



By email: petitions@senedd.wales

Carolyn Thomas,
Chair, Petitions Committee,
Welsh Parliament Cardiff Bay,
Cardiff, CF99 1SN

9 December 2025

Dear Carolyn,

Petition P-06-1531 Mandate Comprehensive and Specific Food Labelling to Support Dietary Needs and Allergies

Thank you for sharing this petition with the FSA and for giving us the opportunity to respond.

The petition touches on two issues - one related to the current major allergens (of which there are 14) which are legislated for, and one related to general food labelling, where labelling for the source of certain ingredients, such as starch, is not required.

The mandated list of 14 major allergens

The Food Standards Agency (FSA) continues to work to make it easier for people with food hypersensitivities (allergies, intolerances, and coeliac disease) to access to clear and accurate information on products. We recognise that there are a number of foods outside the prescribed 14 allergens that may also cause people concern.

Whilst these 14 are established across Europe as the most common allergenic ingredients to cause public health concern, the FSA is working with the British Society for Allergy and Clinical Immunology (BSACI) and other stakeholders to gather more information on hidden and emerging food allergens. This will help in assessing the need for further research and work in this area, which could lead to a change of the current list. We will continue to explore new evidence on food hypersensitivity for foods outside the 14 regulated allergens.

Food Labelling

Food law in GB requires the names of ingredients in food to be named in the ingredients list. However, for certain foods the category of food can be used instead of the specific name, for example “starch” rather than providing the source material of the starch. Food businesses can provide this information on food labels voluntarily. There are currently no plans to change food labelling law in respect of labelling for starches. However, if further

information comes to light, the FSA working with Food Standards Scotland and Defra could consider such proposals.

Yours sincerely



Sian Bowsley
Director of FSA for Wales

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