



Common Sources of
MAJOR FOOD ALLERGENS

MILK

Avoid foods that contain milk or any of these ingredients:

- Butter, butter fat, butter oil, butter acid, butter ester(s)
 - Buttermilk
 - Casein
 - Casein hydrolysate
 - Caseinates (in all forms)
 - Cheese
 - Cottage cheese
 - Cream
 - Curds
 - Custard
 - Diacetyl
 - Ghee
 - Half-and-half
 - Lactalbumin, lactalbumin phosphate
 - 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)
 - Milk protein hydrolysate
 - Pudding
 - Recaldent (R)
 - Rennet casein
 - Sour cream, sour cream solids
 - Sour milk solids
 - Tagatose
 - Whey (in all forms)
 - Whey protein hydrolysate
- Yogurt

OTHER POSSIBLE SOURCES OF MILK:

- Artificial butter flavor
- Baked goods
- Caramel candies
- Chocolate
- Lactic acid starter culture and other bacterial cultures
- Luncheon meat, hot dogs and sausages, which may use the milk protein casein as a binder. Also, deli meat slicers are often used for both meat and cheese products, leading to cross-contact.
- Margarine
- Nisin
- Non-dairy products, as many contain casein
- Nougat
- Shellfish is sometimes dipped in milk to reduce the fishy odor. Ask questions when buying shellfish.
- Tuna fish, as some brands contain casein
- Some specialty products made with milk substitutes (i.e., soy-, nut- or rice-based dairy products) are manufactured on equipment shared with milk.
- Many restaurants put butter on grilled steaks to add extra flavor. You can't see the butter after it melts.
- Some medications contain milk protein.

EGGS

Avoid foods that contain eggs or any of these ingredients:

- Albumin
also spelled albumen
- Egg (dried, powdered, solids, white, yolk)
- Eggnog
- Lysozyme
- Mayonnaise
- Meringue (meringue powder)
- Ovalbumin
- Surimi

EGGS ARE SOMETIMES FOUND IN THE FOLLOWING:

- Baked goods (although some people can tolerate these foods—consult with your allergist)
- Egg substitutes
- Ice cream
- Lecithin
- Marzipan
- Marshmallows
- Nougat

SOME UNEXPECTED SOURCES OF EGG

- Pasta: Most commercially made cooked pastas (including those in prepared foods such as soup) contain egg. Boxed, dry pastas are usually egg-free. But these types of pasta may be processed on equipment that is also used for egg-containing products. Fresh pasta is sometimes egg-free, too. Read the label or ask about ingredients before eating any pasta.
- Pretzels are sometimes covered in egg wash before they are dipped in salt.
- Specialty coffee drinks and bar drinks (eggs can be used in the foam or topping)

SOY

Avoid foods that contain soy or any of these ingredients:

- 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

SOY IS SOMETIMES FOUND IN THE FOLLOWING:

- Asian cuisine (including Chinese, Indian, Indonesian, Thai and Vietnamese)—even if you order a soy-free item, there is high risk of cross-contact
- Vegetable gum
- Vegetable starch
- Vegetable broth

SOME UNEXPECTED SOURCES OF SOYBEANS AND SOY PRODUCTS

- Baked goods
- Canned broths and soups
- Canned tuna and meat
- Cereals
- Cookies
- Crackers
- High-protein energy bars and snacks
- Infant formulas
- Low-fat peanut butter
- Pet food
- Processed meats
- Sauces
- Soaps and moisturizers

* *Highly refined soy oil is not required to be labeled as an allergen. Studies show that most people with soy allergy can safely eat highly refined soy oil as well as soy lecithin. If you are allergic to soy, ask your doctor whether you need to avoid soy oil or soy lecithin.*

But avoid cold-pressed, expelled or extruded soy oil—sometimes called gourmet oils. These ingredients are different and are not safe to eat if you have a soy allergy.

WHEAT

Avoid foods that contain wheat or any of these ingredients:

- Bread crumbs
- Bulgur
- Cereal extract
- Club wheat
- Couscous
- Cracker meal
- Durum
- Einkorn
- Emmer
- Farina
- Flour (all-purpose, bread, cake, durum, enriched, graham, high-gluten, high-protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat)
- Hydrolyzed wheat protein
- Kamut®
- Matzoh, matzoh 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

Buckwheat is not related to wheat and is considered safe to eat.

WHEAT IS SOMETIMES FOUND IN THE FOLLOWING:

- Glucose syrup
- Soy sauce
- Starch (gelatinized starch, modified starch, modified food starch, vegetable starch)
- Surimi

SOME UNEXPECTED SOURCES OF WHEAT

- Ale
- Asian dishes can feature wheat flour flavored and shaped to look like beef, pork and shrimp.
- Baked goods
- Baking mixes
- Batter-fried foods
- Beer
- Breaded foods
- Breakfast cereals
- Candy
- Country-style wreaths are often decorated with wheat products
- Crackers
- Hot dogs
- Imitation crab meat
- Ice cream
- Marinara sauce
- Play dough
- Potato chips
- Processed meats
- Rice cakes
- Salad dressings
- Sauces
- Soups
- Turkey patties

SESAME

Avoid foods that contain sesame or any of these ingredients:

- 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

SESAME IN SPICES OR FLAVORINGS

Sesame may also appear undeclared in ingredients such as flavors or spice blends. If you are unsure whether a product could contain sesame, call the manufacturer to ask about their ingredients and manufacturing practices.

Spice blend and flavoring recipes are considered proprietary information. The manufacturer may not be able to share the entire ingredient list. Instead, ask if sesame is specifically used as an ingredient.

