



## Sesame Allergy

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.

Some people 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 a clinical immunology/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 check foods labels each time products are purchased.**

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