

HOW TO READ A LABEL for a MILK-FREE DIET
 Avoid foods that contain milk or any of these ingredients:

artificial butter flavor
 butter, butter fat, butter oil
 buttermilk
 casein (*casein hydrolysate*)
 caseinates (*in all forms*)
 cheese
 cream
 cottage cheese
 curds
 custard
 ghee
 half & half
 lactalbumin, lactalbumin phosphate
 lactoferrin
 lactulose
 milk (*in all forms including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low-fat, malted, milkfat, non-fat, powder, protein, skimmed, solids, whole*)

nisin
 nougat
 pudding
 recaldent
 rennet casein
 sour cream, sour cream solids
 sour milk solids
 whey (*in all forms*)
 yogurt

May indicate the presence of milk protein:
 caramel candies
 chocolate
 flavorings (*including natural and artificial*)
 high protein flour
 lactic acid starter culture
 lactose
 luncheon meat, hot dogs, sausages
 margarine
 non-dairy products



11781 Lee Jackson Hwy.
 Suite 160
 Fairfax, VA 22033-3309
 Phone: 703-691-3179
 Fax: 703-691-2713
 Web site: www.foodallergy.org
 E-mail: faan@foodallergy.org

HOW TO READ A LABEL for an EGG-FREE DIET
 Avoid foods that contain eggs or any of these ingredients:

albumin (*also spelled as albumen*)
 egg (*dried, powdered, solids, white, yolk*)
 eggnog
 lysozyme
 mayonnaise
 meringue (*meringue powder*)
 surimi

May indicate the presence of egg protein:
 flavoring (*including natural and artificial*)
 lecithin
 macaroni
 marzipan
 marshmallows
 nougat
 pasta

HOW TO READ A LABEL for a PEANUT-FREE DIET
 Avoid foods that contain peanuts or any of these ingredients:

artificial nuts
 beer nuts
 cold pressed, expelled, or extruded peanut oil
 goobers
 ground nuts
 mixed nuts
 monkey nuts
 nutmeat
 nut pieces
 peanut
 peanut butter
 peanut flour

May indicate the presence of peanut protein:
 African, Asian (*especially Chinese, Indian, Indonesian, Thai, and Vietnamese*), and Mexican dishes
 baked goods (*pastries, cookies, etc.*)
 candy (*including chocolate candy*)
 chili
 egg rolls
 enchilada sauce
 flavoring (*including natural and artificial*)
 marzipan
 mole sauce
 nougat

- Mandelonas are peanuts soaked in almond flavoring.
- Studies show most allergic individuals can safely eat peanut oil (*not* cold pressed, expelled, or extruded peanut oil).
- Arachis oil is peanut oil.
- Experts advise patients allergic to peanuts to avoid tree nuts as well.
- A study showed that unlike other legumes, there is a strong possibility of cross reaction between peanuts and lupine.
- Sunflower seeds are often produced on equipment shared with peanuts.

HOW TO READ A LABEL for a WHEAT-FREE DIET

Avoid foods that contain wheat or any of these ingredients:

bran
bread crumbs
bulgur
club wheat
couscous
cracker meal
durum
einkorn
emmer
farina
flour (*all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat*)
gluten
kamut

matzoh, matzoh meal (*also spelled as matzo*)
pasta
seitan
semolina
spelt
triticale
vital gluten
wheat (*bran, germ, gluten, malt, sprouts*)
wheat grass
whole wheat berries

May indicate the presence of wheat protein:

flavoring (*including natural and artificial*)
hydrolyzed protein
soy sauce
starch (*gelatinized starch, modified starch, modified food starch, vegetable starch, wheat starch*)
surimi

HOW TO READ A LABEL for a SHELLFISH-FREE DIET

Avoid foods that contain shellfish or any of these ingredients:

abalone
clams (*cherrystone, littleneck, pismo, quahog*)
cockle (*periwinkle, sea urchin*)
crab
crawfish (*crayfish, ecrevisse*)
lobster (*langouste, langoustine, scampo, coral, tomalley*)
mollusks
mussels
octopus
oysters
prawns
scallops
shrimp (*crevette*)
snails (*escargot*)
squid (*calamari*)

May indicate the presence of shellfish protein:

bouillabaisse
cuttlefish ink
fish stock
flavoring (*including natural and artificial*)
seafood flavoring (*such as crab or clam extract*)
surimi

Keep the following in mind:

- Any food served in a seafood restaurant may be cross contaminated with fish or shellfish.
- For some individuals, a reaction may occur from cooking odors or from handling fish or shellfish.
- Always carry medications and use them as soon as symptoms develop.

HOW TO READ A LABEL for a SOY-FREE DIET

Avoid foods that contain soy or any of these ingredients:

edamame
hydrolyzed soy protein
miso
natto
shoyu sauce
soy (*soy albumin, soy fiber, soy flour, soy grits, soy milk, soy nuts, soy sprouts*)
soya
soybean (*curd, granules*)
soy protein (*concentrate, isolate*)
soy sauce
Tamari
Tempeh
textured vegetable protein (*TVP*)
tofu

May indicate the presence of soy protein:

Asian cuisine
flavoring (*including natural and artificial*)
vegetable broth
vegetable gum
vegetable starch

- Studies show most individuals allergic to soy may safely eat soybean oil.
 - Most individuals allergic to soy can safely eat soy lecithin.
- Check with your doctor if you have questions about these ingredients.

HOW TO READ A LABEL for a TREE NUT-FREE DIET

Avoid foods that contain nuts or any of these ingredients:

almonds
artificial nuts
beech nut
Brazil nuts
butternut
caponata
cashews
chestnuts
chinquapin
coconut
filberts/hazelnuts
gianduja (*a nut mixture found in some chocolate*)
ginko nut
hickory nuts
lichee/lychee nut
macadamia nuts
marzipan/almond paste
nan-gai nuts
natural nut extract (*i.e., almond, walnut*)

nougat
nut butters (*i.e., cashew butter*)
nut meal
nutmeat
nut oil
nut paste (*i.e., almond paste*)
nut pieces pecans (*Mashuga Nuts®*)
pesto
pili nut
pine nuts (*also referred to as Indian, piñon, pinyon, pignoli, pignolia, and pignon nuts*)
pistachios
praline
sheanut
walnuts

- Mandelonas are peanuts soaked in almond flavoring.
- Mortadella may contain pistachios.
- Natural and artificial flavoring may contain tree nuts.
- Experts advise patients allergic to tree nuts avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.