



Loudoun Allergy Network

LABEL SAFETY & FALPCA

In the United States, the FDA is responsible for regulating the Food Allergy Labeling and Consumer Protection Act (FALCPA). Food companies are required to label for the top 8 allergens; peanuts, tree nuts, egg, dairy, wheat, shellfish, fish and soy. However, how they label varies. It is not required by the FDA to label for cross contact (sometimes referred to as “cross contamination”). Additionally, if your food allergies are not part of the top 8, like sesame or corn, you will need to thoroughly read each label, contact the manufacturer to discuss possible cross contact or avoid the product all together. Sometimes the cross contact warnings are not near the ingredients list so be sure to review the entire package for any cross contact warnings and read the entire ingredient list.

You can usually find an allergy warning below or near the ingredients list.



Allergens can be listed in **BOLD** in the ingredients.

Allergens can also be listed both in the ingredients AND have a separate "may contain" statement.





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At times, the allergen is within the ingredients but not in bold and can be hard to find.



In some products, the cross contact warning is nowhere near the ingredients list!