

Guide to words to look out for on ingredient labels, and potential hidden sources of allergens.

(You may wish to laminate this form and display wherever food is prepared).

These are not complete or comprehensive lists of ingredients to avoid but are intended as helpful aids. They are not meant to replace medical advice given by your doctor.

<p><u>PEANUT LABELLING GUIDE</u></p> <p><u>Avoid foods that contain peanuts or any of these ingredients:</u></p> <ul style="list-style-type: none"> - Arachis - Candle nuts - Earth nuts - Ground nut oil - Monkey nuts - Nutmeal - Peanut (blanched, butter, chopped, flour, flavour, meal, paste) - Peanut oil (cold pressed, expelled, hydrogenated, expressed, extruded) <p><u>Some examples of where peanut protein may be present:</u></p> <ul style="list-style-type: none"> - African - Confectionery - Dried fruit mixes - Gravy - Marzipan - Pesto - Sauces - Tahini - Asian (eg Chinese, Indian, Indonesian, Japanese, Thai, Vietnamese) and Mexican dishes - Baked goods (eg. Biscuits, cakes, pastries) 	<p><u>SOY LABELLING GUIDE</u></p> <p><u>Avoid foods that contain soy or any of these ingredients:</u></p> <ul style="list-style-type: none"> - Beancurd - Lecithin - Okara - Soya beans - Tamari - Yuba - Hydrolysed soy protein - Soy (albumin, fibre, flour, grits, milk, nuts, sprouts) - Soy sauce (shoyu/tamari) - Soya protein-(isolate, concentrate) - Textured vegetable protein (TVP) <p><u>Some examples of where soy protein may be present:</u></p> <ul style="list-style-type: none"> - Bread - Creaming agents - Hoi sin sauce - Plant (fat, oi, protein) - Hydrolysed plant protein - Hydrolysed vegetable protein (HVP) - Textured vegetable protein (TVP) - Vegetable (oil, gum, starch, broth, extract) - Many processed foods
<p><u>GLUTEN LABELLING GUIDE</u></p> <p><u>Avoid foods that contain gluten or any of these ingredients:</u></p> <ul style="list-style-type: none"> - Bakers flour - Couscous - Gluten - Malt - Rye - Spelt (dinkel) - Barley-(flour, flakes, kibbled, in drinks) - Cereal- (filler, protein, extract, solids, binders) - Wheat- (bran, germ, gluten, malt, sprouts) <p><u>Some examples of where gluten may be present:</u></p> <ul style="list-style-type: none"> - Baked goods - Bouillions - Custard powder - Food starch - Malt extract - Noodles - Soy milk - Bread & cake crumbs - Textured or hydrolysed vegetable protein (TVP/HVP) - Tinned & processed foods (eg. Cheese spreads, processed meats, dessert mixes, soups, spices, stuffings, stock cubes, coffee substitutes, gravy, dressings, sauces, snack foods, confectionery, cones etc) 	<p><u>WHEAT LABELLING GUIDE</u></p> <p><u>Avoid foods that contain wheat or any of these ingredients:</u></p> <ul style="list-style-type: none"> - Bakers flour - Bulgur (bulgur) - Durum - Kamut - Rusk - Spelt (dinkel) - Wheaten cornflour - Cereal- (filler, protein, extract, solids, starch, binders) - Wheat- (bran, germ, gluten, malt, sprouts) <p><u>Some examples of where wheat protein may be present:</u></p> <ul style="list-style-type: none"> - Baking powder - Breadcrumbs - Croutons - Flavourings - Icing sugar - Maltodextrin - Noodles - Sauces/gravy mixes - Spices - Vegetable gum/starch - Baked goods (eg. Breads, biscuits, crackers, cakes, pastry etc) - Textured or hydrolyzed protein (TVP/HVP) - Starch- (edible, gelatinised, modified, vegetable, wheat) - Tinned & processed foods

EGG LABELLING GUIDE

Avoid foods that contain egg or any of these ingredients:

- Albumin
- Apovitellin
- Avidin
- Eggnog
- Egg substitutes
- Flovoproteins
- Globulin
- Livetin
- Lysozyme (1105)
- Mayonnaise
- Meringue
- Ovalbumin
- Ovglycoprotein
- Oovomucin
- Ovomucoid
- Ovomuxiod
- Ovovitellin
- Ovum
- Silici albuminate
- Vitellin
- Egg (whole, dried, powdered, solids, white, yolk)
- Egg from any type of fowl

Some examples of where egg protein may be present:

