

Other Names for Priority Food Allergens found on Ingredients Lists (in alphabetical order)

Egg

An egg allergy is a reaction to one or more of the proteins found in eggs and egg products.

Other names for egg:

- Albumin/albumen
- Ovalbumin/ovoglobulin
- Conalbumin
- Ovomucin/ovomucoid
- Egg Substitutes (e.g. Egg beaters)
- Vitelin
- Globulin
- Livetin
- Lysozyme
- Meringue

Possible sources of egg and egg derivatives:

- Egg (dried, powdered, solids, white, yolk)
- Eggnog
- Mayonnaise
- Meringue
- Ovalbumin
- Baked goods,
- Pasta, macaroni,
- Marshmallows
- Nougat

Milk

A milk allergy is a reaction to one or more of the proteins found in milk and milk products

Other names for milk:

- Ammonium/calcium/magnesium/potassium/ sodium caseinate
- Hydrolyzed casein, hydrolyzed milk protein
- Casein/caseinate
- Dried milk
- Rennet
- Whey
- Whey protein concentrate

Possible sources of milk and milk derivatives:

- 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)
- Butter, butter fat, butter oil, butter acid, butter ester(s)
- Baked goods, baking mixes, high protein flour
- Cereals, crackers; Cream, dips, dressings, sour cream, spreads
- Cottage cheese, cream, curds ghee, half and half; Pudding
- Cheese
- Rennet casein
- Whey (in all forms)
- Yogurt
- Meats (deli meats, hot dogs)

Mustard

A mustard allergy is a reaction to one or more of the proteins found in mustard seed and mustard seed products.

- Mustard is an herbaceous flowering plant.
- Three types of mustard seeds: white, brown, black.
- Mustard seeds are sold as whole, ground into powder or processed further into prepared mustard.
- Prepared mustard is commonly used as a condiment and mustard seeds and powder are increasingly being used in cooking and in processed and pre-packaged foods as a seasoning or flavouring agent, emulsifier, and water binding agent for texture control.

Peanuts & Tree Nuts

A peanut/tree nut allergy is a reaction to one or more of the proteins found in peanuts, tree nuts, and peanut/tree nut products.

The following is a **partial list of ingredients** on the labels that will inform you if the peanut protein could be in the product and therefore not to be sent to school:

- Arachis oil, cold pressed peanut oil
- Goober nuts, goober peanuts, goober peas
- Hydrolyzed peanut protein, hydrolyzed plant protein, sweet lupine flour

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- Nu-nuts, beer nuts, ground nuts, mandolena nuts, mixed nuts, nuts, peanuts
- Peanut butter, peanut flour, peanut meal, peanut oil, peanut protein.

The following is a partial list of ingredients on the labels that will inform you if **tree nut protein** could be in the product and therefore not to be sent to school:

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| • Almonds | • pine nuts | • nut oils |
| • Brazil nuts | • pinon | • nut paste |
| • cashews | • pignolias | • chocolate nut spreads |
| • chestnuts | • pistachios | • mandelonas |
| • filberts/hazelnuts | • shea nuts | • marzipan |
| • hickory nuts | • walnuts | • nu-nuts |
| • macadamia nuts | • Mixed nuts | • nut meats |
| • pecans | • nut butters | |

Seafood (Fish, Crustaceans and Shellfish)

(the term seafood refers to all edible fish, crustaceans and shellfish from fresh and salt water)

A seafood allergy is a reaction to one or more of the proteins found in seafood and seafood products.

Partial list of other names for fish, crustaceans and shellfish

• Fish:

Anchovy, bass, bluefish, bream, carp, catfish (channel cat, mudcat), char, chub, cisco, cod, eel, flounder, grouper, haddock, hake, halibut, herring, mackerel, mahi-mahi, marlin, monkfish (angler fish, lotte), orange roughy, perch, pickerel (dore, walleye), pike, plaice, pollock, pompano, porgy, rockfish, salmon, sardine, shark, smelt, snapper, sole, sturgeon, swordfish, tilapia (St. Peter's fish), trout, tuna (albacore, bonito), turbot, white fish, whiting.

