Food allergies and other types of food hypersensitivities affect millions of Americans and their families. Regulations protect those with food allergies and other food hypersensitivities. These regulations require industry to list ingredients on packaged foods and beverages.

**Allergens**

The nine major food allergens must be declared on the packaged food labeling. They must use the common or usual name of the allergen.

### 9 Major Food Allergens

- **Peanuts**
- **Crustaceans**
- **Eggs**
- **Tree Nuts**
- **Wheat**
- **Fish**
- **Milk**
- **Soy**
- **Sesame**

The common or usual name of a food (e.g. whey, casein, miso) may not be recognized as an allergenic source by the consumer therefore ingredient labels containing these ingredients must either:

a) list the food source in parentheses following the name [i.e. whey (milk), miso (soy)] or;

b) include a “Contains” declaration statement printed immediately after or adjacent to the list of ingredients in a reasonable type size but not less than 1/16”

c) a“contains ....” statement is not required if the allergen is listed in the ingredient statement in a recognizable form (e.g. milk, wheat, soy)

**Examples of allergens that may not be easily recognizable:**

- Soy lecithin (soy)
- Worcestershire Sauce (hydrolyzed soy protein and/or anchovies)
- Sodium caseinate, whey, lactalbumin (milk)
- Omega 3 fatty acids (fish oil source or nut source)
- Spelt, semolina (wheat)
- Flour (wheat, almond, macadamia)

A “May contain” statement listing allergens processed in the same facility is not required, but if present, it does not exempt a firm from Good Manufacturing Practices to preclude cross-contamination.
QUICK FACTS

Consumers can also get allergic reactions from consuming or using other products. These products include: Consumable Hemp Products (CHP), Cosmetics, and Over-the-Counter (OTC) Nonprescription Drugs. Proper labeling is important to let consumers know what allergens or ingredients are present in these products.

For More Information Visit the Following Links:

- dshs.texas.gov/consumable-hemp-program
- fda.gov/drugs/information-consumers-and-patients-drugs/otc-drug-facts-label
- fda.gov/drugs/understanding-over-counter-medicines/educational-resources-understanding-over-counter-medicine