

The Ingredients Game

How to read a food label

1. Read the section labeled "ingredients" scanning the words to see if it includes any of the allergens you must avoid.

2. After very carefully reading the label, look to the bottom for the section that says "May Contain," "Contains," "Produced in a factory that contains" or anything similar. If it has an allergen you must avoid in the "Contains" section, you should definitely avoid the food product. If it has one of your allergens in the "May Contain" section or the "Produced in a factory that contains", it is better to not risk it and avoid the food .

3. Don't forget to watch out for words that sound different or are not the exact same but are similar to your allergens. Here are examples to watch out for:

Whey- Derives from Milk
Lecithin- Comes from Soy
Flour- Made from Wheat

