

# How to Read a Food Label to Prevent Allergen Exposure and a Life Threatening Reaction

## Tips for Reading Food Labels

**Read the label every time** even if it has been “safe” in the past. Ingredients can change without notice. Manufacturers are notorious for changing ingredients without warning.

**Read ingredient lists carefully** from start to finish. Food companies **DO NOT** have to make allergens stand out in any way (e.g. **bolding**, *italicizing*, or underlining the print).

**Do not eat food with precautionary or advisory statements** such as a “may contain,” “processed in a facility...” or “made in a factory that also processes...” Do not try to guess whether there is a risk based on the type of statement used, even if you have had the product before.

**Manufacturers are NOT required to tell you when there is a possibility of allergen cross-contact.** Manufacturer precautionary or advisory statements are completely voluntary. There are no standards for when these types of warnings should be used, how they should be used, how they should be worded, and where they should be placed.

**Look for names of hidden ingredients on the label.** Become familiar with names of hidden ingredients for all of those unusual words like casein for milk or albumin for egg -- that mean they indicate the presence of a food to which you are allergic. [Click here to learn more.](#)

**Different sizes of the same product may have different ingredients.** Manufacturers also may use different ingredients for different sizes of the same product or different sizes may be made on shared equipment.

**Call the Manufacturer.** If you are not sure about a product, call the company to find out if it contains an allergen.

**When in doubt, leave it out!** If you have any doubt about allergens, do not offer the food.

- ★ [Click here for product alerts and advisories!](#)
- ★ [Click here for a list of nut-free & egg-free snacks.](#)

If you have questions or would like more information about food allergies, please feel free to contact **Nashoba Food Allergy Education & Awareness** at [nashobafoodallergy@gmail.com](mailto:nashobafoodallergy@gmail.com).

## The Major 8 Allergens Can Be Listed One of Two Ways on Food Labels

### 1. Following the Name of the Ingredient

Ingredients:

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

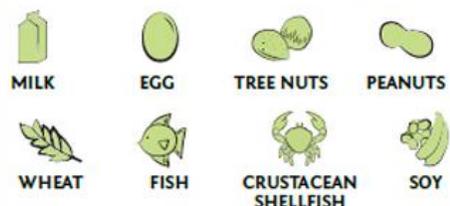
OR

### 2. Next to a “Contains” Statement

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.

### The Major 8 Allergens



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