



Decoding Food Labels: Handouts for People with Food Allergies

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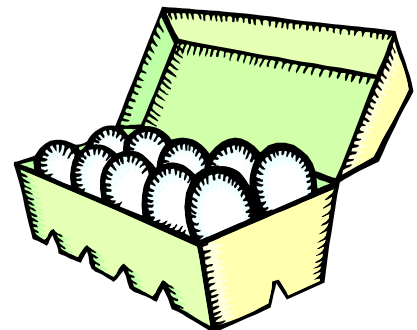
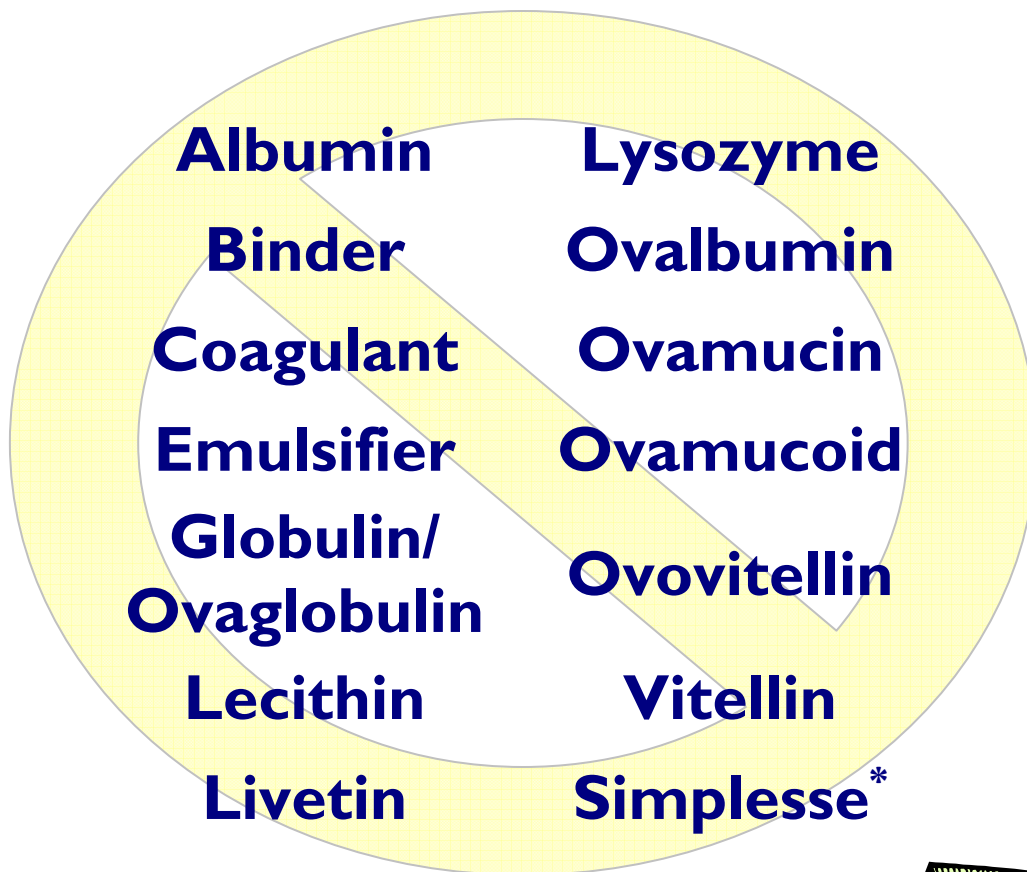
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EGGS

If you are allergic to egg protein, you should avoid any product with the word *egg* on the label. You should also avoid products with the following terms on the label:



*Simplesse™ is a fat substitute made from egg white and milk protein

EGGS

Types of foods that likely contain egg protein include:

- **Baked goods and packaged mixes**
- **Marshmallows**
- **Creamy fillings and sauces**
- **Processed meat products**
- **Breakfast cereals**
- **Pastas and egg noodles**
- **Malted drinks and mixes**
- **Salad dressings**
- **Pancakes and waffles**
- **Soups**
- **Marzipan***



***Marzipan might be made with egg whites**

MILK

Milk and milk proteins are also found in a variety of processed foods. Individuals with milk protein allergies should avoid all types of milk, ice cream, yogurt, and cheese, including *vegetarian cheese*. Allergic individuals should avoid foods with the terms *butter, cream, casein, caseinate, whey, or emulsifier* on the label.

Additional labeling terms indicating the presence of milk proteins in a food product include:

- **Solids**
- **Lactose**
- **High protein flavor**
- **Natural flavoring**
- **Caramel color or flavoring**
- **Lactalbumin**
- **Lactalbumin phosphate**
- **Lactoglobulin**
- **Simplese***



*Simplese is a fat substitute made from egg white and milk protein.

