

# Spotting food allergens on labels

Check the food label before you eat to keep you or your child with food allergy safe.

## 2. "Contains statement"

Used to indicate which food allergens are present in product. Do not assume that a product is safe if this is not present.

The Sale of Food Act and the Singapore Food Regulations require companies to declare common allergens (egg, milk, peanut, tree nuts, shellfish, wheat, soy and fish) on food labels.

## 1. Ingredient list

To avoid food products that contain food allergen regardless of where it is listed. Some countries identify allergens listed as ingredients in bold or italics.

## 3. Precautionary allergen labelling (PAL)

Some labels have warnings called precautionary allergen labelling (PAL). This includes statements such as 'may contain', 'produced in a facility that also processes ...' and 'made on equipment that also processes ...'. It lets you know that the product may have been unintentionally contaminated with an allergen during manufacturing or handling. These statements are voluntary and not regulated.

**Ingredients:** **Wheat** flour, Vegetable oils (Palm, Fully hydrogenated rapeseed), **Oat**, **Butter**, Salt, Leavening agent (Sodium bicarbonate), Malt extract (**Barley**), Malt flour (**Barley**), Yeast, Miso powder (**Soya** beans, Salt), Dough conditioner [Corn Starch, Flour treatment agents (Ammonium Chloride, Calcium carbonate)]. Contains permitted food conditioner.

**Allergens:** Contains Cereals containing gluten (Wheat, Oat, Barley), Milk and Soya.

Manufactured on equipment that also processes products that contain Sesame.

## Tips:

- Know the hidden names of food allergens (e.g. ovalbumin/ ovomucin = egg, whey/ casein = milk, triticale/ seitan = wheat, arachi = peanut)
- Read the food label every time you buy the product as ingredients and manufacturing process can change without warning.
- If a product does not have a food label or if the label is not clear, do not buy it.
- Be careful with imported products as food labelling regulations vary by country and some Asian countries have no strict labelling laws which increases the risk of exposure to hidden ingredients. Mistakes can also occur during translation.

