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SESAME AVOIDANCE

It is important to read all ingredient labels to identify foods that contain sesame. Sesame is not considered a major allergen therefore it may not be listed in the product label if only a minor ingredient in a spice or flavoring. If a product contains a spice or flavoring, please call the manufacturer to determine if sesame is a hidden ingredient in the spice or flavoring of the product.

Avoid foods that contain any of these ingredients:

Sesame flour

Sesame oil

Sesame seeds

Tahini – sesame paste

Sesame may also be known as benne, til or teel.

Foods that often contain sesame:

- Sesame may be found in many products such as baked goods, bread crumbs, breads, rolls, bagels, crackers, breakfast cereals such as granola, muesli and Kashi brand cereals, dipping sauces and marinades, falafel, halvah, Japanese snack mix, protein and energy bars, sushi, tortilla chips, dips such as hummus and baba ghanoush and vegetarian burgers.
- Some herbal drinks may contain sesame including Aqua Libra, a British herbal beverage.

Look out for:

- Cross contact- Cross contact occurs when safe foods come in contact with sesame. This happens through shared cooking utensils, frying oils, cooking surfaces or not keeping safe foods separate from those made with sesame. Avoid cross contact by washing everything well with soap and water.
- Sesame oil is a common ingredient in asian cooking.
- **Sesame may be found in cosmetics, nutrition supplements, medications and pet foods where it may be listed as Sesamum Indicum.**

Read all product labels carefully before buying and eating any item.

RESOURCES

- -This program has additional information sheets that you may find helpful
- -Explore additional educational materials, for example, from Food Allergy Research & Education (www.foodallergy.org)

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