



# 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>
butter milk	lactoferrin	milk protein hydrolysate pudding
casein	lactose	Recaldent®
casein hydrolysate	lactulose	rennet casein
caseinates ( <i>in all forms</i> )	milk ( <i>in all forms, including condensed, cottage cheese</i> )	sour cream, sour cream solids
cheese	<i>including condensed, evaporated, goat's milk and milk from other animals, lowfat, malted, milkfat, nonfat, powder, protein, skimmed,</i>	sour milk solids
cream		tagatose
curds		whey ( <i>in all forms</i> )
custard		whey 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	freekah	wheat ( <i>bran, durum, germ, gluten, grass, malt, sprouts, starch</i> )
durum	hydrolyzed wheat protein	wheat bran hydrolysate
einkorn	Kamut®	wheat germ oil
emmer	matzoh, matzoh meal ( <i>also spelled as matzo, matzah, or matza</i> )	wheat grass
farina		wheat protein isolate
farro		whole wheat berries
flour ( <i>all purpose, bread, cake, durum, enriched, graham, high gluten, high</i> )	pasta	
	seitan	

### Wheat is sometimes found in the following:

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



## 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 (TVP)
	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> , <i>langoustine</i> , <i>Moreton</i> )	prawns
crab	<i>bay bugs</i> , <i>scampi</i> , <i>tomalley</i>	shrimp ( <i>crevette</i> , <i>scampi</i> )
crawfish ( <i>crawdad</i> , <i>crayfish</i> , <i>ecrevisse</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> , <i>geoduck</i> , <i>littleneck</i> , <i>pismo</i> , <i>quahog</i> )	mussels	sea urchin
cockle	octopus	snails ( <i>escargot</i> )
cuttlefish	oysters	squid ( <i>calamari</i> )
	periwinkle	whelk ( <i>Turban shell</i> )
	scallops	

**Shellfish are sometimes found in the following:**

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

**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 pressed, or extruded	mixed nuts	peanut flour
peanut oil	monkey nuts	peanut protein
	nut pieces	hydrolysate

**Peanut is sometimes found in the following:**

African, Asian (especially <i>Chinese</i> , <i>Indian</i> , <i>Indonesian</i> , <i>Thai</i> , and <i>Vietnamese</i> ), and Mexican dishes	baked goods ( <i>e.g.</i> , <i>pastries</i> , <i>cookies</i> ) candy ( <i>including</i> <i>chocolate candy</i> ) chili egg rolls	enchilada sauce marzipan mole sauce nougat
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**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> <i>to as Indian</i> , <i>pignoli</i> , <i>pignolia</i> , <i>pignon</i> , <i>piñon</i> , and <i>pinyon</i> <i>nut</i> )
butternut	natural nut extract ( <i>e.g.</i> , <i>almond</i> , <i>walnut</i> )	
cashew	nut butters ( <i>e.g.</i> , <i>cashew butter</i> )	
chestnut	nut meal	
chinquapin nut	nut meat	
filbert/hazelnut	nut paste ( <i>e.g.</i> , <i>almond</i> <i>paste</i> )	
gianduja ( <i>a chocolate-</i> <i>nut mixture</i> )	nut pieces	
ginkgo nut		
hickory nut		

**Tree nuts are sometimes found in the following:**

black walnut hull extract ( <i>flavoring</i> )	nut distillates/alcoholic extracts	walnut hull extract ( <i>flavoring</i> )
natural nut extract	nut oils ( <i>e.g.</i> , <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 or shellfish isinglass	roe
Caesar salad	lutefisk maw, maws ( <i>fish maw</i> )	salad dressing
caviar	fish stock	seafood flavoring
deep fried items	fishmeal	shark cartilage
fish flavoring	nuoc mam ( <i>Vietnamese</i> <i>name for fish sauce</i> ; <i>beware of other ethnic</i> <i>names</i> )	shark fin
fish flour		surimi
fish fume		sushi, sashimi
fish gelatin ( <i>kosher</i> <i>gelatin</i> , <i>marine</i> <i>gelatin</i> )		Worcestershire sauce

**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.

