

FOOD ALLERGEN LABELLING

If you are selling or making a **packaged food** that contains any **priority food allergens**, **gluten sources** or **added sulphites**, then your product likely requires **allergen labelling**.

How to **label** allergens:

Within the **ingredients** list

Ingredients: Apples, Pie crust [flour (wheat), shortening, liquid albumen (egg), salt], Sugar, Flour, Lemon juice, Whole milk, Cinnamon.
May contain pecans.

OR

Using a **contains** statement

Ingredients: Apples, Pie crust [flour, shortening, liquid albumen, salt], Sugar, Flour, Lemon juice, Whole milk, Cinnamon.
Contains: Wheat, Egg, Milk.
May contain pecans.

Ingredients: Apples, Pie crust [flour (wheat), shortening, liquid albumen (egg), salt], Sugar, Flour, Lemon juice, Whole milk, Cinnamon.
May contain pecans.

If the packaged foods contain priority food allergens, gluten sources or added sulphites, they must be declared at least once in the list of ingredients.

Ingredients: Apples, Pie crust [flour (wheat), shortening, liquid albumen (egg), salt], Sugar, Flour, Lemon juice, Whole milk, Cinnamon.
May contain pecans.

Priority food allergens, gluten sources, and added sulphites must be declared when they are part of, or a component of, an ingredient.

Ingredients: Apples, Pie crust [flour (wheat), shortening, liquid albumen (egg), salt], Sugar, Flour, Lemon juice, Whole milk, Cinnamon.
May contain pecans.

Cross-contamination (or precautionary) statements are used when a food allergen or gluten source may be unintentionally present in the food (e.g. through cross-contamination) despite the use of good manufacturing practices.

Ingredients: Apples, Pie crust [flour, shortening, liquid albumen, salt], Sugar, Flour, Lemon juice, Whole milk, Cinnamon.
Contains: Wheat, Egg, Milk.
May contain pecans.

Food allergens, gluten sources, and added sulphites can also be listed in a “Contains” statement right after the list of ingredients. “Contains” statements must include all priority allergens, even if they are already included in the list of ingredients.

Ingredients: Apples, Pie crust [flour, shortening, liquid albumen, salt], Sugar, Flour, Lemon juice, Whole milk, Cinnamon.
Contains: Wheat, Egg, Milk.
May contain pecans.

Priority food allergens, gluten sources, and added sulphites must be identified using specific source names from the *Food and Drug Regulations*, such as “wheat” and “egg.”

Ingredients: Apples, Pie crust [flour, shortening, liquid albumen, salt], Sugar, Flour, Lemon juice, Whole milk, Cinnamon.
Contains: Wheat, Egg, Milk.
May contain pecans.

It is recommended that cross-contamination (or precautionary) statements use the wording “May contain [X]” where [X] refers to the priority food allergen or gluten source.



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If you are selling or making a **packaged food** that contains any **priority food allergens**, **gluten sources** or **added sulphites**, then your product likely requires **allergen labelling**.

Know your **common food allergies** and **related disorders** in Canada:



Peanuts
Peanuts are actually legumes that grow underground, and are not tree nuts. Peanuts can sometimes be found in baked goods, cereals, glazes, spreads, sauces and snack foods such as trail mixes.



Tree Nuts
Tree nuts include almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachio nuts and walnuts. Tree nuts must be declared using these names.



Sesame
Sesame is often used in bread, baked goods, cereals, dips, and spreads such as hummus.



Milk
Milk is used to make butter, cheese, cream and yogurt, among other products. Milk is also present in many baked goods, glazes, soups, and sauces.



Egg
Both the egg yolk and the egg white can cause an allergic reaction. Egg is often used in battered or fried foods, as well as pastries. It is also used in many fillers or binding ingredients.



Soy
Soy can often be found in broths, bouillon cubes, cereal and baked goods. Soy is also found in sauces such as soya and teriyaki.



Wheat and triticale
Wheat is used to make white and whole wheat flours. Wheat can also be an ingredient in bread, cereal, pasta, baked goods, sauces, and seasonings.



Crustaceans and molluscs
Crustaceans and molluscs must be declared using the common name of the crustacean, such as crab or shrimp; or shellfish, such as oyster or clams. Crustaceans and molluscs are sometimes collectively referred to as shellfish.



Mustard
Mustard seed is used to make prepared mustard, mustard powder and liquid mustard. Mustard can be found in spices and seasoning mixtures, sauces and powdered soups, as well as in condiments such as salad dressing and relish.



Fish
Fish must be declared using the common name of the fish, such as tuna or halibut.



Sulphites
While not a true allergen, sulphites can cause severe adverse reactions for sulphite-sensitive individuals. Sulphites can be found in most wine and some beer, and are often used on dried fruit such as apricots, dates, prunes and raisins.



Gluten
While not a true allergen, gluten can cause severe adverse reactions for individuals with Celiac disease. Gluten sources include barley, rye, oats, triticale and wheat. Gluten sources must be declared using these names.

Complete food allergen labelling requirements:
inspection.canada.ca/en/food-labels