



- 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)	lactulose
buttermilk	milk (in all forms, including condensed, derivative, dry, evaporated, goat’s milk and milk from other animals, lowfat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole)
casein	milk protein hydrolysate
casein hydrolysate	pudding
caseinates (in all forms)	Recaldent®
cheese	rennet casein
cottage cheese	sour cream, sour cream solids
cream	sour milk solids
curds	tagatose
custard	whey (in all forms)
diacetyl	whey protein hydrolysate
ghee	yogurt
half-and-half	
lactalbumin, lactalbumin phosphate	
lactoferrin	
lactose	

Avoid foods that contain milk or any of these ingredients:

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

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	protein
bulgur	Kamut®
cereal extract	matzoh, matzoh meal (also spelled as matzo, matzah, or matza)
club wheat	pasta
couscous	seitan
cracker meal	semolina
durum	spelt
einkorn	sprouted wheat
emmer	triticale
farina	vital wheat gluten
farro	wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch)
flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat)	wheat bran hydrolysate
freekah	wheat germ oil
hydrolyzed wheat	wheat grass
	wheat protein isolate
	whole wheat berries

Wheat is sometimes found in the following:

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

For an Egg-Free Diet

Avoid foods that contain eggs or any of these ingredients:

albumin (also spelled albumen)	mayonnaise
egg (dried, powdered, solids, white, yolk)	meringue (meringue powder)
egg nog	surimi
globulin	vitellin
livetin	words starting with “ovo” or “ova” (such as ovalbumin)
lysozyme	

Egg is sometimes found in the following:

baked goods	lecithin
breaded items	marzipan
drink foam (alcoholic, specialty coffee)	marshmallows
egg substitutes	meatloaf or meatballs
fried rice	nougat
ice cream	pasta

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 (concentrate, hydrolyzed, isolate)
miso	shoyu
natto	soy sauce
soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)	tamari
soya	tempeh
soybean (curd, granules)	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 (langouste, langoustine, Moreton crab)
crab	bay bugs, scampi, tomalley
crawfish (crawdadd, crayfish, ecrevisse)	prawns
krill	shrimp (crevette, scampi)

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	oysters
clams (cherrystone, geoduck, littleneck, pismo, quahog)	periwinkle
cockle	scallops
cuttlefish	sea cucumber
limpet (lapas, opihi)	sea urchin
mussels	snails (escargot)
octopus	squid (calamari)
	whelk (Turban shell)

Shellfish are sometimes found in the following:

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

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	monkey nuts
beer nuts	nut pieces
cold pressed, expeller pressed, or extruded peanut oil	nut meat
goobers	peanut butter
ground nuts	peanut flour
mixed nuts	peanut protein hydrolysate

Peanut is sometimes found in the following:

African, Asian (especially Chinese, Indian, Indonesian, Thai, and Vietnamese), and Mexican dishes	egg rolls
baked goods (e.g., pastries, cookies)	enchilada sauce
candy (including chocolate candy)	marzipan
chili	mole sauce
	nougat

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	natural nut extract (e.g., almond, walnut)
artificial nuts	nut butters (e.g., cashew butter)
beechnut	nut meal
Brazil nut	nut meat
butternut	nut paste (e.g., almond paste)
cashew	nut pieces
chestnut	pecan
chinquapin nut	pesto
filbert/hazelnut	pili nut
gianduja (a chocolatenut mixture)	pine nut (also referred to as Indian, pignoli, pignolia, pignon, piñon, and pinyon nut)
ginkgo nut	pistachio
hickory nut	praline
litchi/lichee/lychee nut	shea nut
macadamia nut	walnut
marzipan/almond paste	
Nangai nut	

Tree nuts are sometimes found in the following:

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

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

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For more information, visit: foodallergy.org/foodlabels