• Crustaceans:

Crab, crayfish (crawfish, écrevisse), lobster (langouste, langoustine, coral, tomalley), prawns, shrimp (crevette).

• Shellfish:

Abalone, clam, cockle, conch, limpets, mussels, octopus, oysters, periwinkle, quahaugs, scallops, snails (escargot), squid (calamari), whelks.

• Partial list of possible sources of fish, crustaceans and shellfish:

Ethnic foods, e.g., fried rice, paella, spring rolls, Hot dogs, Pizza toppings Salad dressings, Soups, Sauces, e.g. fish, marinara, steak, Worcestershire Sauce, Deli meats e.g. bologna, ham, Sushi

Sesame

A sesame seed allergy is a reaction to one or more of the proteins found in sesame seeds and sesame seed products.

Other names for sesame:

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|--------------------------------|-----------------------|------------------|
| • Benne, benne seed, benniseed | • Sesamol, sesamolina | • Tahini, Tahina |
| • Gingelly, gingelly oil | • Sesamum indicum | • Til |
| • Seeds | • Sim sim | • Vegetable oil |

Possible sources of sesame seeds and sesame derivatives:

- Hummus, halva and other traditionally Middle Eastern and Asian Foods
- Breaded foods, cereals, crackers
- Snack foods (bagel/pita chips, candy, granola bars, halvah, pretzels, rice cakes)
- Sesame oil
- Baked goods
- Dips and spreads
- Processed meats, sausages
- Risotto
- Seasonings
- Soups and sauces
- Tahini, tempeh
- Vegetarian burgers

Soy

A soy allergy is a reaction to one or more of the proteins found in soy and soy products.

Partial list of other names for soy:

- Soya, soja, soybean, soya beans
- Soy protein
- soy albumin
- soy cheese
- soy fiber
- soy flour
- soy grits
- soy ice cream
- soy milk
- soy nuts
- soy sprouts
- soy yogurt
- Tempeh, tamari
- Tofu (soybean curds)
- Edamame
- Miso
- Mono diglyceride
- Natto
- Okara
- Yub

Partial list of possible sources of soy and soy derivatives:

- Baked goods and baking mixes, e.g. breads, cookies, cake mixes, doughnuts, pancakes
- Beverage mixes, e.g. hot chocolate, lemonade
- Breaded foods, chili, pastas, stews
- Sauces e.g. soy, shoyu, tamari, teriyaki, Worcestershire
- Snack foods, e.g. candy, chocolate, energy bars, fudge, popcorn, potato chips
- Spreads, dips, mayonnaise, peanut butter
- Chewing gum

Wheat

A wheat allergy is a reaction to one or more of the proteins found in wheat and wheat products.

Other names for wheat:

- Bulgar
- Graham flour
- Couscous
- Kamut
- Durham
- Semonlina
- Enriched/white/whole wheat flour
- Spelt
- Farina
- Wheat bran, germ
- Gluten

Possible sources of wheat and wheat derivatives:

- Baked goods and baking mixes (cakes, cookies, doughnuts, muffins)
- Baking powder, flour, icing sugar
- Bread, cereals, crackers, pasta
- Canned soups (thickened soups)
- Snack foods (candy, chocolate bars)
- Battered/fried foods
- Coffee substitutes
- Gelatinized or modified starch
- Ice cream
- Pie fillings
- Prepared ketchup, mustard
- Salad dressings, sauces, gravy
- Seasonings, spices
- Soy sauce

Wheat free options:

Safe wheat-free alternatives include products made from rice, corn, potato, sorghum, oats, barley, amaranth, buckwheat, tapioca, millet, arrowroot, soy, lentil, pea, bean and quinoa.

Choosing foods that are labelled gluten free are also safe to eat since all gluten free foods are wheat free as well.

Other Food Allergens – Not on Health Canada's Priority Allergen List

- kiwi
- mango
- strawberries
- peas
- chick peas
- etc.
- legumes
- pineapple