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.

INGREDIENTS:

Corn flour blend (degerminated yellow corn flour) and whole grain yellow corn flour), sugar, wheat flour, rice, whole grain oat flour, modified food starch, vegetable oil, (hydrogenated coconut, soybean oil), oat fiber, maltodextrin, salt, soluble corn fiber yellow 5, red 40, blue 1, BHT for freshness, natural flavor, Vitamins and Minerals: vitamin B6 (pyridoxine hydrochloride), Vitamin C (ascorbic acid), vitamin B1 (thiamin hydrochloride), reduced iron, niacinamide, vitamin B2 (riboflavin), vitamin B12, folic acid, vitamin D3.

CONTAINS: WHEAT

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