



SAFE & INCLUDED
LLC

FOOD ALLERGY COUNSELING
AND CONSULTING

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LABEL READING 101

STEP 1

Read EACH ingredient on the label to determine if your allergen is present. If your allergen is listed, the food is NOT safe to eat.

Note: IF your allergen is a “top 9” allergen* AND it is an ingredient in the product, it MUST be listed in the ingredient list OR in a “contains” statement (not necessarily in both).

INGREDIENTS:

WHEAT FLOUR, SHORTENING (PALM OIL WITH MONO AND DIGYCERIDES AND POLYSORBATE 60 ADDED, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR.), COCOA, WATER, EGGS, SUGAR, CORNSTARCH, CORN SYRUP, GLUCOSE, BAKING POWDER, SOY FLOUR, CHOCOLATE CURLS (CHOCOLATE LIQUOR, SUGAR, COCOA BUTTER), PURE VANILLA, NATURAL AND ARTIFICIAL FLAVOR, SPICES, CARAMEL COLOR, WHEY (MILK), BAKING SODA, RED #40.

STEP 2

Look for a “contains” statement underneath the ingredient list. If your allergen is present, the food is NOT safe to eat.

Note: A separate “contains” statement is NOT a requirement by law.)

CONTAINS: MILK, EGGS, WHEAT, AND SOYBEANS

STEP 3

Look for an advisory statement such as “**may contain...**” or “**manufactured on equipment that also processes...**”. If present, check to see if your allergen is listed. If it is listed, it is recommended that you **avoid** this product.

Note: Advisory statements are NOT required or regulated. If there is no statement, it is personal preference to contact the manufacturer to find out their labeling practices for cross-contact and/or to ask if allergens are present in the manufacturing process.

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUTS, FISH, AND TREE NUTS.

The Food Allergen Labeling and Consumer Protection Act (FALCPA) applies ONLY to FDA-regulated foods and ONLY for the “top 9” allergens: **peanuts, tree nuts, wheat, egg, soy, milk, fish, crustacean shellfish, and sesame. Allergens that are not covered by FALCPA do NOT need to be labeled and can be hidden in words such as “natural/artificial flavors”, “spices”, or “additives”. If you are allergic to foods not covered by FALCPA, or are purchasing products that are not FDA-regulated, you may need to contact the manufacturer for additional information.*

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