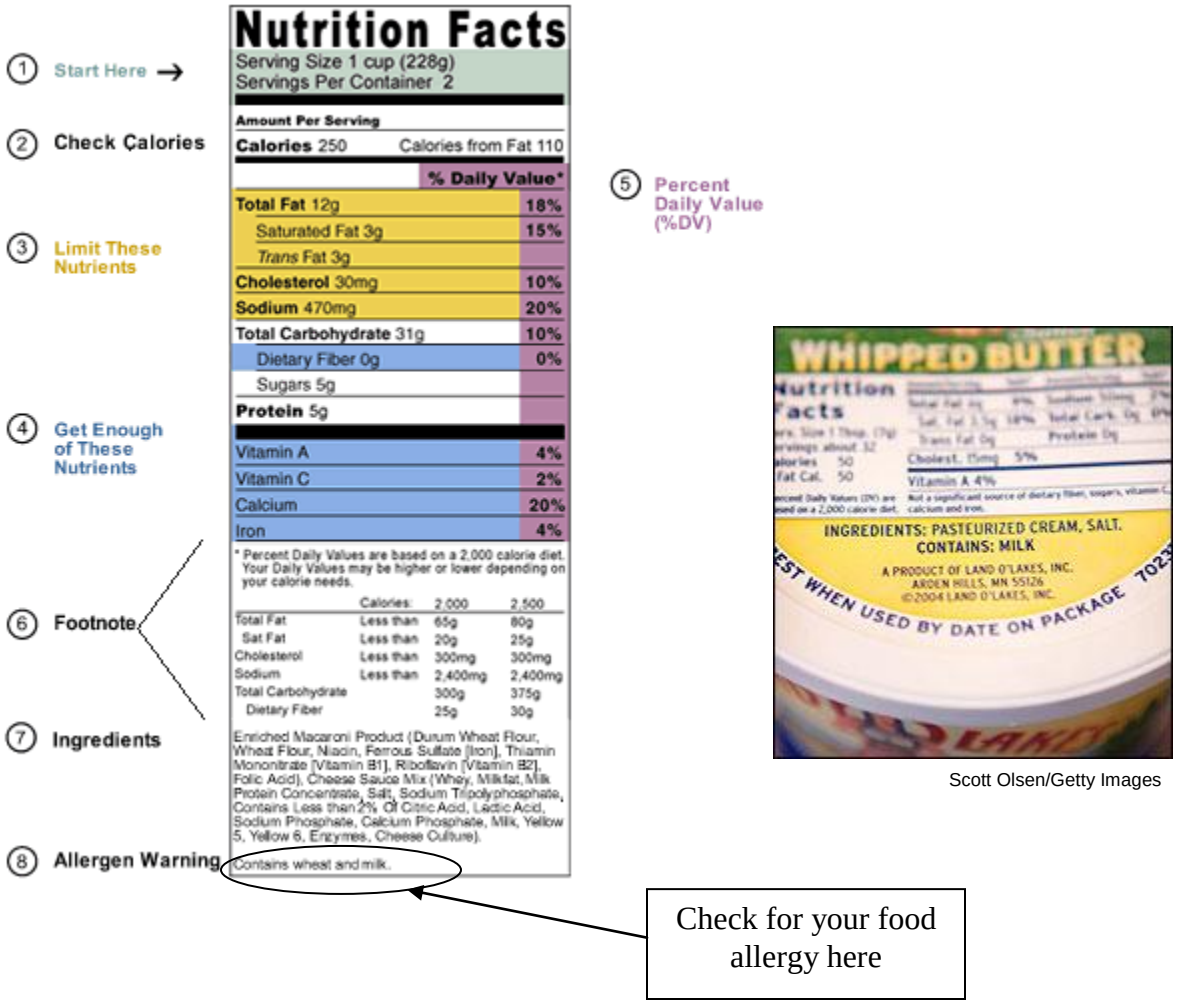
# HOW TO READ A FOOD LABEL







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**7. Ingredients**

Food labels must also include the ingredients that are in the food. The ingredients are listed according to how much of the ingredient is in the food. So for example, if the first item on the ingredient list is "water", then there is more water used in the item then any other ingredient.

**8. Allergen Warning**

Beginning in 2006, food makers were required to clearly state on labels any of the FDA's standardized allergens that were contained in their products. These standardized allergens include: milk, eggs, peanuts, wheat, soy, fish, shellfish, and tree nuts. In some cases, it's easy to identify what's safe to eat by checking the listed ingredients on a label. However, some ingredients that may trigger an allergic reaction may be listed under an unfamiliar name such as, "arachis oil" which is another term for peanut oil. Ask your doctor to supply you with a complete list of ingredients to avoid for your specific allergy.