

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.

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:

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

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

Common or usual name of the product

Net quantity of contents

List of ingredients by common or usual name in descending order by net weight

Name and address of manufacturer

Flour Tortillas

Net Wt. 30 oz (850 g)

Ingredients: ENRICHED BLEACH FLOUR (**WHEAT** FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE SHORTENING (INTERESTERIFIED AND HYDROGENATED SOYBEAN OILS), CONTAINS 2% OR LESS OF: SALT BAKING SODA, SODIUM ACID PYROPHOSPHATE, DISTILLED MONOGLYCERIDES, ENZYMES, FUMERIC ACID, AND CALCIUM PROPIONATE AND SORBIC ACID (TO MAINTAIN FRESHNESS).

OR

Ingredients: ENRICHED BLEACH FLOUR (**WHEAT** FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE SHORTENING (INTERESTERIFIED AND HYDROGENATED SOYBEAN OILS), CONTAINS 2% OR LESS OF: SALT BAKING SODA, SODIUM ACID PYROPHOSPHATE, DISTILLED MONOGLYCERIDES, ENZYMES, FUMERIC ACID, CALCIUM PROPIONATE AND SORBIC ACID (TO MAINTAIN FRESHNESS).
Contains: WHEAT

Store 1234567 Company
1234 Store Dr. Store, TX 99999

* You do not need to bold the allergens on the ingredients list. In the example below, the allergen is bold to show that there is an allergen on the ingredients list. If a contains statement is used, all allergens must be included even if they are declared in a recognizable form in the ingredient statement.

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 ≥ 10 parts per million total sulfites.
- Other names:
 - Potassium bisulphite
 - Potassium metabisulphite
 - Sodium bisulphite
 - Sodium dithionite
 - Sodium metabisulphite
 - Sodium sulphite
 - Sulphur dioxide
 - Sulphurous acid

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

Additional Information Regarding Labeling Requirements

- [fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide](https://www.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](https://www.dshs.texas.gov/food-manufacturers-wholesalers-warehouses/labeling-food-manufacturers-wholesalers-warehouses)

For Additional Questions:

- DSHS Hemp Program**
DSHSHempProgram@dshs.texas.gov
- Milk and Dairy Unit**
Milk.regulatory@dshs.texas.gov, 512-834-6758
- Manufactured Foods Operations**
foods.regulatory@dshs.texas.gov, 512-834-6670
- Retail Food Safety Unit**
foodestablishments@dshs.texas.gov, 512-834-675
- Drugs and Medical Devices Unit**
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](https://www.dshs.texas.gov/consumable-hemp-program)
- [fda.gov/drugs/information-consumers-and-patients-drugs/otc-drug-facts-label](https://www.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](https://www.fda.gov/drugs/understanding-over-counter-medicines/educational-resources-understanding-over-counter-medicine)