

FOOD ALLERGEN LABELING
All food labels printed after Jan. 1, 2006
Must comply with the
Food Allergen Labeling and Consumer Protection Act of 2004
(FALCPA)

- Eight foods or food groups have been identified as causing 90% of all documented food allergies & represent the foods most likely to result in severe or life-threatening reactions.
- These 8 are: peanuts, tree nuts (e.g., walnuts, hazel nuts, almonds), soybeans, wheat, eggs, milk, fish (e.g., bass, flounder, cod), & crustacean shellfish (e.g., crab, lobster, shrimp). Tree nuts, fish, and crustacean shellfish must be listed by individual name, not as group term such as “tree nuts”.
- FALCPA requires that food manufacturers label food products that contain an ingredient that is one of the eight major allergens or that contains protein from a major food allergen in one of the following ways:

1. The ingredient statement lists by name all of the allergenic ingredients in the food, for instance:

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, PARTIALLY HYDROGENATED SOYBEAN OIL, MILK, EGGS, YEAST, SALT. **or**

2. The name of the food source is listed in parenthesis following the common or usual name of the major food allergen in the list of ingredients when the name of the food source of the major allergen **isn't a required part of the ingredient name**.

INGREDIENTS: ENRICHED FLOUR (**WHEAT** FLOUR, MALTED BARLEY, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PARTIALLY HYDROGENATED **SOY**BEAN OIL, AND/OR COTTONSEED OIL, HIGH FRUCTOSE CORN SYRUP, WHEY (**MILK**), ALBUMIN (**EGGS**), VANILLA, NATURAL AND ARTIFICIAL FLAVORING), SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), **SOY** LECITHIN, MONO-AND DIGLYCERIDES (EMULSIFIER). **or**

3. Place the word “Contains” on the line immediately below the list of ingredients, in type size no smaller than the type size used for the ingredient statement. The words “Contains” is followed by the name of the food source from which the major food allergens in the food are derived. Each ingredient that is one (or is derived from one) of the eight foods or food groups must be listed in the contains statement, even if it is already listed by name in the ingredient statement.

Ingredients:

Contains Wheat, Milk, and Soy