



Dietary avoidance – sesame allergy

Avoiding sesame is essential for individuals with confirmed sesame allergy. Therefore, it is important to read and understand food labels to be able to choose appropriate foods.

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

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

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

Asian foods	Dressings (sesame oil)	Salads
Baked goods (bread, buns, sweet or savoury biscuits)	Herbs and spices	Snacks
Breakfast cereals	Marinades	Spreads
Dips	Middle Eastern snacks	Sushi
	Muesli and muesli bars	Turkish bread
		Vegetarian food

Note:

- 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.
- Some individuals allergic to sesame seed will tolerate a few intact sesame seeds on bread rolls (which may pass through the gut undigested) but if they are crushed, such as when a paste is made, they may react. It is best to avoid all forms of sesame unless otherwise instructed by your allergy specialist.
- Bakery items (especially unpackaged items) are high risk for cross contamination with sesame seeds.

The food lists included in this document are not exhaustive. Individuals with food allergy should always check foods labels each time products are purchased.

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Website: www.allergy.org.au

Email: info@allergy.org.au

Postal address: PO Box 450 Balgowlah NSW 2100 Australia

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