

RECOGNIZE COMMON FOOD ALLERGENS ¹⁻³

Milk

Ingredients and foods you may need to avoid:
BUTTER, CASEIN, CASEINATES (IN ALL FORMS), CHEESE, CREAM, CUSTARD, DIACETYL, GHEE, HALF-AND-HALF, LACTALBUMIN, LACTOFERRIN, LACTOSE, LACTULOSE, MILK (IN ALL FORMS INCLUDING CONDENSED, DERIVATIVE, DRY, EVAPORATED, GOAT'S MILK AND MILK FROM OTHER ANIMALS, LOW-FAT, MALTED, MILKFAT, NON-FAT, POWDER, PROTEIN, SKIMMED, SOLIDS, WHOLE), SOUR CREAM, SOUR CREAM SOLIDS, TAGATOSE, WHEY (IN ALL FORMS), YOGURT, *Some people may need to avoid baked goods (consult your allergist)



Egg

Ingredients and foods you may need to avoid:
ALBUMIN (ALSO SPELLED ALBUMEN), EGG (DRIED, POWDERED, SOLIDS, WHITE, YOLK), EGGNOG, EGG SUBSTITUTES, ICE CREAM, LECITHIN, LYSOZYME, MARZIPAN, MARSHMALLOWS, MAYONNAISE, MERINGUE (MERINGUE POWDER), NOUGAT, OVALBUMIN, SURIMI, *some people may need to avoid baked goods (consult your allergist)

Wheat

Ingredients and foods you may need to avoid:
BULGUR, CEREAL EXTRACT, CLUB WHEAT, COUSCOUS, CRACKER MEAL, DURUM, EINKORN, EMMER, FARINA, FARRO, FLOUR (ALL-PURPOSE, BREAD, CAKE, DURUM, ENRICHED, GRAHAM, HIGH-GLUTEN, HIGH-PROTEIN, INSTANT, PASTRY, SELF-RISING, SOFT WHEAT, STEEL GROUND, STONE GROUND, WHOLE WHEAT), FREEKEH, FOOD STARCH, HYDROLYZED WHEAT PROTEIN, KAMUT®, MATZO, MATZO MEAL (ALSO SPELLED AS MATZO, MATZAH OR MATZA), PASTA, SEITAN, SEMOLINA, SPELT, SPROUTED WHEAT, TRITICALE, VITAL WHEAT GLUTEN, WHEAT (BRAN, DURUM, GERM, GLUTEN, GRASS, MALT, SPROUTS, STARCH), WHEAT BRAN HYDROLYSATE, WHEAT GERM OIL, WHEAT GRASS, WHEAT PROTEIN ISOLATE, WHOLE WHEAT BERRIES



Soy

Ingredients and foods you may need to avoid:
BEAN CURDS, COLD-PRESSED, EXPELLED OR EXTRUDED SOY OIL*, EDAMAME, MISO, NATTO, SHOYU, SOY (SOY ALBUMIN, SOY CHEESE, SOY FIBER, SOY FLOUR, SOY GRITS, SOY ICE CREAM, SOY MILK, SOY NUTS, SOY SPROUTS, SOY YOGURT), SOYA, SOYBEAN (CURD, GRANULES), SOY PROTEIN (CONCENTRATE, HYDROLYZED, ISOLATE), SOY SAUCE, TAMARI, TEMPEH, TEXTURED VEGETABLE PROTEIN (TVP), TOFU

Peanut

Ingredients and foods you may need to avoid:
ARACHIS OIL (ANOTHER NAME FOR PEANUT OIL), ARTIFICIAL NUTS, BEER NUTS, COLD-PRESSED, EXPELLED OR EXTRUDED PEANUT OIL*, GOOBBERS, GROUND NUTS, LUPIN (OR LUPINE), MANDELONAS (PEANUTS SOAKED IN ALMOND FLAVORING), MIXED NUTS, MONKEY NUTS, NUT MEAT, NUT PIECES, PEANUT BUTTER, PEANUT FLOUR, PEANUT PROTEIN HYDROLYSATE



Tree nut

Ingredients and foods you may need to avoid:
ALMOND, ARTIFICIAL NUTS, BEECHNUT, BLACK WALNUT HULL EXTRACT (FLAVORING), BRAZIL NUT, BUTTERNUT, CASHEW, CHESTNUT, CHINQUAPIN NUT, COCONUT, FILBERT/HAZELNUT, GIANDUJA (A CHOCOLATE-NUT MIXTURE), GINKGO NUT, HICKORY NUT, LITCHI/LICHEE/LYCHEE NUT, MACADAMIA NUT, MARZIPAN/ALMOND PASTE, NANGAI NUT, NATURAL NUT EXTRACT, NUT BUTTERS (E.G., CASHEW BUTTER), NUT DISTILLATES/ALCOHOLIC EXTRACTS, NUT MEAL, NUT MEAT, NUT MILK (E.G., ALMOND MILK, CASHEW MILK), NUT OILS (E.G., WALNUT OIL, ALMOND OIL), NUT PASTE (E.G., ALMOND PASTE), NUT PIECES, PECAN, PESTO, PILI NUT, PINE NUT (ALSO REFERRED TO AS INDIAN, PIGNOLI, PIGNOLIA, PIGNON, PIÑON AND PINYON NUT), PISTACHIO, PRALINE, SHEA NUT, WALNUT, WALNUT HULL EXTRACT (FLAVORING)

Fish

Ingredients and foods you may need to avoid:
ANCHOVIES, BASS, CATFISH, COD, FLOUNDER, GROUPE, HADDOCK, HAKE, HALIBUT, HERRING, FISH GELATIN, FISH OIL, FISH STICKS, MAHI MAHI, PERCH, PIKE, POLLOCK, SALMON, SCROD, SOLE, SNAPPER, SWORDFISH, TILAPIA, TROUT, TUNA



Shellfish

Ingredients and foods you may need to avoid:
Crustacean allergy: BARNACLE, CRAB, CRAWFISH (CRAWDAD, CRAYFISH, ECREVISSE), KRILL, LOBSTER (LANGOUSTE, LANGOUSTINE, MORETON BAY BUGS, SCAMPI, TOMALLEY), PRAWNS, SHRIMP (CREVETTE, SCAMPI)
Mollusk allergy: ABALONE, CLAMS (CHERRYSTONE, GEODUCK, LITTLENECK, PISMO, QUAHOG), COCKLE, CUTTLEFISH, LIMPET (LAPAS, OPIHI), MUSSELS, OCTOPUS, OYSTERS, PERIWINKLE, SEA CUCUMBER, SEA URCHIN, SCALLOPS, SNAILS (ESCARGOT), SQUID (CALAMARI), WHELK (TURBAN SHELL)

Sesame

Ingredients and foods you may need to avoid:
BENNE, BENNE SEED, BENNISEED, GINGELLY, GINGELLY OIL, GOMASIO (SESAME SALT), HALVAH, SESAME FLOUR, SESAME OIL*, SESAME PASTE, SESAME SALT, SESAME SEED, SESAMOL, SESAMUM INDICUM, SESEMOLINA, SIM SIM, TAHINI, TAHINA, TEHINA, TIL

