

ALLERGEN LABELING Key Differences in U.S. & Canada

	Allergen	U.S.	Canada
1	Tree nuts	✓ almonds, beech nuts, Brazil nuts, butternuts, cashews, chestnuts, chinquapins, coconut, filberts/hazelnuts, ginko nuts, hickory nuts, lichee nuts, macadamia/bush nuts, pecans, pili nuts, pine/pinon nuts, pistachios, sheanuts, walnuts	✓ almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios or walnuts
2	Peanuts	✓	✓
3	Soybeans	✓	✓
4	Wheat	✓ any species in the genus <i>Triticum</i> , including common, durum, einkorn, emmer and club wheat, as well as spelt, semolina, kamut and triticale	✓ any species in the genus <i>Triticum</i> including wheat, triticale and all related hybrid varieties (e.g. kamut, spelt)
5	Eggs	✓	✓
6	Milk	✓	✓
7	Fish	✓ common name of fish	✓ common name of fish
8	Crustacean shellfish	✓ common name of crustacean (e.g. crab, lobster, shrimp)	✓ common name of crustacean (e.g. crab, lobster, shrimp)
9	Mollusk shellfish	no requirement for allergen labeling	✓ common name of mollusk (e.g. clams, mussels, oysters, squid)
10	Sesame seeds	no requirement for allergen labeling	✓
11	Mustard seed	no requirement for allergen labeling	✓
12	Gluten sources other than wheat	no requirement for allergen labeling	✓ barley, oats and rye, and related derivatives
13	Sulfites	covered by separate regulation when ≥ 10 ppm per serving in finished products	✓ must be declared at any level of use when directly added as a food additive or when other ingredients containing sulfites result in finished products ≥ 10 ppm per serving

Note: If you need help with ingredient statements or allergen statements, contract with Food Consulting Company to prepare or review your Ingredient Statements and Allergen Compliance with our [Ingredient Statement](#) service or receive ready help for all food labeling questions by purchasing [Retained Regulatory Support](#). As always, we will answer client questions related to work completed within the past 90 days without additional charge. See [services](#).

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