

How to Read a Label for a Peanut-Free Diet

All FDA-regulated manufactured food products that contain peanut as an ingredient are required by U.S. law to list the word "peanut" on the product label.

Keep the following in mind:

- 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.
- Mandelonase are peanuts soaked in almond flavoring.
- 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.

Peanut is sometimes found in the following:

African, Asian (especially Chinese, Indian, Indonesian, Thai, and Vietnamese), and Mexican dishes baked goods (e.g., pastries, cookies) candy (including chocolate candy) chili

Avoid foods that contain peanut or any of these ingredients:

artificial nuts
beer nuts
cold pressed, expeller pressed, or extruded peanut oil

goobers
ground nuts
mixed nuts
monkey nuts
nut meat

nut pieces
peanut butter
peanut flour
peanut protein hydrolysate

How to Read a Label for a Wheat-Free Diet

All FDA-regulated manufactured food products that contain wheat as an ingredient are required by U.S. law to list the word "wheat" on the product label. The law defines any species in the genus *Triticum* as wheat.

Wheat is sometimes found in the following:

glucose syrup
soy sauce
starch (gelatinized starch, modified starch, modified food starch, vegetable starch)
surimi



Avoid foods that contain wheat or any of these ingredients:

bread crumbs
bulgur
cereal extract
club wheat
couscous
cracker meal
durum
emmer
enriched
farina

matzoh, matzoh meal (also spelled as matzo, matzah, or matza)
pasta
seitan
semolina
spelt
sprouted wheat
triticale
vital wheat gluten
wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch)
wheat bran hydrolysate
wheat germ oil
wheat grass
wheat protein isolate
whole wheat berries

How to Read a Label for a Tree Nut-Free Diet

All FDA-regulated manufactured food products that contain a tree nut as an ingredient are required by U.S. law to list the specific tree nut on the product label.

Keep the following in mind:

- Montadella 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.

Tree Nuts are sometimes found in the following:

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

Avoid foods that contain nuts or any of these ingredients:

almond
artificial nuts
beechnut
Brazil nut
butternut
cashew
chestnut
chinquapin nut
coconut
filbert/hazelnut
glanduja
(a chocolate-nut mixture)
gingko nut
hickory nut
litchi/lychee
macadamia

marzipan/almond paste
Nangai nut
praline
shea nut
walnut

nut butters (e.g., cashew butter)
nut meal
nut meat
nut paste (e.g., almond paste)
nut pieces
pecan
pesto
pili nut
pine nut (also referred to as Indian, pignoli, pigliola, pignon, pifon, and pinyon nut)



Individuals who are allergic to one type of fish are typically advised to avoid all fish. If you want to have fish in your diet, talk to your doctor about the possibility of allergy testing for specific fish.

It is estimated that there are more than 20,000 species of fish. The FDA's "Seafood List" provides acceptable market names for seafood. To access the list, visit www.fda.gov and enter "Seafood list" in the search box.

Fish is sometimes found in the following:

barbecue sauce
bouillabaisse
Caesar salad
caviar
fish flavoring
fish flour
fish gelatin (kosher gelatin, marine gelatin)
fish oil
fish sauce
imitation fish or shellfish
isinglass
lutefisk
maw, maws (fish maw)
nuoc mam
(Vietnamese name for fish sauce; beware of other ethnic names)
pizza (anchovy topping)
roe
salad dressing
seafood flavoring
shark cartilage
shark fin
surimi
sushi, sashimi
Worcestershire sauce

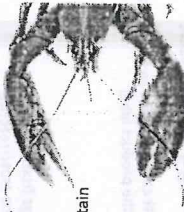
How to Read a Label for a Shellfish-Free Diet

All FDA-regulated manufactured food products that contain a crustacean shellfish as an ingredient are required by U.S. law to list the specific crustacean shellfish on the product label.

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

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.



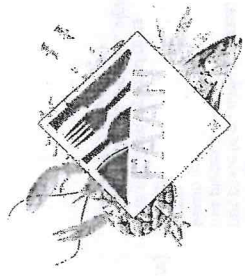
Shellfish are sometimes found in the following:

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

Avoid foods that contain shellfish or any of these ingredients:

abalone*
barnacle
clams*
(cherrystone, geoduck, littleneck, pismo, quahog)
cockle*
crab
crawfish (crawdad, crayfish, ecrevisse)
cuttlefish*
krill
limpet* (lapas, ophi)
lobster (langouste, langoustine, sea urchin*)
Moreton bay bugs, scampi, tomalley)
mussels*
snails* (escargot)
squid* (calamari)
whelk* (Turban shell)
scallops*
sea cucumber*
shrimp (crevette, scampi)
oysters*
periwinkle*
prawns

* Your doctor may advise you to avoid mollusks as well.



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How to Read a Label for a Milk-Free Diet

All FDA-regulated manufactured food products that contain milk as an ingredient are required by U.S. law to list the word "milk" on the product label.

Milk is sometimes found in the following:

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

Avoid foods that contain milk or any of these ingredients:

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

How to Read a Label for a Soy-Free Diet

All FDA-regulated manufactured food products that contain soy as an ingredient are required by U.S. law to list the word "soy" on the product label.

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.

Soy is sometimes found in the following:

- Asian cuisine, vegetable broth, vegetable gum, vegetable starch

Avoid foods that contain soy or any of these ingredients:

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

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- ### Food Allergy Facts:
- As many as 15 million Americans have a food allergy.
 - The CDC reported that food allergies result in more than 300,000 ambulatory-care visits a year among children under the age of 18.
 - Even trace amounts of a food allergen can cause an allergic reaction.

How to Read a Label for an Egg-Free Diet

All FDA-regulated manufactured food products that contain egg as an ingredient are required by U.S. law to list the word "egg" on the product label.

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.

Egg is sometimes found in the following:

- baked goods
- macaroni
- egg substitutes
- marzipan
- marshmallows
- nougat
- pasta
- lecithin

Avoid foods that contain eggs or any of these ingredients:

- albumin (also spelled albumen)
- egg (dried, powdered, solids, white, yolk)
- egg nog
- lysozyme
- mayonnaise
- meringue (meringue powder)
- ovalbumin
- surimi

How to Read a Label for a Fish-Free Diet

All FDA-regulated manufactured food products that contain fish as an ingredient are required by U.S. law to list the specific type of fish on the product label.

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.

