

How to Read a Label for a Milk-Free Diet

All FDA-regulated manufactured food products that contain milk as an ingredient are required by U.S. law to list the word “milk” on the product label.

Avoid foods that contain milk or any of these ingredients:

butter, butter fat, butter oil, butter acid, butter ester(s)	lactose
buttermilk	lactulose
casein	milk (<i>in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, lowfat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole</i>)
casein hydrolysate	milk protein hydrolysate
caseinates (<i>in all forms</i>)	pudding
cheese	Recaldent®
cottage cheese	rennet casein
cream	sour cream, sour cream solids
curds	sour milk solids
custard	tagatose
diacetyl	whey (<i>in all forms</i>)
ghee	whey protein hydrolysate
half-and-half	yogurt
lactalbumin, lactalbumin phosphate	
lactoferrin	

Milk is sometimes found in the following:

artificial butter flavor	luncheon meat, hot dogs, sausages
baked goods	margarine
caramel candies	nisin
chocolate	nondairy products
lactic acid starter culture and other bacterial cultures	nougat



FARE

Food Allergy Research & Education (FARE)

7925 Jones Branch Drive, Suite 1100

McLean, VA 22102

800-929-4040

info@foodallergy.org

www.foodallergy.org

How to Read a Label for a Soy-Free Diet

All FDA-regulated manufactured food products that contain soy as an ingredient are required by U.S. law to list the word “soy” on the product label.

Avoid foods that contain soy or any of these ingredients:

edamame	soybean (<i>curd, granules</i>)
miso	soy protein (<i>concentrate, hydrolyzed, isolate</i>)
natto	soy sauce
shoyu	tamari
soy (<i>soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt</i>)	tempeh
soya	textured vegetable protein (TVP)
	tofu

Soy is sometimes found in the following:

Asian cuisine	vegetable gum
vegetable broth	vegetable starch

Keep the following in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (**not** cold pressed, expeller pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor’s advice regarding these ingredients.

How to Read a Label for a Peanut-Free Diet

All FDA-regulated manufactured food products that contain peanut as an ingredient are required by U.S. law to list the word “peanut” on the product label.

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts	monkey nuts
beer nuts	nut pieces
cold pressed, expeller pressed, or extruded peanut oil	nut meat
goobers	peanut butter
ground nuts	peanut flour
mixed nuts	peanut protein hydrolysate

Peanut is sometimes found in the following:

African, Asian (<i>especially Chinese, Indian, Indonesian, Thai, and Vietnamese</i>), and Mexican dishes	egg rolls
baked goods (<i>e.g., pastries, cookies</i>)	enchilada sauce
candy (<i>including chocolate candy</i>)	marzipan
chili	mole sauce
	nougat

Keep the following in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- **The FDA exempts highly refined peanut oil from being labeled as an allergen.** Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (not cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor’s advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine.
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.

How to Read a Label for a Wheat-Free Diet

All FDA-regulated manufactured food products that contain wheat as an ingredient are required by U.S. law to list the word “wheat” on the product label. The law defines any species in the genus *Triticum* as wheat.

Avoid foods that contain wheat or any of these ingredients:

bread crumbs	<i>protein, instant, pastry,</i>	sprouted wheat
bulgur	<i>self-rising, soft wheat, steel</i>	triticale
cereal extract	<i>ground, stone ground, whole</i>	vital wheat gluten
club wheat	<i>wheat)</i>	wheat (<i>bran, durum, germ,</i>
couscous	hydrolyzed wheat protein	<i>gluten, grass, malt, sprouts,</i>
cracker meal	Kamut®	<i>starch)</i>
durum	matzoh, matzoh meal	wheat bran hydrolysate
einkorn	<i>(also spelled as matzo,</i>	wheat germ oil
emmer	<i>matzah, or matza)</i>	wheat grass
farina	pasta	wheat protein isolate
flour (<i>all purpose, bread,</i>	seitan	whole wheat berries
<i>cake, durum, enriched,</i>	semolina	
<i>graham, high gluten, high</i>	spelt	

Wheat is sometimes found in the following:

glucose syrup	starch (<i>gelatinized starch,</i>	surimi
soy sauce	<i>modified starch, modified</i>	
	<i>food starch, vegetable</i>	
	<i>starch)</i>	

How to Read a Label for a Egg-Free Diet

All FDA-regulated manufactured food products that contain egg as an ingredient are required by U.S. law to list the word “egg” on the product label.

