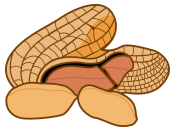


# TOP 9 FOOD ALLERGENS

Some children may have a food allergy that is not part of the top 9 allergens recognized by the FDA. In that case, you must contact the manufacturer directly to understand if the food contains the allergen.

A food allergy is a reaction to proteins in food by the body's immune system. Allergic reactions to food can be mild to severe, depending on the person's allergy. The Food and Drug Administration (FDA) recognizes 9 foods as the top allergens most people are allergic to:

## PEANUTS



## TREE NUTS



## FISH



## SHELLFISH



## MILK



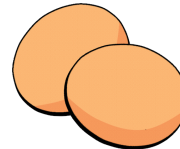
## SOY



## WHEAT



## EGGS



## SESAME



It is vital to read ingredient and allergen labels in order to understand which foods contain any of the top 9 allergens.

Food manufacturers have 2 options for labeling:

**Option 1:** An allergen statement, such as "CONTAINS: PEANUTS" will be underneath the ingredient statement.

**Option 2:** Allergens can be listed within the ingredient statement, called out in parenthesis, such as "Ingredients: Enriched wheat flour (WHEAT)."

### May Contain" statements

"May Contain" statements on a food label are voluntary information a manufacturer may include, indicating if any of the top 9 food allergens are present in their manufacturing facility. Children with severe food allergies will likely avoid eating foods produced in a facility where the allergen is present. Bottom line: If you do NOT see a "May Contain" statement, contact the manufacturer for more detailed information.

If the food contains an allergen a child is allergic to, serve a safe alternative in its place.

%DV*	Amount/serving	%DV*	INGREDIENTS: WHITE TUNA, WATER, VEGETABLE BROTH, SALT, PYROPHOSPHATE ADDED	CAUGHT IN INDIAN OCEAN PRODUCT OF MAURITIUS
at. Fat 0g	Total Carb. 0g	0%	CONTAINS: TUNA, SOY	
0mg	Fiber 0g	0%		

**Ingredients:** Apples, Pie crust [Flour (wheat), Shortening, Liquid albumen (egg), Salt], Sugar, Flour, Lemon juice, Whole milk, Cinnamon. May contain pecans.

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