

## ***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.**

### **PEANUT LABELLING GUIDE**

Avoid foods that contain peanuts or any of these ingredients:

- Arachis
- Arachis (peanut) oil
- Beer nuts
- Candle nuts
- Chopped nuts
- Cold pressed
- Earth nuts
- Goobers
- Ground nuts
- Ground nut oil
- Mandelonas
- Mixed nuts
- Monkey nuts
- Nu nuts
- Nut pieces
- Nutmeal
- peanut sprout
- satay (flavour, sauce)
- Peanut (blanched, butter, chopped, flour, flavour, meal, paste)
- Peanut oil (cold pressed, expelled, hydrogenated, expressed, extruded)

Some examples of where peanut protein may be present:

- African
- Candy bars
- Cereals/mueslis
- Confectionery
- Chili
- Chocolate
- Dried fruit mixes
- Flavour
- Florentines
- Gravy
- Hummus
- Lollies
- Marzipan
- Muesli bars
- Nougat
- Pesto
- Praline
- Salad/salad dressing
- Sauces
- Snack foods
- Soups
- Tahini
- Asian (eg Chinese, Indian, Indonesian, Japanese, Thai, Vietnamese) and Mexican dishes
- Baked goods (eg. Biscuits, cakes, pastries)

### **SOY LABELLING GUIDE**

Avoid foods that contain soy or any of these ingredients:

- Beancurd
- Black bean sauce
- Edamame
- Lecithin
- Miso
- Natto
- Okara
- Soja
- Soya
- Soya beans
- Soya flavouring
- Soya oil
- Tamari
- Tempeh
- Tofu
- Yuba
- Hydrolysed soy protein
- Soy (albumin, fibre, flour, grits, milk, nuts, sprouts)
- Soy sauce (shoyu/tamari)
- Soya protein-(isolate, concentrate)
- Textured vegetable protein (TVP)

Some examples of where soy protein may be present:

- Bread
- Breadcrumbs
- Cereals
- Creaming agents
- Dairy whitener
- Flavouring
- Hoi sin sauce
- Margarine
- Mock cream
- Plant (fat, oi, protein)
- Hydrolysed plant protein
- Hydrolysed vegetable protein (HVP)
- Textured vegetable protein (TVP)
- Vegetable (oil, gum, starch, broth, extract)
- Many processed foods

### **GLUTEN LABELLING GUIDE**

Avoid foods that contain gluten or any of these ingredients:

- Bakers flour
- Bran
- Bulgar (bulgur)
- Couscous
- Durum
- Flour
- Gluten
- Grain
- Kamut
- Malt
- Oats
- Risone
- Rye
- Seitan
- Semolina
- Spelt (dinkel)
- Triticale
- Wheaten cornflour
- Barley-(flour, flakes, kibbled, in drinks)
- Cereal- (filler, protein, extract, solids, binders)
- Wheat- (bran, germ, gluten, malt, sprouts)

Some examples of where gluten may be present:

- Baked goods
- Baking powder
- Batter
- Bouillons
- Cereals
- Croutons
- Custard powder
- Farina
- Flavourings
- Food starch
- Icing sugar
- Liqueurice
- Malt extract
- Marshmallow
- Muesli
- Noodles
- Pasta
- Soy sauce/shoyu
- Nooy milk
- Vegetable gum
- 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)

### **WHEAT LABELLING GUIDE**

Avoid foods that contain wheat or any of these ingredients:

- Bakers flour
- Bran
- Breadcrumbs
- Bulgar (bulgur)
- Couscous
- Cracker meal
- Durum
- Flours
- Gluten
- Kamut
- Matzoh
- Risone
- Rusk
- Seitan
- Semolina
- Spelt (dinkel)
- Tabouleh
- Triticale
- Wheaten cornflour
- Wheatgrass
- Whole wheat berries
- Cereal- (filler, protein, extract, solids, starch, binders)
- Wheat- (bran, germ, gluten, malt, sprouts)

Some examples of where wheat protein may be present:

- Baking powder
- Baking mixes
- Batter
- Breadcrumbs
- Confectionery
- Cereals
- Croutons
- Dessert mixes
- Farina
- Flavourings
- Glucose syrup
- Ice cream cones
- Icing sugar
- Liqueurice
- Lollies
- Maltodextrin
- Marshmallow
- Muesli
- Noodles
- Pancakes
- Pasta
- Sauces/gravy mixes
- Snack foods
- Soy sauce/shoyu
- Spices
- Stuffing
- Surimi
- 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       |
| - Ovgylcoprotein    | - 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 ( <i>in all forms</i> ) |
| - 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                       |                       |                      |
| - Bottled water and other beverages | - 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        | - Vegebürgers        |                   |
- Prepared foods (especially many Middle Eastern & Asian dishes)