

## **MILK AND MILK DERIVATIVES**

Ammonium/calcium/magnesium/potassium/sodium caseinate

Casein/caseinate/rennet casein

Curds

Delactosed/demineralized whey

Dry milk/milk/sour cream/sour milk solids

Hydrolyzed casein, hydrolyzed milk protein

Lactalbumin/lactalbumin phosphate

Lactate/lactose

Lactoferrin

Lactoglobulin

Milk derivative/fat/protein

Modified milk ingredients

Opta™, Simplesse® (fat replacers)

Whey, whey protein concentrate

### **Possible sources of milk**

Artificial butter, butter fat/flavour/oil, ghee, margarine

Baked goods and baking mixes e.g., breads, cakes, doughnuts

Brown sugar, high-protein flour

Buttermilk, cream, dips, salad dressings, sour cream, spreads

Caramel colouring/flavouring

Casein in wax, e.g., fresh fruits and vegetables

Casseroles, frozen prepared foods

Cereals, cookies, crackers

Cheese, cheese curds, cottage/soy cheese

Chocolate

Desserts, e.g., custard, frozen yogurt, ice cream, pudding, sherbet, yogurt

Egg/fat substitutes

Flavoured coffee, coffee whitener, non-dairy creamer

Glazes, nougat

Gravy, sauces

Kefir (milk drink), kumiss (fermented milk drink), malt drink mixes

Meats, e.g., canned tuna, deli/processed meats, hot dogs, pâtés, sausages

Pizza

Potatoes, e.g., instant/mashed/scalloped potatoes, seasoned french fries/potato chips

Seasonings

Snack foods, e.g., candy, fruit bars, granola bars

Soups, soup mixes

Tofu

Wax coated fruits and vegetables

### **Non-food sources of milk**

Cosmetics

Medications

Pet food

### **Ingredients that do not contain milk protein**

Calcium/sodium lactate

Calcium/sodium stearoyl lactylate

Cocoa butter

Cream of tartar

Oleoresin

## EGG AND EGG DERIVATIVES

Note: Avoid all food and products that contain egg in the ingredient list, e.g., powdered egg. The terms "ovo" and "albumin" mean the product contains egg.

Albumin/Albumen  
Conalbumin  
Egg substitutes, e.g., Egg Beaters®  
Globulin  
Livetin  
Lysozyme  
Meringue  
Ovalbumin  
Ovoglobulin  
Ovolactohydrolyze proteins  
Ovomacroglobulin  
Ovomucin, ovomucoid  
Ovotransferrin  
Ovovitellin  
Silico-albuminate  
Simplese®  
Vitellin

### Possible sources of eggs

Alcoholic cocktails/drinks  
Baby food  
Baked goods and baking mixes, e.g., breads, cakes, cookies, doughnuts, muffins, pancakes, pastries, pretzels  
Battered/fried foods  
Confectionary, e.g., candy, chocolate  
Cream-filled pies, e.g. banana, chocolate, coconut  
Creamy dressings, salad dressings, spreads, e.g., mayonnaise, Caesar salad dressing, tartar sauce  
Desserts, e.g., custard, dessert mixes, ice cream, meringue, pudding, sorbet  
Egg/fat substitutes  
Fish mixtures, e.g., surimi (used to make imitation crab/lobster meat)  
Foam/milk topping on coffee  
Homemade root beer, malt drink mixes  
Icing, glazes, e.g., egg wash on baked goods, nougat  
Lecithin  
Meat mixtures, e.g., hamburger, hot dogs, meatballs, meatloaf, salami, etc.  
Orange Julep®, Orange Julius® (orange juice beverages)  
Pasta, e.g., egg noodles  
Quiche, soufflé  
Sauces, e.g., béarnaise, hollandaise, Newburg  
Soups, broths, bouillons

### Non-food sources of eggs

Anesthetic, e.g., Diprivan® (propofol)  
Certain vaccines, e.g., MMR (Measles, Mumps and Rubella)  
Craft materials  
Hair care products  
Medications

## **PEANUT AND PEANUT DERIVATIVES**

Arachide  
Arachis oil  
Beer nuts  
Cacahouète/cacahouette/cacahuète  
Goober nuts, goober peas  
Ground nuts  
Kernels  
Mandelonas, Nu-Nuts™  
Nut meats  
Valencias

