



WEEK

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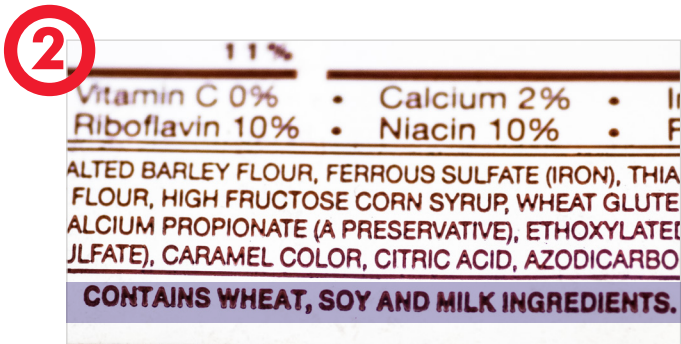
Reading Labels

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:



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



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](#).

