

**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  
Website: [www.foodallergy.org](http://www.foodallergy.org)  
E-mail: [faan@foodallergy.org](mailto: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, piñolia, 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.