### **Possible sources of peanuts**

Almond & hazelnut paste, icing, glazes, marzipan, nougat  
Nut substitutes e.g., re flavoured and reformed peanuts that look like other nuts  
Baked goods, e.g., cakes, cookies, doughnuts, pastries  
Cereals  
Chili  
Desserts, e.g., frozen desserts, frozen yogurts, ice cream, sundae toppings  
Dried salad dressing, soup mix  
Ethnic foods (including sauces and soups), e.g., chili, curries, egg rolls, satays, Szechwan sauce, Thai food  
Gravy  
Hydrolyzed plant protein/vegetable protein (source may be peanut)  
Peanut oil  
Snack foods, e.g., candy, chocolate, dried fruits, energy/granola bars, mixed nuts, popcorn, potato chips, trail mixes  
Vegetarian meat substitutes

### **Non-food sources of peanuts**

Ant baits, bird feed, mouse traps, pet food  
Cosmetics, sun screens  
Craft materials  
Medications, vitamins  
Mushroom growing medium  
Stuffing in toys

## SEAFOOD AND SEAFOOD DERIVATIVES

### *Fish:*

Anchovy, basa, bass, bluefish, bream, carp, catfish (channel cat, mudcat), char, chub, cisco, cod, eel, flounder, grouper, haddock, hake, halibut, herring, mackerel, mahi-mahi, marlin, monkfish (angler fish, lotte), orange roughy, perch, pickerel (dore, walleye), pike, plaice, pollock, pompano, porgy, rockfish, salmon, sardine, shark, smelt, snapper, sole, sturgeon, swordfish, tilapia (St. Peter's fish), trout, tuna (albacore, bonito), turbot, white fish, whiting.

### *Crustaceans:*

Crab, crayfish (crawfish, écrevisse), lobster (langouste, langoustine, coral, tomalley), prawns, shrimp (crevette).

### *Shellfish:*

Abalone, clam, cockle, conch, limpets, mussels, octopus, oysters, periwinkle, quahaugs, scallops, snails (escargot), squid (calamari), whelks.

### **Possible sources of fish, crustaceans and shellfish**

Deli meats, for example, bologna, ham

Dips, spreads, kamaboko (imitation crab/lobster meat)

Ethnic foods, for example, fried rice, paella, spring rolls

Fish mixtures, for example, surimi (used to make imitation crab/lobster meat)

Garnishes, for example, antipasto, caponata (Sicilian relish), caviar, roe (unfertilized fish eggs)

Gelatin, marshmallows

Hot dogs

Pizza toppings

Salad dressings

Sauces, for example, fish, marinara, Nuoc Mâm, steak, Worcestershire

Soups

Spreads, for example, taramasalata (contains salted carp roe)

Sushi

Tarama (salted carp roe)

Wine

### **Non-food sources of fish, crustaceans and shellfish**

Fish food

Lip balm/lip gloss

Pet food

## **SESAME SEEDS AND SESAME DERIVATIVES**

Benne/benne seed/benniseed  
Gingelly/gingelly oil  
Seeds  
Sesamol/sesamolina  
Sesamum indicum  
Sim sim  
Tahina  
Tahini  
Til  
Vegetable oil

### **Possible sources of sesame seeds**

Aqua Libra® (herbal drink)  
Baked goods, e.g., breads, cookies, pastries, bagels, buns  
Bread crumbs, bread sticks, cereals, crackers, melba toast, muesli  
Dips, pâtés, spreads, e.g., hummus, chutney  
Dressings, gravies, marinades, salads, sauces, soups  
Ethnic foods, e.g., flavoured rice, noodles, shish kebabs, stews, stir fry  
Flavour(ing)  
Herbs, seasoning, spice  
Margarine  
Processed meats, sausages  
Risotto (rice dish)  
Sesame oil, sesame salt (gomasio)  
Snack foods, e.g., bagel/pita chips, candy, granola bars, halvah, pretzels, rice cakes, sesame snap bars  
Tahini  
Tempeh  
Vegetarian burgers

### **Non-food sources of sesame seeds**

Adhesive bandages  
Cosmetics, hair care products, perfumes, soaps, sun screens  
Drugs  
Fungicides, insecticides  
Lubricants, ointments, topical oils  
Pet food  
Sesame meal, e.g., poultry and livestock feed