MILK

Types of foods that likely contain milk protein include:

- **Baked goods and packaged mixes**
- **Custard, pudding, and sherbet**
- **Battered foods**
- **Imitation sour cream**
- **Cream sauces, soups and mixes**
- **Instant mashed potatoes**
- **Chocolate**
- **Margarine**
- **Breakfast cereals**
- **Sausages**
- **Gravies and Mixes**
- **Ghee***
- **Sweets and Candies**



***Ghee is clarified butter frequently used in Indian Cuisine.**

Peanuts

The terms *peanut*, *peanut butter*, *ground-nut*, *flavoring*, *extract*, and *oriental sauce* on a product label generally indicates the presence of peanut protein.

Types of foods that may contain peanut protein include:

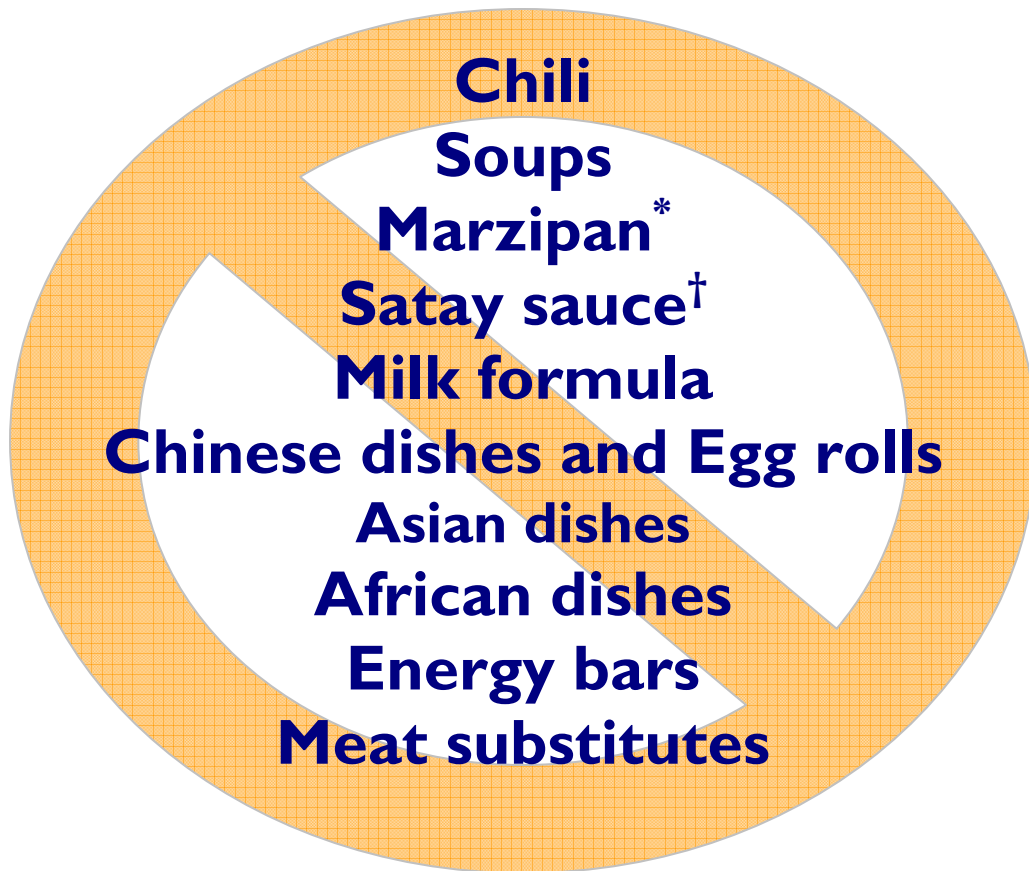
Baked goods and mixes
Battered foods
Some breakfast cereals
Cereal-based products
Candy, candy bars, and sweets
Ice Cream
Margarine, Vegetable oil, and Vegetable fat
Some grain bread
Snack foods
Barbecue and Worcestershire sauce
Sunflower Seeds



Peanuts

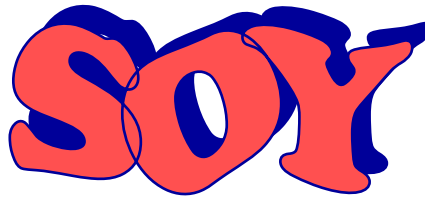
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Other types of foods that may contain peanut protein include:

