

LABEL READING 1-2-3

INGREDIENTS:

SUGAR, UNBLEACHED AND BLEACHED ENRICHED FLOUR
[WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE
MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC
ACID], CANOLA AND/OR PALM KERNEL OIL, HIGH FRUCTOSE
CORN SYRUP, WHEY (MILK), FRUCTOSE, DEXTROSE,
CORNSTARCH, EGG WHITES, SALT, CORN SYRUP, EMULSIFIERS
(VEGETABLE MONOGLYCERIDES, SOY LECITHIN), LEAVENING
(BAKING SODA AND/OR SODIUM ACID PYROPHOSPHATE
AND/OR CALCIUM PHOSPHATE), EGGS, CORN FLOUR, NATURAL
FLAVOR AND ARTIFICIAL FLAVOR, CARAMEL COLOR, SPICES.

CONTAINS: WHEAT, MILK, EGG, SOY.

MANUFACTURED ON EQUIPMENT THAT PROCESSES PEANUT,
AND TREE NUTS.

Step 1

Look for a “contains” statement at the bottom of the ingredient list. If present, check to see if your allergen is listed. If listed, the item is **not safe**.

Step 2

Look for an advisory statement such as: “**may contain...**” or “**processed in a plant...**” If present, check to see if your allergen is listed. If listed, it is recommended that you **avoid** this product.

Advisory statements are not required nor regulated. If there is no statement, you still may need 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.

If your allergen is not present in Steps 1 and 2, proceed to Step 3

Step 3

Read each ingredient on the ingredient label for the presence of your allergen. The allergen **MUST** be listed either in a “contains” statement OR in the ingredient list (not both). If your allergen is listed, the food is not safe to consume.

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