

EPICURE DIGITAL MENU SYSTEM

NUTRITION & ALLERGEN MENU LABELING ICONS

JUNE 26, 2019



Although more than 160 foods can cause allergic reactions in people with food allergies, the Food Allergen Labeling and Consumer Protection Act of 2004 identifies the eight most common allergenic foods. These foods account for 90 percent of food allergic reactions, and are the food sources from which many other ingredients are derived (such as whey from milk)...The eight foods identified by the law are: Milk, Eggs, Fish (e.g., bass, flounder, cod), Crustacean shellfish (e.g. crab, lobster, shrimp), Tree nuts (e.g., almonds, walnuts pecans), Peanuts, Wheat Soybeans. <https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAllergens/ucm530854.htm>

 Milk or Dairy	 Egg	 Fish or Seafood	 Shellfish	 Tree Nuts, Peanuts or Nuts
 Wheat, High Fiber or Gluten	 Gluten Free or Gluten Friendly	 Soy	 Beef	 Pork
 High Sodium	 Heart Healthy	 Organic	 Local/Sustainable	 Farm To Table
 Raised without Antibiotics	 Non-GMO	 Ovo-Lacto	 Vegetarian or Vegan	
 Religious	 Go Slow Whoa!	 Spicy/Very Spicy	 Popular	 Not Analyzed

DISCLAIMERS

FDA mandatory statements that need to appear on all menu formats in 20-unit or greater restaurant chains:

“2,000 calories a day is used for general nutrition advice, but calorie needs vary” and “Additional nutrition information is available upon request.”

If you offer extensive child-friendly items, you might want to include this optional disclaimer:

“1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary.”

ALLERGEN STATEMENTS

Vegetarian: *Item may contain eggs, dairy, gelatin & honey, but does not contain meats such as beef, chicken, pork, fish, & shellfish.*

Vegan: *Item does not contain animal by-products such as beef, chicken, fish, eggs, milk, cheese, gelatin & honey.*

Ovo-Lacto: *A vegan item with eggs and/or dairy products.*

Gluten-Friendly: *Product is not made with ingredients containing gluten. Cross contact is possible.*

Menu items do not contain gluten and are prepared & served in a designated area, yet cross-contact may occur.