Reading Food Labels



Where should I look for allergens?

Read every label, every time — even if your child has eaten the product before.

BACK OF PACK • GENERIC EXAMPLE

EVERYDAY PANTRY

WHOLEGRAIN CRACKERS

NET WT 200 g • BEST BEFORE 12/2027

1 INGREDIENTS

Wheat flour, Vegetable oils (Palm, R apeseed), Oat, Butter, Salt, Raising agent (Sodium bicarbonate), Malt flour (Barley), Yeast, Miso powder (Soya beans, Salt), Corn starch.

NUTRITION INFORMATION

Serving size	30 g
Energy	540 kJ
Protein	3.2 g
Total fat	4.8 g
Carbohydrate	19.5 g
Sodium	165 mg

2 CONTAINS: WHEAT, OATS, BARLEY, MILK AND SOY.

3 MAY CONTAIN SESAME, PEANUT AND TREE NUTS.

Packed for Example Foods Pte Ltd • Singapore

01 Ingredient list

Read the full list. Look for the allergen and hidden names. Allergens may be bold or shown in brackets.

02 'Contains' statement

A helpful summary of major allergens—but still read the complete ingredient list.

03 Precautionary labelling (PAL)

PAL may say 'may contain…', 'produced in a facility that also processes…' or 'made on equipment that also processes…'. It warns of possible unintentional contamination during manufacturing or handling. *PAL statements are voluntary and not regulated.*

QUICK FAQS

No label or unclear label? Do not give the product.

Imported product? Take extra care: labelling rules vary by country; some countries have no strict labelling laws, and translation mistakes can occur.

KW CHONG ALLERGY & CHILDREN'S CLINIC CARES
Children's Allergy Asthma Rhinitis Eczema Specialist

WHATSAPP
+65 8129 9478

EMAIL
contact@kwchongallergy.com

@drkwchong

SCAN TO READ