



Tips for Avoiding Your Allergen

- All FDA-regulated manufactured food products that contain a “major food allergen” (milk, wheat, egg, peanuts, tree nuts, fish, crustacean shellfish, and soy) as an ingredient are required by U.S. law to list that allergen on the product label. For tree nuts, fish and crustacean shellfish, the specific type of nut or fish must be listed.
- Read all product labels carefully before purchasing and consuming any item.
- Be aware of unexpected sources of allergens, such as the ingredients listed below.
- *Note: This list does not imply that the allergen is always present in these foods; it is intended to serve as a reminder to always read the label and ask questions about ingredients.



For a Milk-Free Diet

Avoid foods that contain milk or any of these ingredients:

| | | |
|--|---|-------------------------------|
| butter, butter fat, butter oil, butter acid, butter ester(s) | lactalbumin, lactalbumin phosphate | <i>solids, whole</i> |
| buttermilk | lactoferrin | milk protein hydrolysate |
| casein | lactose | pudding |
| casein hydrolysate | lactulose | Recaldent® |
| caseinates (<i>in all forms</i>) | milk (<i>in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, lowfat, malted, milkfat, nonfat, powder, protein, skimmed,</i> | rennet casein |
| cheese | | sour cream, sour cream solids |
| cottage cheese | | sour milk solids |
| cream | | tagatose |
| curds | | whhey (<i>in all forms</i>) |
| custard | | whhey protein |
| diacetyl | | hydrolysate |
| ghee | | yogurt |
| half-and-half | | |

Milk is sometimes found in the following:

| | | |
|--------------------------|--------------------------------------|-------------------|
| artificial butter flavor | culture and other bacterial cultures | nisin |
| baked goods | luncheon meat, hot dogs, sausages | nondairy products |
| caramel candies | margarine | nougat |
| chocolate | | |
| lactic acid starter | | |

Keep the following in mind:

- Individuals who are allergic to cow's milk are often advised to also avoid milk from other domestic animals. For example, goat's milk protein is similar to cow's milk protein and may, therefore, cause a reaction in individuals who have a milk allergy.



For a Wheat-Free Diet

Avoid foods that contain wheat or any of these ingredients:

| | | |
|---|---|--|
| bread crumbs | <i>protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat</i> | semolina |
| bulgur | | spelt |
| cereal extract | | sprouted wheat |
| club wheat | | triticale |
| couscous | | vital wheat gluten |
| cracker meal | hydrolyzed wheat protein | wheat (<i>bran, durum, germ, gluten, grass, malt, sprouts, starch</i>) |
| durum | Kamut® | wheat bran hydrolysate |
| einkorn | matzoh, matzoh meal (<i>also spelled as matzo, matzah, or matza</i>) | wheat germ oil |
| emmer | | wheat grass |
| farina | | wheat protein isolate |
| flour (<i>all purpose, bread, cake, durum, enriched, graham, high gluten, high</i> | pasta | whole wheat berries |
| | seitan | |

Wheat is sometimes found in the following:

| | | |
|---------------|---|--------|
| glucose syrup | soy sauce | surimi |
| oats | starch (<i>gelatinized starch, modified starch, vegetable starch</i>) | |



For an Egg-Free Diet

Avoid foods that contain eggs or any of these ingredients:

| | | |
|---|-------------------------------------|---|
| albumin (<i>also spelled albumen</i>) | livetin | vitellin |
| egg (<i>dried, powdered, solids, white, yolk</i>) | lysozyme | words starting with "ovo" or "ova" (<i>such as ovalbumin</i>) |
| egg nog | mayonnaise | |
| globulin | meringue (<i>meringue powder</i>) | |
| | surimi | |

Egg is sometimes found in the following:

| | | |
|---|--------------|-----------------------|
| baked goods | fried rice | meatloaf or meatballs |
| breaded items | ice cream | nougat |
| drink foam (<i>alcoholic, specialty coffee</i>) | lecithin | pasta |
| egg substitutes | marzipan | |
| | marshmallows | |

Keep the following in mind:

- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.
- While the whites of an egg contain the allergenic proteins, patients with an egg allergy must avoid all eggs completely.



For a Soy-Free Diet

Avoid foods that contain soy or any of these ingredients:

| | |
|---|---|
| edamame | soy protein (<i>concentrate, hydrolyzed, isolate</i>) |
| miso | shoyu |
| natto | soy sauce |
| soy (<i>soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt</i>) | tamari |
| soya | tempeh |
| soybean (<i>curd, granules</i>) | textured vegetable protein (<i>TVP</i>) |
| | tofu |

Soy is sometimes found in the following:

| | |
|-----------------|------------------|
| Asian cuisine | vegetable gum |
| vegetable broth | vegetable starch |

Keep the following in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (not cold pressed, expeller pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.





