



Dietary Guide - Sesame Allergy

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Avoiding sesame is essential for people with confirmed sesame allergy. It is important to read and understand food labels to be able to choose the right foods.

The following foods and ingredients CONTAIN sesame and should be avoided:

Anjonoli	Hummus	Sesarmol
Aqua Libra	Pasteli	Sesomolina
Benne	Sesame	Sim Sim
Benniseed	Sesame oil	Tahina / sesame paste
Gingelly seeds	Sesame seed	Tahini
Gomasio/sesame salt	Sesame snacks	Til or Teel
Halvah		

Check labels on the following foods to see if they contain sesame and if they do, avoid them:

Asian foods	Herbs and spices	Snacks
Bakery products	Marinades	Spreads
Bread products	Middle Eastern snacks	Sushi
Breakfast cereals	Muesli and muesli bars	Sweet biscuits
Dips	Salads	Turkish food (bread)
Dressings (sesame oil)	Savoury biscuits	Vegetarian food

Sesame (both sesame oil and sesame seed) is often a less obvious ingredient in restaurant foods, especially stir fries and curries.

Restaurants serving Asian, Turkish, Middle Eastern and vegetarian foods are higher risk due to cross contamination with other dishes served in the restaurant.

Bakery items (especially unpackaged items) are high risk for cross contamination with sesame seeds.

For people with sesame allergy it is best to avoid all forms of sesame unless otherwise instructed by a clinical immunology/allergy specialist.

The food lists included in this document are not exhaustive.

People with food allergy should always check foods labels each time products are purchased.

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www.allergy.org.au/patients/food-other-adverse-reactions

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