FOODS THAT MAY CONTAIN SESAME

- Asian cuisine (sesame oil is commonly used in cooking)
- Baked goods (such as bagels, bread, breadsticks, hamburger buns and rolls)
- Bread crumbs
- Cereals (such as granola and muesli)
- Chips (such as bagel chips, pita chips and tortilla chips)
- Crackers (such as melba toast and sesame snap bars)
- Dipping sauces (such as baba ghanoush, hummus and tahini sauce)
- Dressings, gravies, marinades and sauces
- Falafel
- Hummus
- Flavored rice, noodles, risotto, shish kebabs, stews and stir fry
- Goma-dofu (Japanese dessert)
- Herbs and herbal drinks
- Margarine
- Pasteli (Greek dessert)
- Processed meats and sausages
- Protein and energy bars
- Snack foods (such as pretzels, candy, Halvah, Japanese snack mix and rice cakes)
- Soups
- Sushi
- Tempeh
- Turkish cake
- Vegetarian burgers

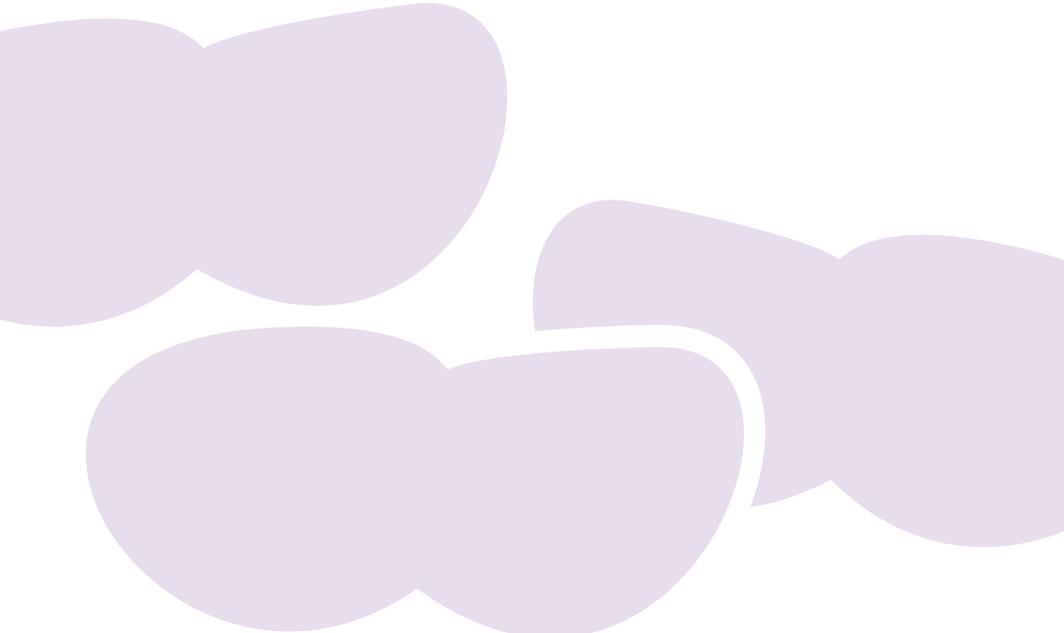
*Studies show that most people with specific food protein allergies can safely eat highly refined oils made from those foods (examples include highly refined peanut and soybean oil). However, because it is not refined, people who are allergic to sesame should avoid sesame oil.

PEANUTS

Peanuts can be found in surprising places. *While allergens are not always present in these food and products, you can't be too careful.*

Remember to read food labels and ask questions about ingredients before eating a food that you have not prepared yourself.

- African, Asian (especially Chinese, Indian, Indonesian, Thai and Vietnamese), and Mexican restaurant food—even if you order a peanut-free dish, there is high risk of cross-contact
- Alternative nut butters, such as soy nut butter or sunflower seed butter, are sometimes produced on equipment shared with other tree nuts and, in some cases, peanuts. Contact the manufacturer before eating these products.
- Candy (including chocolate candy)
- Chili
- Egg rolls
- Enchilada sauce
- Glazes and marinades
- Ice creams
- Marzipan
- Nougat
- Pancakes
- Pet food
- Sauces such as chili sauce, hot sauce, pesto, gravy, mole sauce and salad dressing
- Specialty pizzas
- Sunflower seeds (which are often produced on equipment shared with peanuts)
- Sweets such as pudding, cookies, baked goods, pies and hot chocolate
- Vegetarian food products, especially those advertised as meat substitutes



GLUTEN

COMMON NAMES FOR GLUTEN

- Avena Sativa
- Cyclodextrin
- Dextrin
- Fermented grain extract
- Hordeum Vulgare (barley)
- Hydrolosate (Wheat)
- Hydrolyzed Malt Extract
- Hydrolyzed Vegetable Protein
- Maltodextrin
- Phytosphingosine Extract (barley)
- Secale Cereale (Rye)
- Triticum Aestivum (wheat)
- Triticum Vulgare (wheat)
- Tocopherol/ Vitamin E
- Yeast Extract

COMMON INGREDIENTS CONTAINING GLUTEN

- All- Purpose Flour
- Durum
- Semolina
- Rye
- Spelt
- Bulgur
- Couscous
- Triticale
- Farina
- Kamut
- Breadcrumbs
- Emmer
- Einkorn

SOME COMMON FOODS CONTAINING GLUTEN

- Bagels
- Panko
- Doughnuts
- Danish
- Granola
- Matzo
- Crepes
- Waffles
- Pasta Noodles
- Ramen
- Quick Breads
- Hot Dogs
- Processed Meats
- Ice Cream Products
- Salad Dressings
- Beer/ Ale
- Candy
- Canned Soups
- Soy Sauce



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