For a Shellfish-Free Diet

Avoid foods that contain shellfish or any of these ingredients:

| | | |
|--------------------------------------|-------------------------------------|----------------------------|
| barnacle | lobster (<i>langouste</i> , | prawns |
| crab | <i>langoustine</i> , <i>Moreton</i> | shrimp (<i>crevette</i> , |
| crawfish (<i>crawdad</i> , | <i>bay bugs</i> , <i>scampi</i> , | <i>scampi</i>) |
| <i>crayfish</i> , <i>ecrevisse</i>) | <i>tomalley</i>) | |
| krill | | |

! Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

| | | |
|--------------------------------------|--|-------------------------------|
| abalone | limpet (<i>lapas</i> , <i>opihi</i>) | sea cucumber |
| clams (<i>cherrystone</i> , | mussels | sea urchin |
| <i>geoduck</i> , <i>littleneck</i> , | octopus | snails (<i>escargot</i>) |
| <i>pismo</i> , <i>quahog</i>) | oysters | squid (<i>calamari</i>) |
| cockle | periwinkle | whelk (<i>Turban shell</i>) |
| cuttlefish | scallops | |

Shellfish are sometimes found in the following:

| | | |
|----------------|-------------------------------|--------|
| bouillabaisse | fish stock | surimi |
| cuttlefish ink | seafood flavoring (e.g., | |
| glucosamine | <i>crab or clam extract</i>) | |

Keep the following in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.



For a Peanut-Free Diet

Avoid foods that contain peanuts or any of these ingredients:

| | | |
|------------------------|-------------|----------------|
| artificial nuts | goobers | nut meat |
| beer nuts | ground nuts | peanut butter |
| cold pressed, expeller | mixed nuts | peanut flour |
| pressed, or extruded | monkey nuts | peanut protein |
| peanut oil | nut pieces | hydrolysate |

Peanut is sometimes found in the following:

| | | |
|-----------------------------------|------------------------------------|-----------------|
| African, Asian | baked goods (e.g., | enchilada sauce |
| (especially | <i>pastries</i> , <i>cookies</i>) | marzipan |
| <i>Chinese</i> , <i>Indian</i> , | <i>candy</i> (including | mole sauce |
| <i>Indonesian</i> , <i>Thai</i> , | <i>chocolate candy</i>) | nougat |
| and <i>Vietnamese</i>), and | chili | |
| Mexican dishes | egg rolls | |

Keep the following in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (not cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine (or lupin). Flour derived from lupine is becoming a common substitute for gluten-containing flours. The law requires that a food product's ingredients must be listed on the label, such as "lupin" or "lupine".
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.
- Some alternative nut butters, such as soy nut butter or sunflower seed butter, are produced on equipment shared with other tree nuts and, in some cases, peanuts. Contact the manufacturer before eating these products.



For a Tree-Nut-Free Diet

Avoid foods that contain nuts or any of these ingredients:

| | | |
|--------------------------------|--|--|
| almond | litchi/lichee/lychee nut | pecan |
| artificial nuts | macadamia nut | pesto |
| beechnut | marzipan/almond paste | pili nut |
| Brazil nut | Nangai nut | pine nut (<i>also referred</i> |
| butternut | natural nut extract | <i>to as Indian</i> , <i>pignoli</i> , |
| cashew | (e.g., <i>almond</i> , <i>walnut</i>) | <i>pignolia</i> , <i>pignon</i> , |
| chestnut | nut butters (e.g., | <i>piñon</i> , and <i>pinyon</i> |
| chinquapin nut | <i>cashew butter</i>) | <i>nut</i>) |
| filbert/hazelnut | nut meal | pistachio |
| gianduja (<i>a chocolate-</i> | nut meat | praline |
| <i>nut mixture</i>) | nut paste (e.g., <i>almond</i> | shea nut |
| ginkgo nut | <i>paste</i>) | walnut |
| hickory nut | nut pieces | |

Tree nuts are sometimes found in the following:

| | | |
|------------------------------|----------------------------------|----------------------|
| black walnut hull | nut distillates/alcoholic | walnut hull extract |
| extract (<i>flavoring</i>) | extracts | (<i>flavoring</i>) |
| natural nut extract | nut oils (e.g., <i>walnut</i> | |
| | <i>oil</i> , <i>almond oil</i>) | |

Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.
- Coconut, the seed of a drupaceous fruit, has typically not been restricted in the diets of people with tree nut allergy. However, in October of 2006, the FDA began identifying coconut as a tree nut. Medical literature documents a small number of allergic reactions to coconut; most occurred in people who were not allergic to other tree nuts. Ask your doctor if you need to avoid coconut.



For a Fish-Free Diet

Fish is sometimes found in the following:

| | | |
|--------------------------------|-------------------------------|----------------------------------|
| barbecue sauce | fish oil | pizza (<i>anchovy topping</i>) |
| bouillabaisse | fish sauce imitation fish | roe |
| Caesar salad | or shellfish isinglass | salad dressing |
| caviar | lutefisk maw, maws | seafood flavoring |
| deep fried items | (<i>fish maw</i>) | shark cartilage |
| fish flavoring | fish stock | shark fin |
| fish flour | fishmeal | surimi |
| fish fume | nuoc mam (<i>Vietnamese</i> | sushi, sashimi |
| fish gelatin (<i>kosher</i> | <i>name for fish sauce</i> ; | Worcestershire sauce |
| <i>gelatin</i> , <i>marine</i> | <i>beware of other ethnic</i> | |
| <i>gelatin</i>) | <i>names</i>) | |

Keep the following in mind:

- If you have fish allergy, avoid seafood restaurants. Even if you order a non-fish item off of the menu, cross-contact of fish protein is possible.
- Asian cookery often uses fish sauce as a flavoring base. Exercise caution when eating this type of cuisine.
- Fish protein can become airborne in the steam released during cooking and may cause an allergic reaction. Stay away from cooking areas when fish is being prepared.