- Baked goods
- Biscuits, cakes
- Cheese
- Custard
- Doughnuts
- Drink mixes
- Frittatas
- Fritters
- Fish sticks
- Hamburgers
- Ice cream
- Icing
- Malted drinks
- Macaroon
- Marshmallows
- Marzipan
- Meat loaf
- Meat jelly
- Mousse
- Noodles
- Nougat
- Omelettes
- Pancakes
- Pasta
- Pastry
- Pavlova
- Pikelets
- Pudding
- Quiche
- Quick breads
- Rissoles
- Salad dressing
- Slices
- Souffles
- Soups surimi
- Chocolates & confectionery
- Glaze on pastries/baked goods
- Sauce (eg. Bernaise, hollandaise etc)
- Wines clarified with egg white. [lecithin (E322) may be egg based eg. in imported goods]

MILK LABELLING GUIDE

Avoid foods that contain milk or any of these ingredients:

- Anhydrous milk fat
- artificial butter flavour
- beverage whitener
- butter
- butter fat
- butter oil
- buttermilk
- casein
- cheese
- cream
- cottage cheese
- cream cheese
- curds
- dairy
- dairy protein
- dairy whitener
- fromage frais
- ghee
- ice cream
- imitation milk
- lactalbumin
- lacto acidophilus
- lactoglobulin
- lactoferrin
- lactose
- lactulose
- mascarpone
- milk chocolate
- milk protein isolate
- Nisin
- quarg
- quark
- rennet
- sour cream
- sour milk
- whey (in all forms)
- whitener
- yoghurt
- caseinates (in all forms)
- hydrolysates (casein, milk protein, whey)
- lactalbumin phosphate
- milk- (in all forms including derivative, powder, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, skimmed, goat's milk and milk from other animals)
- super glossy (glazing agent)

Some examples of where milk protein may be present:

- Baked goods
- batter fried foods
- bread
- bread crumbs
- canned products
- carob
- chocolate
- coconut milk powder
- confectionery
- custard
- cakes
- pudding
- desserts
- dips
- flavourings
- frozen desserts
- gravy
- high protein flour
- margarine
- non-dairy products
- nougat
- pastries
- pesto
- processed foods
- salad dressings
- sauces and spreads
- soups/soup mixes
- lactic acid starter culture
- processed meats (eg – sausages, luncheon etc)
- wines clarified with milk protein.

TREE NUT LABELLING GUIDE

Avoid foods that contain nuts or any of these ingredients:

- Almonds
- Amaretto
- Artificial nuts
- Bitter almonds
- Brazil nuts
- Caponata
- Cashews
- Chestnuts
- Filbert/hazelnuts
- Gevuina nut
- Gingko
- Hickory nuts
- Indian nuts
- Macadamia nuts
- Mandelonas
- Nan-gai nuts
- Natural nut extract
- Noisette
- Nougat
- Pesto
- Pistachios
- Pralines
- Shea nuts
- Walnuts.
- Gianduja (nut mixture found in some chocolate)
- Marzipan/almond paste
- Nut-(butter, meal, meat, oil, paste, pieces, spreads)
- Pecans/mashuga nuts
- Pine nuts (also referred to as Indian pinon, pinyon, pignoli, pignolia, and pignon nuts)

Some examples of where nut protein may be present:

- African
- Chocolate bars
- Cereals/mueslis
- Chocolate
- Chocolate spreads
- Dried fruit mixes
- Frozen desserts
- Garnishes
- Ice cream
- Lollies
- Muesli bars
- Pastries
- Salads
- Salad dressings
- Sauces
- Snack foods
- Vegan dishes
- Asian (eg Chinese, Indian, Indonesian, Thai, Vietnamese) & Mexican dishes
- Baked goods (eg biscuits, cakes, pastries) sweets/confectionery
- Flavouring (natural/artificial)
- Flavoured coffees/drinks

SESAME LABELLING GUIDE

Avoid foods that contain sesame or any of these ingredients:

- Benne
- Benniseed
- gingelly seeds
- Gomashio
- Hummus
- Halva
- Sesame seeds
- Sesame oil
- Sesamol
- Sesomolina
- Sim sim
- Tahina
- Tahini
- Til

Some examples of where sesame may be present:

- Biscuits
- Bread
- Cereals/mueslis
- Cracker
- Dips
- Dressings
- Hamburger buns
- Health food snacks
- Marinades
- Muesli bars
- Patés
- Pretzels
- Rolls
- Salads
- Spices
- Spreads
- Vegeburgers
- Prepared foods (especially many Middle Eastern & Asian dishes)