

# FDA Food Allergen Labelling Checklist





## Follow these steps to ensure your food labels are compliant with FDA regulations:

- ☐ Declare the allergen on the Principal Display Panel (PDP) or Information Panel (IP) on the food product.
- ☐ Include the food source of a major food allergen in parentheses following the ingredient's name. (OR)
- ☐ Use a “May Contains” statement immediately before or after the list of ingredients containing the allergens.
- ☐ Ensure that the type size of declaration is no less than 1/16”.
- ☐ Avoid any obscuring vignettes, graphics, or printed information on the labels.



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