


# Tips for Avoiding Your Food Sensitivity

- 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 more information on allergy avoidance, please visit:

<http://www.whfoods.com/genpage.php?tname=diet&dbid=7>




### How to Read a Label for a Wheat-Free Diet

**Avoid foods that contain wheat or any of these ingredients:**

|   |  |   |
|---|--|---|
| Bread crumbs<br>Bulgur<br>Cereal extract<br>Club wheat<br>Couscous<br>Cracker meal<br>Durum<br>Einkorn<br>Emmer<br>Farina<br>Flour <i>(all purpose, bread, cake, durum, enriched,</i> | <i>protein, instant, pastry, self rising, soft wheat, steel ground, stone ground, whole Wheat)</i><br>Hydrolyzed wheat protein<br>Kamut<br>Matzoh/a, matzoh meal<br>Pasta<br>Seitan<br>Semolina<br>Semolina<br>Spelt | Sprouted wheat<br>Triticale<br>Vital wheat gluten<br>Wheat <i>(bran, durum, germ, gluten, grass, malt, sprouts, starch)</i><br>Wheat bran hydrolystate<br>Wheat germ oil<br>Wheat grass<br>Wheat protein isolate<br>Whole wheat berries |
|---|--|---|

**Wheat is sometimes also found in the following:**

|               |   |        |
|---------------|---|--------|
| Glucose syrup | Starch <i>(gelatinized starch, modified starch, modified food starch, vegetable starch)</i> | surimi |
|---------------|---|--------|



### How to Read a Label for an Egg-Free Diet

**Avoid foods that contain egg or any of these ingredients:**

|   |   |
|---|---|
| Albumin (/albumen)<br>Egg <i>(dried, powdered, solids white, yolk)</i><br>Egnog<br>Lysozyme | Mayonnaise<br>Meringue<br>Ovalbumin<br>Surimi |
|---|---|

**Egg is sometimes found in the following foods:**

|                 |              |
|-----------------|--------------|
| Baked goods     | Marzipan     |
| Egg substitutes | Marshmallows |
| Lecithin        | Nougat       |
| Macaroni        | 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 protein, patients with an egg allergy must avoid all eggs completely




### How to Read a Label 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)<br>Buttermilk<br>Casein<br>Casein hydrolysate<br>Cheese<br>Cottage cheese<br>Cream<br>Curds<br>Diacetyl | Ghee<br>Half-and-half<br>Lactalbumin, lactalbumin phosphate<br>lactoferrin<br>Lactose<br>Lactulose<br>Milk <i>(in all forms: condensed, Derivative, dry, evaporated, goats milk, milk from other animals, lowfat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole</i> | Milk protein hydrolysate<br>Pudding<br>Recaldent<br>Rennet casein<br>Sour cream, sour cream solids<br>Sour milk solids<br>Tagatose<br>Whey (all forms)<br>Whey protein hydrolysate<br>yogurt |
|--|--|--|

**Milk is sometimes found in the following:**

|  |                   |
|--|-------------------|
| Artificial butter flavor                               | Nisin             |
| Baked goods  | Nondairy products |
| Caramel candies  | Nougat            |
| Chocolate  |                   |
| Lactic acid started culture & other bacterial cultures |                   |
| Luncheon meat  |                   |
| Hot dogs   |                   |
| Sausages   |                   |
| Margarine  |                   |




### How to Read a Label for a Soy-Free Diet

**Avoid foods that contain soy or any of these ingredients:**

|  |   |  |
|--|---|--|
| Edamame<br>Miso<br>Natto<br>Shoyu<br>Soy <i>(soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)</i><br>Soya | Soybean (curd, granules)<br>Soy protein (concentrate, Hydrolyzed, isolate)<br>Soy sauce<br>Tamari<br>Tempeh<br>Textured vegetable protein<br>tofu | <b>Soy is sometimes in the following:</b><br>Asian cuisine<br>Vegetable broth<br>Vegetable gum<br>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



### How to Read a Label for a Corn-Free Diet

**Corn and corn-derived products are found in a wide variety of packaged foods, including:**

|  |   |  |
|--|---|--|
| Jams<br>Syrups<br>Sauces<br>Cereals<br>Candies<br>Snack foods<br>Canned fruits<br>Prepared meats<br>(hot dogs/deli meats)<br>Beverages | Cornstarch<br>Corn syrup/high fructose corn syrup<br>Corn flour<br>Corn and vegetable oil<br>Baking powder<br>Caramel<br>Cellulose<br>Citric Acid<br>Dextrin/dextrose<br>Inositol | Malt<br>Maltodextrin<br>Monosodium<br>Glutamate (MSG)<br>Semolina<br>Sodium Erythorbate<br>Sorbitol<br>Starch<br>Vanilla Extract<br>Xanthan Gum<br>Xylitol |
|--|---|--|

**Keep the following in mind:**

- \*All of the above food labels should be read carefully for corn derivatives
- \*Maize is the same as corn
- \*Corn is not one of the top eight food allergens for which special label information is required thus the package does not need to state that it contains