

Food allergies

MAJOR FOOD ALLERGENS - PARTIAL LIST OF NAMES



EGGS

albumin, conalbumin, globulin, lecithin, livetin, lysozyme, meringue, ovalbumin, ovoglobulin, ovalactohydrolyzed proteins, ovomacroglobulin, ovomucin, ovomucoid, ovotranferin, ovovitellin, silico-albuminate, vitellin, yolk



FISH

anchovies, bass, catfish, caviar, cod, flounder, grouper, haddock, hake, herring, mahi mahi, perch, pike, pollock, salmon, scrod, sole, snapper, swordfish, tilapia, trout, tuna



MILK

butter, buttermilk, casein, caseinate, cheese, cream, curds, custard, diacetyl, ghee, lactose, sour cream, whey, yogurt



PEANUTS

arachis oil, beer nuts, ground nuts, mixed nuts, monkey nuts



SHELLFISH

barnacle, crab, crayfish, echinoderms, crustaceans, krill, lobster, prawns, sea urchin, shrimp



SOY

edamame, lecithin, miso, natto, shoyu, soya, soybean, soy protein, soy sauce, tamari, tempeh, textured vegetable protein, tofu



TREENUTS

almond, beechnut, Brazil nut, bush nut, cashew, chestnut, filbert, ginko nut, hazelnut, lichee nut, macadamia nut, pecan pine nut, pistachio, shea nut, walnut



WHEAT

barley, durham, food starch, kamut, rye, spelt, triticale, wheat protein



GLUTEN ALLERGY

OTHER NAMES FOR GLUTEN:

Avena sativa (oats, which may be contaminated with gluten)	Malodextrin
Cyclodextrin	Phytosphingosine extract(barley)
Dextrin	Amino peptide complex (barley)
Fermented grain extract	Secale cereale (rye)
Hordeum distichon (barley)	Triticum aestivum (wheat)
Hordeum vulgare (barley)	Triticum vulgare (wheat)
Hydrolysate (wheat)	Tocopherol/vitamin E (may come from wheat)
Hyrolyzed malt extract	Yeast extract
Hydrolyzed vegetable protein	

COMMON INGREDIENTS CONTAINING GLUTEN:

All-purpose flour	Tritcale
Durum	Farina
Semolina	Kamut
Rye	Breadcrumbs
Spelt	Emmer
Bulgur	Einkorn
Couscous	

COMMON FOODS CONTAINING GLUTEN:

Bagels	Quick Breads
Panko	Hot Dogs
Doughnuts	Processed Meats
Danishes	Ice Cream Products
Granola	Salad Dressings
Matzo	Beer/Ale
Crepes	Candy
Waffles	Canned Soups
Pasta Noodles	Soy Sauce
Ramen	



Metz
CULINARY MANAGEMENT