

Food Allergens



HARKER HEIGHTS ALLERGY

ALLERGY | ASTHMA | IMMUNOLOGY

AND THEIR OTHER NAMES

Navigating food labels requires familiarity with the various names allergens might go by. Here's a guide to other known names for the top 9 food allergens that could appear on nutrition labels:

Milk

- Casein & caseinates
- Whey & whey products
- Lactalbumin

Eggs

- Albumin/albumen
- Ovoglobulin
- Ovomucin
- Ovovitellin
- Lysozyme

Peanuts

- Arachis oil (another term for peanut oil)
- Ground nuts
- Mandelonas (artificial nuts made from peanuts)

Tree Nuts

- Almond, Cashew, Walnut, Hazelnut, Pistachio, Pecan, etc.
- Marzipan/almond paste
- Nut butters and oils (e.g., almond butter, walnut oil)
- Gianduja

Fish

- Specific fish names (e.g., Salmon, Tuna, Cod, etc.)
- Fish gelatin (found in marshmallows, gummy candies)
- Fish sauce
- Imitation fish or seafood products

Shellfish

- Specific shellfish names (e.g., Shrimp, Lobster, Crab, etc.)
- Crustaceans and mollusks
- Seafood flavoring
- Surimi

Soy

- Soy protein and soy protein isolate
- Textured vegetable protein (TVP)
- Soy lecithin
- Edamame
- Tamari, Soy sauce, Teriyaki sauce

Wheat

- Farina
- Semolina
- Spelt
- Durum
- Einkorn
- Emmer
- Kamut
- Bulgur
- Couscous

Sesame

- Sesame oil
- Tahini
- Sesame flour
- Gomasio (sesame salt)
- Sesame seeds

It's important to check labels carefully, as these ingredients can appear under various names and derivatives. When in doubt, contacting the manufacturer directly to inquire about specific allergens in their products can be a helpful step in managing food allergies.