

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.**