

Allergens: Ingredients to Look For

The only true treatment of food allergies is prevention. With that said, even trace amounts of allergens can cause severe reactions. Knowing what to look for on a food label sometimes is difficult or confusing, because many ingredients have several names. Learning the scientific names is essential for management and treatment of food allergies.

The following are technical and scientific names of highly allergenic ingredients, as well as ingredients to avoid.

Milk	Egg	Soy	Wheat
Caramel color	Albumin	Emulsifier	All-purpose flour
Casein	Cholesterol-free egg	Hydrolyzed protein	Bran
Caseinate	substitutes	Lecithin	Bread crumbs
Dry-milk solids	Globulin	Miso	Bulgur
Lactalbumin	Livetin	Plant protein	Durum flour
Milk protein	Lysozyme	Protein extender	Enriched flour
hydrolysates	Ovalbumin	Protein filler	Gelatinized starch
Natural flavoring	Ovomucin	Shoyu	Gluten
Nougat	Ovomucoid	Sobee	Graham flour
Rennet casein	Ovotransferrin	Soy nuts	Kamut®
Whey	Ovovitellin	Soy sauce	Miller's bran
	Vitellin	Soya	Modified food starch
		Soybean flour	Pastry flour
		Soybeans	Semolina
		TVP	Spelt
			Starch
			Vegetable gum
			Wheat germ

The following foods may contain highly allergenic ingredients.

Milk	Egg	Soy	Wheat
Baked goods	Baked goods	Baked goods	Breakfast cereals
Biscuits	Béarnaise sauce	Bread	Candy
Bread	Candy	Butter substitutes	Cornstarch
Breakfast cereals	Custard	Canned tuna	Couscous
Butter	Egg noodles	Crackers	Crackers
Canned tuna	Eggnog	Energy bars	Farina
Cheese	Hollandaise sauce	Gravies	Hot dogs
Cream sauces	Ice cream	Ice cream	Ice cream
Deli meats	Lemon curd	Infant formula	Imitation crabmeat
Foods fried in batter	Marshmallows	Liquid meal	Malt
Gravies	Mayonnaise	replacements	Noodles
Ice cream	Meringue	Margarine	Pasta
Margarine	Processed meats	Processed meats	Processed meats
Sausages	Puddings	Salad dressings	Sausage
Sherbet	Salad dressings	Soy nut butter	Soup mixes
Soups	Soufflés	Tempeh	Soy sauce
Sour cream	Tartar sauce	Tofu	Wheat germ
Soy/vegetarian cheese		Veggie burgers	Wheat starch
Yogurt			

Reference

Ansel J. Working with the food-allergic child. *Today's Dietitian*. 2002;4:36-39.

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