

Food Allergen Labeling Guide

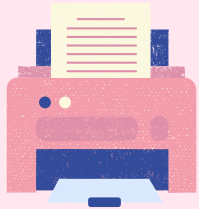
Follow these instructions on how to label dishes for your next party! :



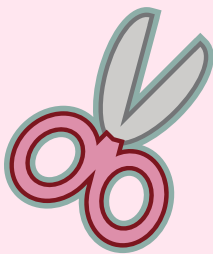
Identify allergens you'll use in your cooking. Do this by checking their nutrition labels (see guide).



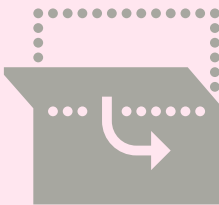
Note the allergens in your recipes (see recipe card).



Print the labels you will need for your dishes.



Cut out your labels.



Fold labels, then match them to your dishes!

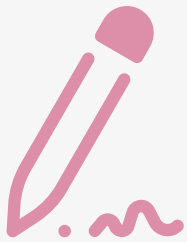
For more great food allergy resources, visit
FoodAllergyAndYourKiddo.com



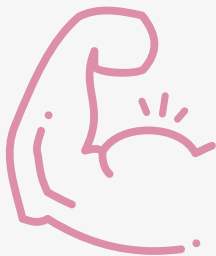
4 Key Components of Food Allergen Labels



Accurate



Legible



Durable



Cute!

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Recipe for

RECIPE NAME:

ALLERGENS:

PREP TIME:

SERVINGS:

ingredients

method



Food Allergy Mama's Guide

to Identifying Allergens on the US Nutrition Label

On the US "Nutrition Facts" label, you will find the following allergens, the "Big 8":

- Peanut
- Egg
- Wheat
- Fish
- Tree Nuts
- Milk
- Soy
- Crustacean Shellfish

Look for the Big 8 Allergens in one of two places:

Nutrition Facts		
Serving Size 2 tbsp (37g)		
Servings Per Container about 10		
Calories per serving		200
Amount/serving	%Daily Value*	
Total Fat	11g	15%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	<5mg	0%
Sodium	15mg	1%
Total Carbohydrate	22mg	8%
Fiber	1g	4%
Total Sugars	21g	
Includes 19g Added Sugars		38%
Protein	2g	
Vitamin D 0mcg	0%	Iron 1mg 6%
Calcium 40mg	4%	Potassium 170mg 4%
Not a significant source of other ingredients.		
*Percent Daily Values are based on a 2,000 calorie diet.		
INGREDIENTS: SUGAR, PALM OIL, HAZELNUTS, SKIM MILK, COCOA, SOY LECITHIN AS EMULSIFIER, VANILLIN: AN ARTIFICIAL FLAVOR.		

Location #1
WITHIN the list
of ingredients

Location #2
BELOW the list
of ingredients

Nutrition Facts		
Serving Size 2 tbsp (37g)		
Servings Per Container about 10		
Calories per serving		200
Amount/serving	%Daily Value*	
Total Fat	11g	15%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	<5mg	0%
Sodium	15mg	1%
Total Carbohydrate	22mg	8%
Fiber	1g	4%
Total Sugars	21g	
Includes 19g Added Sugars		38%
Protein	2g	
Vitamin D 0mcg	0%	Iron 1mg 6%
Calcium 40mg	4%	Potassium 170mg 4%
Not a significant source of other ingredients.		
*Percent Daily Values are based on a 2,000 calorie diet.		
INGREDIENTS: SUGAR, PALM OIL, HAZELNUTS, SKIM MILK, COCOA, SOY LECITHIN AS EMULSIFIER, VANILLIN: AN ARTIFICIAL FLAVOR. CONTAINS TREE NUTS (HAZELNUTS), MILK, SOY.		



Peanut



This dish contains

This dish contains



Peanut

Tree Nut



This dish contains

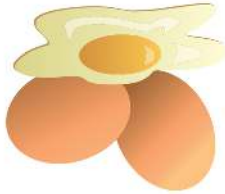
This dish contains



Tree Nut

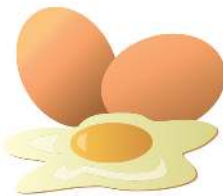


Egg



This dish contains

This dish contains



Egg

Milk



This dish contains

This dish contains



Milk

Shellfish



This dish contains

This dish contains



Shellfish

Soy



This dish contains

This dish contains



Soy

Wheat/
Gluten



This dish contains

This dish contains



Wheat/
Gluten

Fish



This dish contains

This dish contains



Fish

Peanut



This dish contains

This dish contains



Peanut

Peanut



This dish contains

This dish contains



Peanut

Peanut



This dish contains

This dish contains



Peanut

Peanut



This dish contains

This dish contains



Peanut



This dish contains

This dish contains



This dish contains

This dish contains



This dish contains

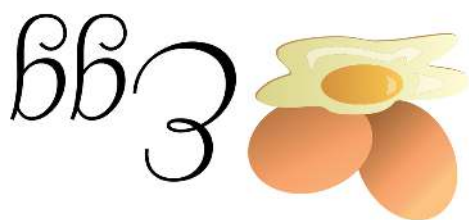
This dish contains



This dish contains

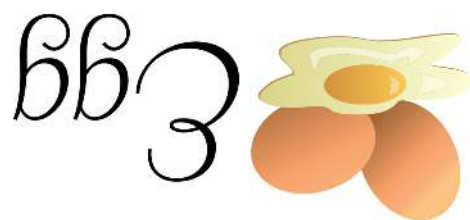
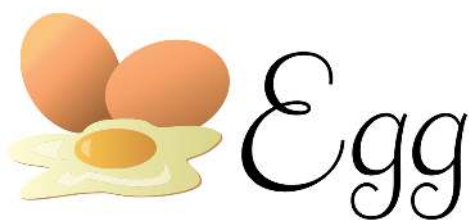
This dish contains





