

Defining food risk



AVOID EATING



Investigate or ask PN*
Do not consume:
Find alternative

Find alternative

Food products with external protein added and the source not identified or the manufacturer, when contacted, has provided insufficient information.

MODERATE RISK



Investigate or ask PN*
Avoid if unsure

Keep evidence of information

Food products with external protein added, but the manufacturer has provided sufficient information about the source of protein, which is from the food production industry.

LOW RISK



Safer to consume

Safe(r) to eat

Whole foods - foods with no external source of protein added.

*PN: A registered Performance Nutritionist with SENr



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