with limits of 20 mg/kg for “gluten-free” and 100 mg/kg for “very low gluten” respectively from 1 Jan 2012 onwards	European Union, 2009 UK Statutory Instruments, 2010 ; Northern Ireland Statutory Rules, 2010 ; Scottish Statutory Instruments, 2010 ; Welsh Statutory Instruments, 2010
6	20 May 2009	Commission Regulation 415/2009	For Member States to evaluate which allergen labelling in wine to be exempted	European Union, 2009 UK Statutory Instruments, 2009 ; Northern Ireland Statutory Rules, 2009 ; Scottish

	20 November / 4 December 2009 (UK)	Food Labelling (Declaration of Allergens) Regulations 2009	Additional exemptions from allergen labelling in wine for lysozyme and albumin (egg), and casein (milk) when used as fining agents, until 31 Dec 2010	Statutory Instruments, 2009; Welsh Statutory Instruments, 2009
7	22 Dec 2010 17 / 19 March 2011 (UK)	Commission Regulation 1266/2010 Food Labelling (Declaration of Allergens) Regulations 2011	Exemptions for Member States to be extended to 30 Jun 2012 Extended Food Labelling (Declaration of Allergens) Regulations 2009, up till 30 Jun 2012	European Union, 2010 UK Statutory Instruments, 2011; Northern Ireland Statutory Rules, 2011; Scottish Statutory Instruments, 2011; Welsh Statutory Instruments, 2011;
8	12 December 2011 (EU) 13 December 2014 (UK)	Regulation (EU) 1169/2011 Food Information Regulations 2014 (SI 2014/1855)	Same 14 allergens from Directive 2007/68/EC but must now be emphasised in packaged foods , and now mandates that allergen information to non-prepacked or prepacked for direct sale products must be provided either on notices or orally	European Union, 2011 UK Statutory Instruments, 2014; Northern Ireland Statutory Rules, 2014; Scottish Statutory Instruments, 2014; Welsh Statutory Instruments, 2014
9	30 July 2014 20 July 2016	Commission Implementing Regulation (EU) No. 828/2014 Food Information (Amendment) Regulations 2016	Clarification and standardisation on the usage of “gluten-free” and “very low gluten” statements to avoid confusion	European Union, 2014 Northern Ireland Statutory Rules, 2016; Scottish Statutory Instruments, 2016; Welsh Statutory Instruments, 2016
10	1 October 2021	Food Information Amendment Regulations 2019/20/21 (Natasha’s Law)	Allergen labelling from Food Information Regulations 2014 must now be labelled directly on foods prepacked for direct sale in the UK	UK Statutory Instruments, 2019; Northern Ireland Statutory Rules, 2020; Scottish Statutory Instruments, 2021; Welsh Statutory Instruments, 2020