



## SESAME Allergen Card



### Any food containing sesame must be avoided including\*:

Anjonoli  
Aqua Libra  
Benne  
Benniseed  
Dukkah  
Gingelly seeds  
Gomasio/sesame salt  
Halva  
Hummus  
Pasteli  
Sesame seed  
Sesame flour  
Sesame oil  
Sesarmol  
Sesomolina  
Sim sim  
Tahina/sesame paste  
Tahini  
Til or teel

Check when purchasing food that may be cooked in oil e.g. chips, that the oil has not been contaminated by cooking sesame.

**\*This is not a complete list of ingredients to avoid but is intended as a helpful aid for living with sesame allergy. It is NOT meant to replace medical advice given by your doctor.**

### Products and foods which might contain sesame include:

Asian foods  
Baked/bakery foods (e.g. cakes, biscuits, muffins, pastries, crackers, bread, pies, slices)  
Biscuits (sweet and savoury)  
Bread/crumbs/sticks  
Breakfast cereals  
Dips  
Dressings (sesame oil)  
Hamburger buns  
Herbs  
Marinades  
Middle Eastern foods  
Muesli and muesli bars  
Pashmak (Persian fairy floss)  
Patés  
Pretzels  
Salads  
Snack foods  
Spices  
Spreads  
Sushi  
Turkish bread  
Vegetarian food

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## FOOD ALLERGY SAFETY

**Avoidance of the food allergen is crucial if you are food allergic. There are many strategies you can put in place to help reduce the risk of an allergic reaction including anaphylaxis.**

### When eating away from home:

- Plan ahead; educate those around you.
- Tell wait staff and/or food preparation staff about your food allergy. When you tell wait staff about your allergy, consider giving them an A&AA Chef Card, a helpful tool to help you communicate your allergy. Scan the QR code below for Chef Card information.
- Have an appropriate snack available when you go out. If you are hungry, you will be more tempted to take a risk with a non-labelled food purchase.
- Do not share food.
- Do not share straws, cups, cutlery and other food utensils.
- ALWAYS have your ASCIA Action Plan for Anaphylaxis and your adrenaline injector with you. No Adrenaline = No Eat!

### When buying packaged food:

- Always read the ingredient list on the food label, even if the product has been purchased and eaten safely before.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- Call food manufacturers and ask about food ingredients if you are unsure about a product.
- Note: Warning statements such as "May contain..." are voluntary.
- Australian labelling requires all common allergens to be listed on the food label.

### Allergens found in other products:

- Check cosmetics, lotions, shampoos, soaps, moisturisers and products used on the skin for food allergens.
- Check medications (prescribed and over the counter), supplements, herbal medicines and alternate therapies for food allergens.
- Check pet food for food allergens (e.g. bird seed for peanut and tree nuts, cat food for fish).

Scan the QR code for more information or call 1300 728 000 or visit [www.allergyfacts.org.au](http://www.allergyfacts.org.au)



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