TEXAS Health and Human Services

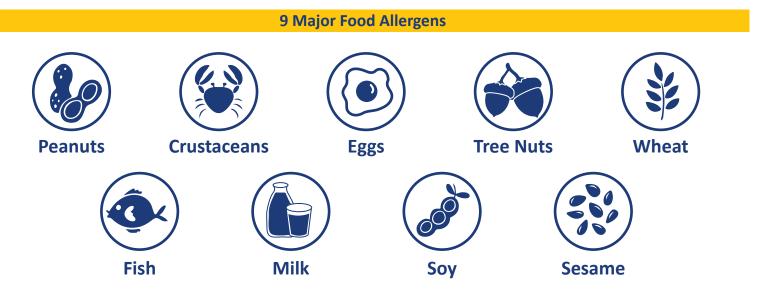
Texas Department of State Health Services

# Allergens and Food Labeling

# 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.



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:

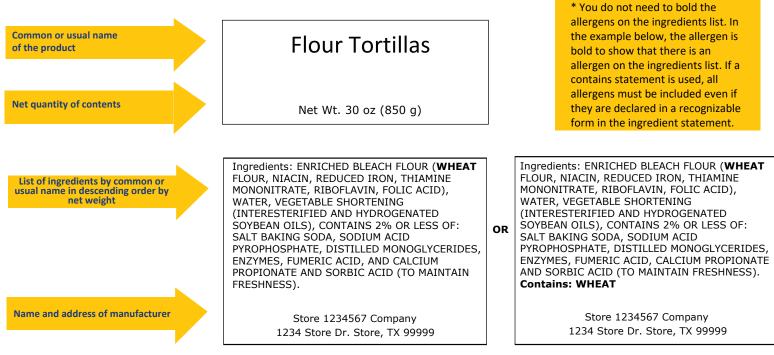
- a) list the food source in parentheses following the name [i.e. whey (milk), miso (soy)] or;
- b) include a "Contains" declaration statement printed immediately after or adjacent to the list of ingredients in a reasonable type size but not less than 1/16"
- c) a"contains ...." statement is not required 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 crosscontamination

# Food Labeling Examples (depicts the front and back of a label)



## There are also several food ingredients that cause nonallergic hypersensitivity reactions in sensitive individuals that are required to be declared in the food ingredients labeling. These include:

#### Sulfites

•Used as preservatives. Must be declared if food contains  $\geq$  10 parts per million total sulfites.

- •Other names:
- •Potassium bisulphite
- •Potassium metabisulphite
- Sodium bisulphite
- Sodium dithionite
- Sodium metabisulphite
- Sodium sulphite
- •Sulphur dioxide
- Sulphurous acid

#### Additional Information Regarding Labeling Requirements

•fda.gov/regulatory-information/search-fda-guidance-documents/ guidance-industry-food-labeling-guide

 dshs.texas.gov/food-manufacturers-wholesalers-warehouses/ labeling-food-manufacturers-wholesalers-warehouses

#### **Color Additives**

•FD&C Yellow No. 5 •FD&C Red No. 40 Color additives made from cochineal extract and carmine

#### Gluten

 Describes a group of proteins found in certain grains. For example: wheat

- barley
- rye

#### Nitrates/Nitrites

 Cured or processed meats bacon, sausage, hot dogs, and ham, as well as deli meats such as chicken, turkey, roast beef, and salami — often contain added nitrates and nitrites. •These compounds prevent the growth of harmful bacteria, add a salty flavor, and make the meat appear red or pink

**For Additional Questions:** 

•DSHS Hemp Program DSHSHempProgram@dshs.texas.gov • Milk and Dairy Unit Milk.regulatory@dshs.texas.gov, 512-834-6758 • Drugs and Medical Devices Unit Manufactured Foods Operations foods.regulatory@dshs.texas.gov, 512-834-6670

•Retail Food Safety Unit foodestablishments@dshs.texas.gov, 512-834-675 DMD.regulatory@dshs.texas.gov, 512-834-6755

# **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