

Mustard



Leaflet #9



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There are many types of mustard, including the well-known English, French, and Dijon mustards.

These are often used in salad dressing, including mayonnaise and vinaigrette. They are also common in cheese dishes and ham sandwiches.

The mustard and cress many of us grew on top of a potato or eggshell as children comes under this category. This can also cause an allergic reaction in a mustard-allergic person. Therefore, if this is used in a salad or in an egg and cress salad, it is important to mention this in the ingredient information.

Ask your doctor

We do not give medical advice.

Please always speak to your medical practitioner for advice if you suspect an allergic reaction, or are worried that you, or a family member, may have an allergy.

Other names to look for:

English mustard
Dijon mustard
Wholegrain mustard
Honey mustard
Mustard seeds
Mustard powder
Mustard oil