

SESAME ALLERGY

Sesame is a top 14 allergen around the world

INGREDIENTS TO AVOID FOR A SESAME ALLERGY

aqua libra	sesame	sesamol
benne	sesame flour	sesamum indicum
gingelly seeds	sesame oil	sesemolina
gomasio (sesame salt)	sesame paste	sim sim
halvah	sesame salt	tahini
hummus, pasteli	sesame seed	til

SESAME IS FOUND IN/ON

baba ghanoush	margarine	sushi
breads	noodles	tahini
candy	pretzels	tempeh
cereals	processed meats	vegetarian burgers
chips	rice cakes	
crackers	risotto	
energy bars	salad dressings	
falafel	sauces	
gravies	shish kebabs	
herbal drinks	soups	
herbs	stews	
hummus	stir fries	

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