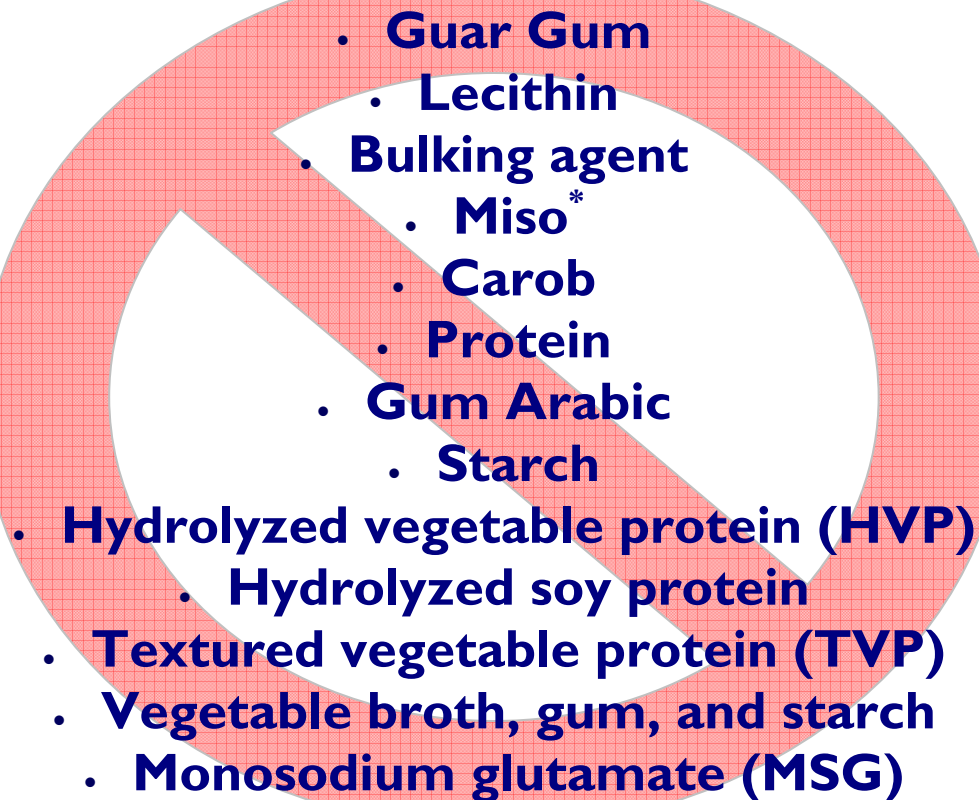


* Marzipan is a paste made of almond and sugar, used on pastry or molded into candy. Marizpan might be made with egg whites.

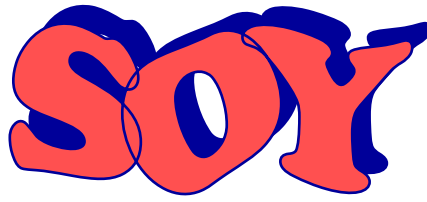
† Satay sauce is made with peanuts or peanut butter and soy sauce. It might also be made with other allergenic ingredients such as shrimp paste or fish sauce.



The presence of the following terms on the product label may indicate the presence of soy protein:

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- A large red prohibition sign (a circle with a diagonal slash) is superimposed over the list of ingredients, indicating that these ingredients are not soy protein.
- . **Guar Gum**
 - . **Lecithin**
 - . **Bulking agent**
 - . **Miso***
 - . **Carob**
 - . **Protein**
 - . **Gum Arabic**
 - . **Starch**
 - . **Hydrolyzed vegetable protein (HVP)**
 - . **Hydrolyzed soy protein**
 - . **Textured vegetable protein (TVP)**
 - . **Vegetable broth, gum, and starch**
 - . **Monosodium glutamate (MSG)**