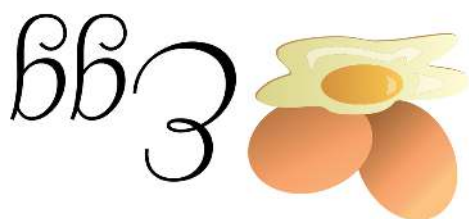
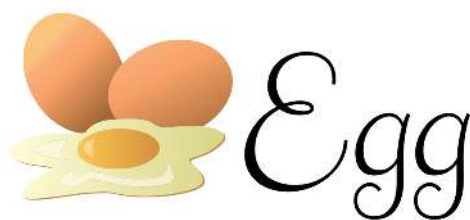
This dish contains

This dish contains



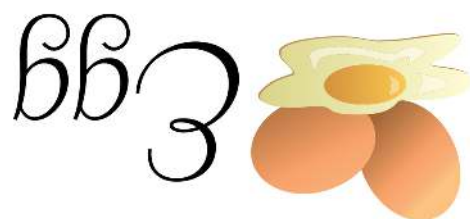
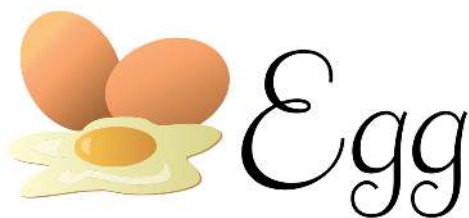
This dish contains

This dish contains



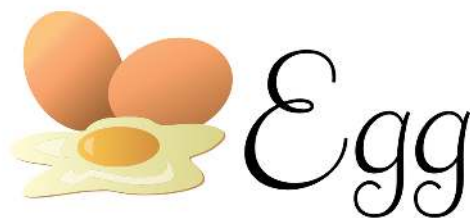
This dish contains

This dish contains



This dish contains

This dish contains



Milk



This dish contains

This dish contains



Milk

Milk



This dish contains

This dish contains



Milk

Milk



This dish contains

This dish contains



Milk

Milk



This dish contains

This dish contains



Milk

This dish contains
Wheat/
Gluten



This dish contains
Wheat/
Gluten



This dish contains
Wheat/
Gluten



This dish contains
Wheat/
Gluten



This dish contains
Wheat/
Gluten



This dish contains
Wheat/
Gluten



This dish contains
Wheat/
Gluten



This dish contains
Wheat/
Gluten





This dish contains

This dish contains



This dish contains

This dish contains



This dish contains

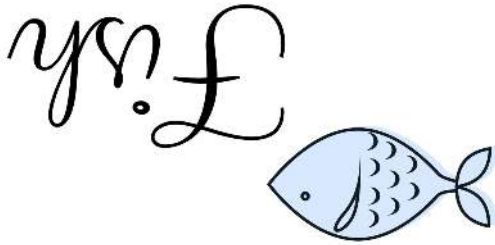
This dish contains



This dish contains

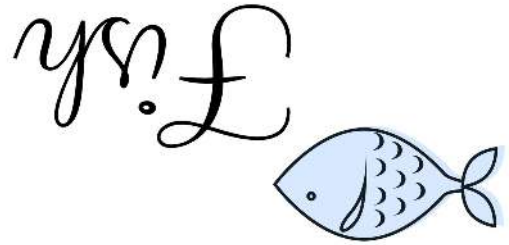
This dish contains





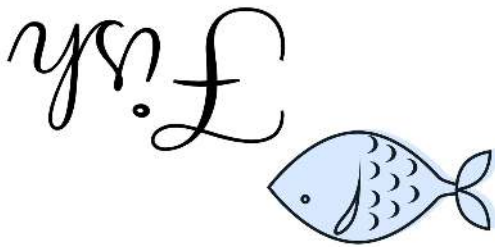
This dish contains

This dish contains



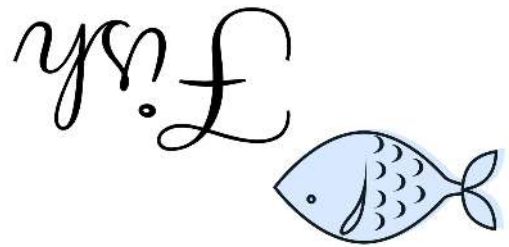
This dish contains

This dish contains



This dish contains

This dish contains



This dish contains

This dish contains



Shellfish



This dish contains

This dish contains



Shellfish

Shellfish



This dish contains

This dish contains



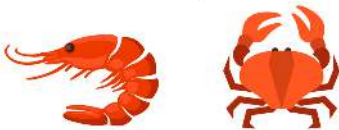
Shellfish

Shellfish



This dish contains

This dish contains



Shellfish

Shellfish



This dish contains

This dish contains



Shellfish