

How to Read a Label for a Sesame-Free Diet



Sesame is not currently included in the list of major allergens that must be declared by food manufacturers as part of the Food Allergen Labeling Consumer Protection Act (FALCPA). The list below includes information about ingredients to avoid if you have a sesame allergy, including uncommon names for the ingredient.

For a Sesame-Free Diet

Avoid foods that contain sesame or any of these ingredients:

Benne, benne seed, benniseed	Sesame flour	Sesame seed	Sim sim
Gingelly, gingelly oil	Sesame oil*	Sesamol	Tahini, Tahina, Tehina
Gomasio (sesame salt)	Sesame paste	Sesamum indicum	Til
Halvah	Sesame salt	Sesamolina	

* Studies show that most individuals with specific food protein allergies can safely consume highly refined oils derived from the original food source (examples include highly refined peanut and soybean oil). Because sesame oil is not refined, it is recommended that it be avoided by individuals with sesame allergy.

Sesame may also be included and undeclared in ingredients such as flavors or spice blends. If you are unsure whether or not a product could contain sesame, you should call the manufacturer to ask about their ingredients and manufacturing practices. Because spice blend and flavoring recipes are generally considered proprietary information, it is advised to specifically inquire if sesame is used as an ingredient, rather than simply asking what ingredients are used in a flavoring or spice blend.

Sesame has been found as an ingredient in the food items listed below. Please note this list is not all inclusive. It does not imply that sesame is always present in these foods. It is intended to serve as a reminder to always be vigilant and ask questions about ingredients before eating a food that you have not prepared yourself.

Examples of foods that may contain sesame include:

Asian cuisine (sesame oil is commonly used in cooking)	Crackers (such as melba toast and sesame snap bars)	Falafel	Snack foods (such as pretzels, candy, Halvah, Japanese snack mix and rice cakes)
Baked goods (such as bagels, bread, breadsticks, hamburger buns and rolls)	Dipping sauces (such as baba ghanoush, hummus and tahini sauce)	Goma-dofu (Japanese dessert)	Soups
Bread crumbs	Dressings, gravies, marinades and sauces	Herbs and herbal drinks	Sushi
Cereals (such as granola and muesli)	Ethnic foods such as flavored rice, noodles, risotto, shish kebabs, stews and stir fry	Margarine	Tempeh
Chips (such as bagel chips, pita chips and tortilla chips)		Pasteli (Greek dessert)	Turkish cake
		Processed meats and sausages	Vegetarian burgers
		Protein and energy bars	

Sesame may also be found in non-food items, including:

Cosmetics (including soaps and creams)	Medications	Nutritional supplements	Pet foods
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In non-food items, the scientific name for sesame, *Sesamum indicum*, may be on the label.

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For more information, visit: foodallergy.org/foodlabels