***Miso is a paste made from fermented soybeans, used as a flavoring agent in Japanese Cuisine.**



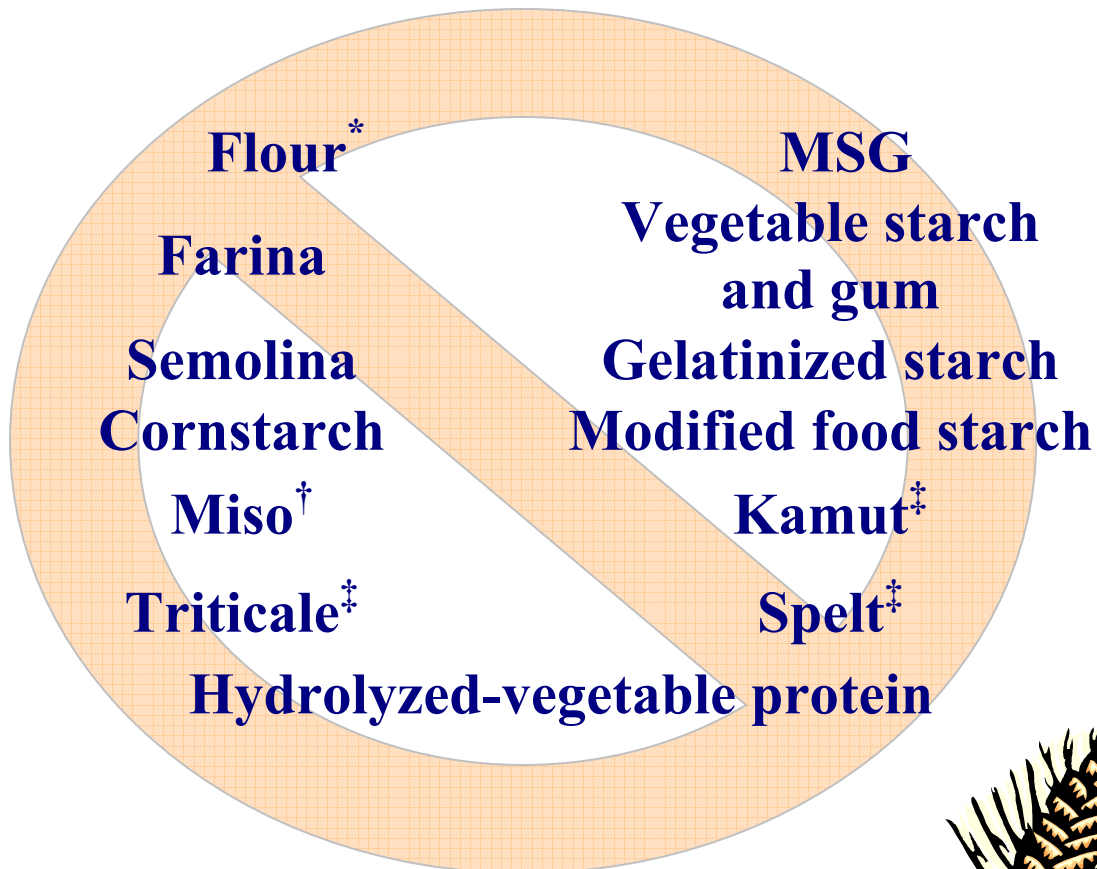
Types of foods that likely contain soy protein include:

- **Baked goods**
- **Some breakfast cereals**
- **Hamburger patties**
- **Butter substitutes and shortening**
- **Chocolate and candy**
- **Canned meat and fish in sauces**
- **Canned and packaged soups**
 - **Canned tuna**
 - **Crackers**
- **Gravies and mixes**
- **Oriental foods**
- **Processed meats**
- **Ice cream**
- **Liquid and powdered meal replacers**
 - **Seasoning sauces**
 - **Seasoned salt**
 - **Snack bars**
 - **Bouillon cubes**
 - **TV dinners**
 - **Tamari***

***Tamari is a dark sauce, similar to but thicker than soy sauce.**

WHEAT

Individuals who are allergic to wheat proteins should avoid any product that contains the term *wheat*, *bulgur*, *couscous*, *bran*, *gluten*, *breadcrumbs*, or *hydrolyzed wheat proteins* on the label. The presence of wheat protein in a food product may be indicated by the following label terms:



*Bleached, unbleached, white, whole, wheat, all-purpose, enriched, graham, durum, high gluten, high protein

†Fermented soy product with up to 50% wheat.

‡Spelt and Kamut are both relatives of wheat; Triticale is a wheat/rye hybrid. These grains are gaining popularity as wheat substitutes. Spelt, Kamut, and Triticale containing products are marketed primarily through health/natural food stores.

WHEAT

Types of foods that likely contain wheat include:

- **Ale, beer, and wine**
- **Bourbon and whiskey**
- **Baked goods and mixes**
(Including Barley Products)
- **Gravy**
- **Ice cream and cones**
- **Battered or breaded foods**
- **Soup and soup mixes**
- **Breakfast cereals**
- **Pasta and egg noodles**
- **Candy and chocolate**
- **Malts and flavorings**
- **Processed meats**
- **Soy sauce**
- **Coffee substitutes**
- **Pretzels, chips, and crackers**



FISH/SEAFOOD

Seafood refers to fish and shellfish. Fish is a potent allergen among children. Shellfish tends to be a more potent allergen among adults. Although seafood might be incorporated into a variety of foods during processing, the product's label generally states this clearly. Certain species of fish contain high levels of histidine (an amino acid), which can be converted into histamine by bacteria. Reactions to histamine can mimic allergic reactions, but are not indicative of a true allergy.

Types of foods that might contain fish/seafood proteins include:



*Surimi is a fish protein (most commonly made from Pollack), marketed as imitation seafood. Surimi may contain an artificial flavor, sweeteners, egg white, starch, and small amounts of real shellfish.

†Caponata is an eggplant relish that can contain anchovies.