

# 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.*