



Label Reading for Food Allergens

Read Every Label, Every Time

- You never know what's inside a product when visually inspecting, smelling, or tasting and this can be dangerous. Label reading is the only way to know if a food is safe.
- Manufacturing, processing and ingredients of products can change at any time without giving warning.
- Anyone serving or preparing food for a child needs to know how to read a food label.

The 9 Major Allergens Are:

Milk or Dairy

Egg

Peanuts

Tree nuts (almonds, hazelnuts, walnuts, pecans etc.)

Soy

Wheat

Fish (cod, bass, salmon, tuna etc.)

Crustacean shellfish (lobster, shrimp, crab, etc.)

Sesame

While the 9 major allergens are responsible for the majority of allergic reactions, **ALL** allergens must be taken seriously.



FALCPA only applies to the 9 major allergens!

The Food and Drug Administration (FDA) enforces the Food Allergen Labeling and Consumer Protection Act (FALCPA) labeling law. FALCPA applies to all domestic and imported packaged foods and the 9 major allergens, which must be written in clear, plain language and labeled when in flavorings, colorings or other additives.

The allergens below are not included in the major 9 allergens and therefore are not included in the labeling law:

- Mustard.
- Molluscan shellfish (oysters, clams, mussels, scallops).

The following items are *not* regulated by the FDA or the labeling law:

- Fresh meat and poultry products.
- Certain egg products.
- Alcoholic beverages.
- Non-food items such as lotions, and cosmetics.
- Gluten-containing grains (other than wheat barley, rye, and oats).



Major 9 Allergens Can be Listed in 1 of 2 Way

1. WITHIN THE BODY OF THE INGREDIENTS

Be aware that allergens may be written in plain language in the body of a products ingredient list.

Sugar, **Peanuts** (Roasted), Corn Syrup, Palm Kernel and Coconut Oil (Partially Hydrogenated), Nonfat **Milk**, High Fructose Corn Syrup, Cocoa, Less Than 1%: Glycerin, Dextrose, Whey (From Milk Salt, Artificial & Natural Flavors, Soy Lecithin, Soybean Oil, Carrageenan, TBHQ and Citric Acid, TBHQ and Citric Acid (to Preserve Freshness), Lactic Acid Esters

OR

2. FOLLOWING A CONTAINS STATEMENT

A “Contains” statement:

- Only applies to the 9 major allergens.
 - They are voluntary and are only present when a company chooses to add them to their label.
 - These should be located immediately under the list of ingredients.

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, VEGETABLE OIL (PARTIALLY HYDROGENATED PALM KERNEL AND/OR COTTONSEED OIL, SOYBEAN AND PALM OIL), COCOA, CARAMEL COLOR, CONTAINS TWO PERCENT OR LESS OF COCOA PROCESSED WITH ALKALI, INVERT SUGAR, WHEY, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), CORNSTARCH, SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, OIL OF PEPPERMINT.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Remember “contains” statements only apply to the 9 MAJOR allergens and companies can choose to not use them.

Advisory or Precautionary Statements

- Advisory statements come in numerous formats and are not under State or Federal regulation.
- Recommendations vary by allergen, physician, child and family considerations. Talk to your healthcare provider about what to do for your child.
- If you are waiting for your pediatrician or allergist consultation, avoid foods with advisory statements as children may be sensitive to even small amount of the allergen.
- For example: May contain, made in a facility that uses or processes, made on shared equipment with, contains traces of, not guaranteed to be free of, etc.

Allergen information:
Contains coconut and soy. May contain peanuts, tree nuts, and sesame seeds.

Allergen Information:
Made in a facility that processes peanuts, tree nuts, soy and sesame seeds.

Note: For children with celiac disease or gluten sensitivities, it may be best to look for “gluten-free products” because labeling can be inconsistent. Wheat is one of the major eight allergens, but other sources of gluten such as barley, rye and oat are not.