Avoid foods that contain eggs or any of these ingredients: Egg is sometimes found in the following:

albumin (<i>also spelled albumen</i>)	baked goods	marzipan
egg (<i>dried, powdered, solids, white, yolk</i>)	egg substitutes	marshmallows
eggnog	lecithin	nougat
lysozyme	macaroni	pasta
mayonnaise		
meringue (<i>meringue powder</i>)		
ovalbumin		
surimi		

Keep the following in mind:

- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.

How to Read a Label for a Shellfish-Free Diet

All FDA-regulated manufactured food products that contain a crustacean shellfish as an ingredient are required by U.S. law to list the specific crustacean shellfish on the product label.

Avoid foods that contain shellfish or any of these ingredients:

barnacle	lobster (<i>langouste, langoustine,</i>
crab	<i>Moreton bay bugs, scampi,</i>
crawfish (<i>crandad, crayfish,</i>	<i>tomalley)</i>
<i>ecrevisse)</i>	prawns
krill	shrimp (<i>crevette, scampi)</i>

Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

abalone	oysters
clams (<i>cherrystone, geoduck,</i>	periwinkle
<i>littleneck, pismo, quabog</i>)	scallops
cockle	sea cucumber
cuttlefish	sea urchin
limpet (<i>lapas, opibi</i>)	snails (<i>escargot</i>)
mussels	squid (<i>calamari</i>)
octopus	whelk (<i>Turban shell</i>)

Shellfish is sometimes found in the following:

bouillabaisse	seafood flavoring (<i>e.g., crab or</i>
cuttlefish ink	<i>clam extract)</i>
fish stock	surimi
glucosamine	

Keep the following in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.

How to Read a Label for a Tree Nut-Free Diet

All FDA-regulated manufactured food products that contain a tree nut as an ingredient are required by U.S. law to list the specific tree nut on the product label.

Avoid foods that contain nuts or any of these ingredients:

almond	natural nut extract (<i>e.g., almond, walnut</i>)
artificial nuts	nut butters (<i>e.g., cashew butter</i>)
beechnut	nut meal
Brazil nut	nut meat
butternut	nut paste (<i>e.g., almond paste</i>)
cashew	nut pieces
chestnut	pecan
chinquapin nut	pesto
coconut	pili nut
filbert/hazelnut	pine nut (<i>also referred to as Indian,</i>
gianduja (<i>a chocolate-nut mixture</i>)	<i>pignoli, pignolia, pignon, piñon, and</i>
ginkgo nut	<i>pinyon nut)</i>
hickory nut	pistachio
litchi/lychee/lychee nut	praline
macadamia nut	shea nut
marzipan/almond paste	walnut
Nangai nut	

Tree nuts are sometimes found in the following:

black walnut hull extract (<i>flavoring</i>)	nut oils (<i>e.g., walnut oil, almond oil</i>)
natural nut extract	walnut hull extract (<i>flavoring</i>)
nut distillates/alcoholic extracts	

Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Coconut, the seed of a drupaceous fruit, has typically not been restricted in the diets of people with tree nut allergy. However, in October of 2006, the FDA began identifying coconut as a tree nut. Medical literature documents a small number of allergic reactions to coconut; most occurred in people who were not allergic to other tree nuts. Ask your doctor if you need to avoid coconut.
- Talk to your doctor if you find other nuts not listed here.