



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



 Allergy & Anaphylaxis Australia
Your trusted charity for allergy support



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