



SESAME FREE DIET INFORMATION SHEET

Avoid all food products that contain **sesame** (benne, gingelly, til, teel, simsin, anjonjoli) as an ingredient (**not** required by U.S. law to list separately on the product label.)

Avoid foods that use other words that mean, contain or may contain sesame:

aqua libra	muesli
bakery products	processed meats
bagels	sausages
chutneys	sauces
confection bars	stir fries
dips	tahini
halvah	veggie burgers
hummus	

Avoid sesame oil which is popular in:

- cosmetics (sesamum indicum)
- marinades
- salad dressing
- sauces (such as barbecue)
- skin care products (such as lotions, liniments, ointments and soaps)

Avoid Middle Eastern and Asian cuisine.

For additional information: www.foodallergy.org