

Reading Labels

AVOID A REACTION
BY
TAKING ACTION

FoodSafetyMonth.com

One of the most important things to do when preventing allergic reactions to food is to read labels. The FDA requires that it be clearly identified on the label if a food item includes one or more of the Big 8 Allergens. It's important to check the labels of the food items you are using when serving people with food allergies.

The labeling is acceptable if the common or usual name of an ingredient appears in the ingredients list. **So if the ingredient is "buttermilk", then it's clear that it contains the major food allergen "milk".** But if it's not so clear, then the allergen's food-source name has to be shown at least once on the food label. There are a couple of ways to do this:

1

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated soybean and cottonseed oils, salt.

ALLERGY INFORMATION: This product contains wheat. It is made on equipment that also makes products containing soy, milk, eggs, and tree nuts.

The label might list the common name of the allergen in parenthesis after its less common name.

2

Vitamin C 0% • Calcium 2% • Iron 10%
Riboflavin 10% • Niacin 10% • Folic acid 10%

ALTERED BARLEY FLOUR, FERROUS SULFATE (IRON), THIAMIN, RIBOFLAVIN, NIACIN, FOLIC ACID, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, CALCIUM PROPIONATE (A PRESERVATIVE), ETHOXYLATED CELLULOSE, CARMEL COLOR, CITRIC ACID, AZODICARBONATE

CONTAINS WHEAT, SOY AND MILK INGREDIENTS.

The other way is to list all of the allergens contained in the product in a single statement. This is done with a **contains** statement.

Allergens may also be hiding in labels under unfamiliar names.
Here are some examples of alternate names for Big 8 Allergens:

MILK	EGGS	WHEAT	PEANUTS	SHELLFISH	FISH	SOYBEANS	TREE NUTS
CASEIN LACTOFERRIN WHEY	ALBUMIN LYSOZYME SURIMI	BRAN FLOUR GLUTEN	ARACHIS NUT PIECES PEANUT OIL	ABALONE ESCARGOT CLAMS	CAVIAR PANGASIUS SOLE	EDAMAME MISO SOYA	ALMONDS GIANDUJA NUT MEAL

A full list of commonly used alternate names for Big 8 Allergens can be found in the **ServSafe Allergens Course**.



Activity 1: Find the Allergens

AVOID A REACTION
BY
TAKING ACTION

FoodSafetyMonth.com

Circle the Big 8 Allergens found in each label.

①

INGREDIENTS:
Salt, spices, dehydrated garlic,
dehydrated onion and paprika
eggs, reduced iron, milk,
cottonseed oils, and soy.

②

INGREDIENTS: Enriched flour (wheat flour,
niacin, reduced iron, thiamin mononitrate, ribo-
flavin, folic acid), partially hydrogenated soybean
and cottonseed oils, salt.



Activity 2: Find the Hidden Allergens

AVOID A REACTION
BY
TAKING ACTION

FoodSafetyMonth.com

Which of the Big 8 Allergens do these ingredient lists contain? Circle the Big 8 Allergens that are listed under commonly used names.

1

Ingredients: Potatoes*, Modified Corn Starch, Salt, Sugar, Natural Flavor, Ricotta Cheese*, Yeast Extract, Imitation Bacon Flavored Bits (soy flour, soybean oil, salt, caramel color, natural flavor), Onion*, Cultured Buttermilk, Malted Barley, Flour, Chives*, Whey, Color Added. Freshness Preserved by Sodium Bisulfite, Citric Acid.

*Dried

**CONTAINS MILK AND SOY;
MAY CONTAIN WHEAT
INGREDIENTS.**

2

• Vitamin C 0% • Calcium 2% • Iron
• Riboflavin 10% • Niacin 10% • Foli

IR, MALTED BARLEY FLOUR, FERROUS SULFATE (IRON), THIAMIN
HEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, S
TE, CALCIUM PROPIONATE (A PRESERVATIVE), ETHOXYLATED M
UM SULFATE), CARAMEL COLOR, CITRIC ACID, AZODICARBONAI

CONTAINS WHEAT, SOY AND MILK INGREDIENTS.

