

How to Read Label

FOR

FOOD ALLERGY

1 Check the ingredient list for common or usual names of the allergen. "Ex. Milk"

Total Carbohydrate	19g	7%
Dietary Fiber	1g	4%
Total Sugars	4g	
Includes 4g Added sugar		8%
Protein	2g	
Vitamin D	0mcg	
Calcium	13mg	
Iron	0.3mg	
Potassium	40mg	

2 If the common name is not present, it would be listed as a less common form of the allergen writing the major allergen in parentheses. "Ex. Whey (Milk)"

INGREDIENTS: EGGS, RICE, SESAME, CANE SUGAR, SALT, SUNFLOWER OIL, WHEY (MILK).

CONTAINS: EGG, MILK.

MAY CONTAIN: TREE NUTS

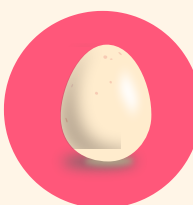
3 If you are unable to locate the allergen in the ingredient list right below you will see a 'contains' statement in bold. "Ex. Contains: Milk"

4 'May Contain' statements is a voluntary statement by manufacturers to warn about potential contamination. However, the absence of the statement doesn't mean its safe

Top 8 Allergen



Milk



Eggs



Tree nuts



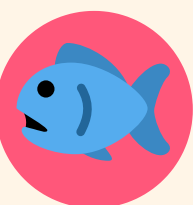
Peanut



Soy



Wheat



Fish



Shellfish

Tips...

- If a product does not have a label do not buy it
- Always read the label before buying anything
- If you are unsure do not buy the item.
- If the label is not clear enough call the manufacturer to clarify