



LABELLING GUIDE

Avoid any foods or beverages which list these ingredients:

Milk

- Anhydrous milk fat
- Artificial butter flavour
- Beverage whitener
- Butter, butter fat, butter oil, buttermilk
- Casein
- Caseinates (in all forms)
- Cheese
- Chocolate
- Cream
- Cottage cheese, cream cheese
- Curds
- Dairy, dairy protein, dairy whitener
- Fromage frais
- Ghee
- Hydrolysates—casein, milk protein, whey
- Ice cream
- Lactalbumin, Lactalbumin phosphate
- Lactoglobulin
- Lactoferrin
- Lactose
- Mascarpone
- Milk in all forms including derivative, powder, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, skimmed, goat's milk, ewe's and sheep's milk and milk from other animals
- Milk chocolate
- Milk protein isolate
- Nisin
- Non-fat milk, non-fat milk solids
- Nougat
- Quarg
- Quark
- Skim milk powder
- Sour cream, sour milk
- Super glossy (glazing agent)
- Whey (in all forms)
- Yoghurt

Some example of where milk protein may be present:

- Bread, bread crumbs
- Carob
- Chips
- Chocolate, confectionary
- Coconut milk powder
- Custard cakes, puddings, desserts
- Dressings, e.g. salad dressings
- Flavourings
- Lactic acid starter culture
- Margarine
- Muesli
- Non-dairy products
- Nougat
- Pesto
- Popcorn
- Processed meats e.g. sausages etc
- Processed foods
- Wines clarified with milk protein
- Bottled water and other beverages

Egg

- Albumin
- Egg—whole, dried, powdered, solids, white, yolk
- Egg from any type of poultry e.g. chicken, duck, quail, etc
- Egg-based lecithin (E322). Most lecithin in New Zealand-made products in soy-based
- Globulin
- Livetin
- Lysozyme
- Ovalbumin
- Ovomucin, Ovomuroid, Ovovitellin
- Ovum
- Silici
- Albuminate
- Vitellin

Some examples of where egg protein may be present:

- Baked goods
- Batter coating on fried foods
- Biscuits, doughnuts, muffins
- Cakes, pudding, pavlova
- Croquettes
- Custard
- Eggnog
- Glaze on pastries/baked goods
- Fish sticks
- Frittata, fritters
- Ice cream
- Chocolate and confectionery/sweets
- Icing and frosting
- Macaroons
- Marshmallow
- Marzipan
- Mayonnaise
- Meringue
- Meat loaf, meat jelly
- Noodles and egg noodles
- Nougat
- Omelette, pancakes, pikelets
- Pasta
- Pastry, pies, quiche
- Salad dressing
- Sauce: e.g. Béarnaise, hollandaise, tartare
- Scotch egg
- Slices
- Surimi
- Wines clarified with egg white
- Soufflé
- Egg added to other foods e.g. egg strips in fried rice, egg pieces in kedgeree.

Wheat

- Bakers flour, flours, gluten
- Bran
- Bulgar (bulgur)
- Cereal — filler, protein, extract, solids, starch, binders
- Couscous
- Durum
- Farina

- Kamut
- Risone
- Rusk
- Seitan
- Semolina
- Spelt (dinkel)
- Triticale
- Wheat — bran, flour, germ, gluten, malt, sprouts
- Wheaten cornflour
- Wheatgrass
- Whole wheat berries

Some examples of where wheat protein may be present:

- Baking powder
- Baked goods (e.g. breads, biscuits, crackers, cakes, pastry etc)
- Batter
- Confectionery
- Cereals, muesli
- Croutons
- Breadcrumbs
- Dessert mixes, icing sugar
- Flavourings
- Glucose syrup
- Textured or hydrolysed protein (TVP, HVP)
- Liquorice
- Maltodextrin
- Marshmallows
- Noodles, pasta
- Soy sauce/shoyu
- Spices
- Starch — edible, gelatinised, modified, vegetable, wheat
- Stuffing
- Surimi
- Tinned and processed foods

Peanuts

- Arachis, arachis oil
- Beer nuts, candle nuts, chopped nuts
- Cold pressed
- Earth nuts

- Goobers
- Ground nuts, ground nut oil
- Mixed nuts, monkey nuts
- Peanut-blanched, butter, chopped, flour, flavour, meal, paste
- Peanut oil - cold pressed, expelled, hydrogenated, expressed, extruded
- Peanut sprout
- Satay sauce or flavour

Tree nuts

- Almonds, bitter almonds
- Amaretto
- Artificial nuts, brazil nuts, cashews, chestnuts, walnuts, hickory nuts, macadamia nuts
- Pecans, pistachios, pralines, noisett
- Caponata
- Filbert/hazelnuts, gevuina nut
- Gianduja (nut mixture found in some chocolate)
- Gingko
- Mandelonas
- Marzipan/almond paste
- Nan-gai nuts
- Natural nut extract
- Nougat
- Nut-butter, meal, meat, oil, paste, pieces, spreads
- Pesto
- Pine nuts (also referred to as Indian pinon, pinyon, pignoli, pignolia, and pignon nuts)

Some examples of where peanut protein may be present:

- African, Asian (eg Chinese, Indian, Indonesian, Japanese, Thai, Vietnamese) and Mexican dishes
- Baked goods eg biscuits, cakes, pastries, cereals/mueslis, muesli bars, confectionery chocolate, florentines
- Gravy
- Hummus
- Marzipan
- Meat dishes eg chilli
- Nougat

- Sauces, pesto
- Tahini
- Flavour
- Ice cream
- Salad dressings and garnishes

Soy

- Beancurd
- Black bean sauce
- Edamame
- Hydrolysed soy protein
- Lecithin (be guided by your doctor)
- Miso, tofu, okara
- Soy-albumin, fibre, flour, grits, milk, nuts,
- Sprouts, soy sauce (shoyu/tamari)
- Soya, soya beans, soya flavouring, soya oil, soya protein (isolate, concentrate),
- Tempeh
- Textured vegetable protein (TVP)

Some examples of where soy protein may be present:

- Bread, breadcrumbs, cereals
- Creaming agents, mock cream
- Dairy whitener
- Flavouring
- Hoi sin sauce, hydrolysed vegetable protein (HVP)
- Margarine
- Plant (fat, oil, protein)
- Textured vegetable protein (TVP)
- Vegetable (oil, gum, starch, broth, extract)
- Many processed foods