

How to Read a Label for a Wheat-Free Diet

All FDA-regulated manufactured food products that contain wheat as an ingredient are required by U.S. law to list the word "wheat" on the product label. The law defines any species in the genus *Triticum* as wheat.

Avoid foods that contain wheat or any of these ingredients:

bread crumbs	hydrolyzed wheat protein
bulgur	Kamut
cereal extract	matzoh, matzoh meal (<i>also spelled as matzo, matzah, or matza</i>)
club wheat	pasta
couscous	seitan
cracker meal	semolina
durum	spelt
einkorn	spouted wheat
emmer	triticale
farina	vital wheat gluten
flour (<i>all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat</i>)	wheat (<i>bran, durum, germ, gluten, grass, malt, sprouts, starch</i>)
	wheat grass
	whole wheat berries

Wheat is sometimes found in the following:

soy sauce	surimi
starch (<i>gelatinized starch, modified starch, modified food starch, vegetable starch</i>)	

How to Read a Label for an Egg-Free Diet

All FDA-regulated manufactured food products that contain egg as an ingredient are required by U.S. law to list the word "egg" on the product label.

Avoid foods that contain eggs or any of these ingredients:

albumin (<i>also spelled albumen</i>)	mayonnaise
egg (<i>dried, powdered, solids, white, yolk</i>)	meringue (<i>meringue powder</i>)
egg nog	ovalbumin
globulin	ovovitellin
lysozyme	surimi

Egg is sometimes found in the following:

baked goods	marzipan
egg substitutes	marshmallows
lecithin	nougat
macaroni	pasta

How to Read a Label for a Tree Nut-Free Diet

All FDA-regulated manufactured food products that contain a tree nut as an ingredient are required by U.S. law to list the specific tree nut on the product label.

Avoid foods that contain nuts or any of these ingredients:

almonds	Nangai nuts
artificial nuts	natural nut extract (<i>e.g., almond, walnut</i>)
beechnut	nut butters (<i>e.g., cashew butter</i>)
Brazil nuts	nut meal
butternut	nut paste (<i>e.g., almond paste</i>)
cashews	nut pieces
chestnuts	nutmeat
chinquapin	pecans
coconut	pesto
filberts/hazelnuts	pili nut
gianduja (<i>a chocolate-nut mixture</i>)	pine nuts (<i>also referred to as Indian, pignoli, pignolia, pignon, piñon, and pinyon nuts</i>)
ginkgo nut	pistachios
hickory nuts	praline
litchi/lichee/lychee nut	shea nut
macadamia nuts	walnuts
marzipan/almond paste	

How to Read a Label for a Shellfish-Free Diet

All FDA-regulated manufactured food products that contain a crustacean shellfish as an ingredient are required by U.S. law to list the specific crustacean shellfish on the product label.

Avoid foods that contain shellfish or any of these ingredients:

crab
crawfish (*crayfish, ecrevisse*)
lobster (*langouste, langoustine, scampo, coral, tomalley*)
prawn
shrimp (*crevette*)

Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

abalone
clams (*cherrystone, littleneck, pismo, quahog*)
cockle (*periwinkle, sea urchin*)
mussels
octopus
oysters
snails (*escargot*)
squid (*calamari*)

Shellfish are sometimes found in the following:

bouillabaisse
cuttlefish ink
fish stock
seafood flavoring (*e.g., crab or clam extract*)
surimi

Keep the following in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.

Tree nuts are sometimes found in the following:

black walnut hull extract (*flavoring*)
natural nut extract
nut distillates/alcoholic extracts
nut oils (*e.g., walnut oil, almond oil*)
walnut hull extract (*flavoring*)

Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.

How to Read a Label for a Milk-Free Diet

All FDA-regulated manufactured food products that contain milk as an ingredient are required by U.S. law to list the word "milk" on the product label.

Avoid foods that contain milk or any of these ingredients:

butter, butter fat, butter oil, butter acid, butter ester(s)	lactulose
buttermilk	milk (<i>in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low-fat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole</i>)
casein	
casein hydrolysate	
caseinates (<i>in all forms</i>)	
cheese	milk protein hydrolysate
cottage cheese	pudding
cream	Recaldent®
curds	rennet casein
custard	sour cream, sour cream solids
diacetyl	sour milk solids
ghee	tagatose
half-and-half	whey (<i>in all forms</i>)
lactalbumin, lactalbumin phosphate	whey protein hydrolysate
lactoferrin	yogurt
lactose	

Milk is sometimes found in the following:

artificial butter flavor	luncheon meat, hot dogs, sausages
baked goods	margarine
caramel candies	nisin
chocolate	nondairy products
lactic acid starter culture and other bacterial cultures	nougat



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How to Read a Label for a Soy-Free Diet

All FDA-regulated manufactured food products that contain soy as an ingredient are required by U.S. law to list the word "soy" on the product label.

Avoid foods that contain soy or any of these ingredients:

edamame	soya
miso	soybean (<i>curd, granules</i>)
natto	soy protein (<i>concentrate, hydrolyzed, isolate</i>)
shoyu	soy sauce
soy (<i>soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt</i>)	tamari
	tempeh
	textured vegetable protein (<i>TVP</i>)
	tofu

Soy is sometimes found in the following:

Asian cuisine	vegetable gum
vegetable broth	vegetable starch

Keep the following in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (*not* cold pressed, expeller pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.

How to Read a Label for a Peanut-Free Diet

All FDA-regulated manufactured food products that contain peanut as an ingredient are required by U.S. law to list the word "peanut" on the product label.

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts	monkey nuts
beer nuts	nut pieces
cold pressed, expeller pressed, or extruded peanut oil	nutmeat
goobers	peanut butter
ground nuts	peanut flour
mixed nuts	peanut protein hydrolysate

Peanut is sometimes found in the following:

African, Asian (<i>especially Chinese, Indian, Indonesian, Thai, and Vietnamese</i>), and Mexican dishes	egg rolls
baked goods (<i>e.g., pastries, cookies</i>)	enchilada sauce
candy (<i>including chocolate candy</i>)	marzipan
chili	mole sauce
	nougat

Keep the following in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (*not* cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine.
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.