



Decoding Food Labels: Handouts for People with Food Allergies

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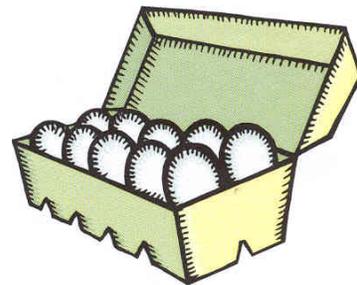
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EGGS

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 their label:

Albumin
Binder
Coagulant
Emulsifier
**Globulin/
Ovoglobulin**
Lecithin
Livetin

Lysozyme
Ovalbumin
Ovamucin
Ovamuroid
Ovovitellin
Vitellin
Simplese*



***Simplese™ 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**
- **Creamy fillings and sauces**
- **Breakfast cereals**
- **Malted drinks and mixes**
- **Pancakes and waffles**
- **Marzipan***
- **Custard**
- **Marshmallows**
- **Processed meat products**
- **Pastas/egg noodles**
- **Salad dressings/mayonnaise**
- **Soups**
- **Meringue**
- **Pudding**



* 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 protein in a food include:

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

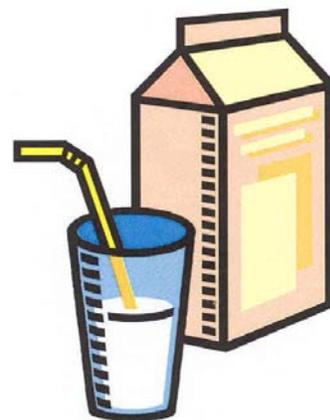


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MILK

Types of foods that likely contain milk protein include:

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



* Ghee is clarified butter frequently used in Indian Cuisine.

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:

Flour
Cornstarch
Farina
Semolina
Triticale*
Miso**
Malt

MSG
Vegetable starch/gum
Gelatinized starch
Spelt*
Kamut*
Modified food starch
Hydrolyzed vegetable protein



* **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.**

** **Fermented soy product with up to 50% wheat.**

WHEAT

Types of foods that likely contain wheat proteins include:

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



SOY

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

Carob
Lecithin
Miso*
Protein
Starch
Bulking agent
Vegetable broth/gum/starch
Artificial and natural flavoring
Monosodium glutamate (MSG)
Textured vegetable protein (TVP)
Hydrolyzed vegetable protein (HVP)/
Hydrolyzed soy protein



* 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/shortening
Chocolates/candy
Canned meat/fish in sauces
Canned/packaged soups
Canned tuna
Crackers
Gravies/mixes
Oriental foods
Processed meats
Ice cream
Liquid/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

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 food that may contain peanut protein include:

Baked goods/mixes
Battered foods
Some breakfast cereals
Cereal- based products
Candy, candy bars/ sweets (read label)
Ice Cream
Margarine/vegetable oil/vegetable fat
Some grain breads
Snack foods
Barbecue/Worcestershire sauce
Sunflower seeds*



* Sunflower seeds may be processed on equipment shared with peanuts.

PEANUTS

Other types of foods that may contain peanut protein include:

Chili

Soups

Marzipan* *

Satay sauce***

Milk formula

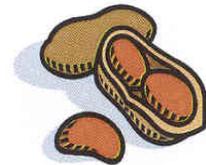
Chinese dishes/egg roll

Asian dishes (e.g. Thai/Indonesian)

African dishes

Energy bars

Meat substitutions



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

*** 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.

FISH/SEAFOOD

Seafood refers to fish and shellfish. Fish is one of the most common causes of food allergic reaction in both adult and children. Certain species of fish contain high levels of histidine (an amino acid), which can be converted into histamine by bacteria following improper temperature management. 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:

**Worcestershire/
Steak sauce
Hot dogs/bologna/ham
Pizza toppings
Fish sauce
Shrimp paste
Fermented oyster sauce**



FISH/SEAFOOD

Other types of foods that might contain fish/seafood proteins include:

Surimi*

Caponata**

Marinara sauce

Vitamin supplements

(read label)

Curry paste

Chitin or Chitosan***

Fermented fish stomach



* Surimi is a fish protein (most commonly made from Pollack), marketed as imitation seafood.

Surimi may contain artificial flavor, sweeteners, egg white, starch, and small amounts of real shellfish.

** Caponata is an eggplant relish that can contain anchovies.

***Chitin or Chitosan is a chemical compounds (polysaccharide) derived from crab or shrimp shells.

It is wildly used in foods and other products as coating agent, bulking agents, or antimicrobial agent.

It is often used as one of materials for making capsules or other drug delivery system.

SHELLFISH

Shellfish tends to be a more potent allergen among adults. Shellfish include Mollusk (e.g. squid, octopus, clams, and scallop) and Crustacean (e.g. crab, lobster, crawfish, and shrimp). Shellfish may be listed in seafood category of foods. Although shellfish might be incorporated into a variety of foods during processing, the product's label generally states this clearly.

Types of foods that might contain shellfish proteins include:

**Worcestershire/
Steak sauce
Caesar salad dressing
Hot dogs/bologna/ham
Pizza toppings
Fish sauce
Fish stock
Shrimp paste
Fermented oyster sauce**

**Surimi*
Caponata**
Marinara sauce
Vitamin supplements
(read label)
Curry paste
Chitin or Chitosan***
Fermented fish stomach**



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