## SOY AND SOY DERIVATIVES

Edamame  
Kinako  
Kouridofu  
Miso  
Mono-diglyceride  
Natto  
Nimame  
Okara  
Soya, soja, soybean, soybeans  
Soy protein (isolate/concentrate), vegetable protein  
Tempeh  
Textured soy flour (TSF), textured soy protein (TSP), textured vegetable protein (TVP)  
Tofu (soybean curds)  
Yuba

### **Possible sources of soy**

Baby formulas  
Baked goods and baking mixes, e.g., breads, cookies, cake mixes, doughnuts, pancakes  
Bean sprouts  
Beverage mixes, e.g., hot chocolate, lemonade  
Bread crumbs, cereals, crackers  
Breaded foods, chili, pastas, stews, taco filling, tamales  
Canned tuna/minced hams  
Chewing gum  
Cooking spray, margarine, vegetable shortening, vegetable oil  
Diet drinks, imitation milk  
Dressings, gravies, marinades  
Frozen desserts  
Hydrolyzed plant protein (HPP), hydrolyzed soy protein (HSP), hydrolyzed vegetable protein (HVP)  
Lecithin  
Monosodium glutamate (MSG) (may contain hydrolyzed protein)  
Processed and prepared meats, e.g., beef, deli, pork, poultry  
Sauces, e.g., soy, shoyu, tamari, teriyaki, Worcestershire  
Seafood-based products, fish  
Seasoning, spices  
Simulated fish and meat products, e.g., surimi (imitation crab/lobster meat), simulated bacon bits  
Snack foods, e.g., candy, chocolate, energy bars, fudge, popcorn, potato chips  
Soups, broths, soup mixes/stock  
Spreads, dips, mayonnaise, peanut butter  
Thickening agents  
Vegetarian dishes

### **Non-food sources of soy**

Cosmetics, soaps  
Craft materials  
Glycerine  
Milk substitutes for young animals  
Pet food  
Vitamins

## **SULPHITES AND SULPHITE DERIVATIVES**

E 220, E 221, E 222, E 223, E 224, E 225, E 226, E 227, E 228 (European names)

Potassium bisulphite/metabisulphite

Sodium bisulphite/dithionite/metabisulphite/sulphite

Sulfur dioxide

Sulphiting agents

Sulphurous acid

### **Possible sources of sulphites**

Alcoholic/non-alcoholic beer, cider, wine

Baked goods, e.g., breads, cookies, pastries, waffles

Bottled lemon and lime juice/concentrate

Canned/frozen fruits and vegetables, e.g., mushrooms, sliced apples, olives, peas, peppers, pickles, pickled onions, tomatoes

Cereal, cornmeal, cornstarch, crackers, muesli

Condiments, e.g., coleslaw, horseradish, ketchup, mustard, pickles, relish, sauerkraut

Deli meat, hot dogs, sausages

Dressings, gravies, guacamole, sauces, soups, soup mixes

Dried fruits/vegetables, e.g., apples, apricots, coconut, mincemeat, papaya, peaches, pears, pineapple, raisins, sun dried tomatoes

Dried herbs, spices, tea

Fish, including crustaceans and shellfish, e.g., shrimp (fresh/frozen)

Fresh grapes, lettuce

Fruit filling, fruit syrup, gelatin, jams, jellies, marmalade, molasses, pectin

Fruit/vegetable juices, e.g., coconut, grape, sparkling grape, white grape

Glazed/glacéed fruits, e.g., apples, grapes, maraschino cherries

Potatoes, e.g., frozen french fries, dehydrated, mashed, peeled, pre-cut

Snack foods, e.g., candy, chocolate/fruit bars, tortilla/potato chips, soft drinks, trail mix

Soy products

Starches, e.g., corn, potato, sugar beet; noodles, rice mixes

Sugar syrups, e.g., glucose, glucose solids, syrup dextrose

Tomato paste/pulp/puree

Vinegar, wine vinegar

### **Non-food sources of sulphites**

Bottle sanitizing solution for home brewing

## **TREE NUTS AND TREE NUT DERIVATIVES**

Anacardium nuts

Calisson (a marzipan-like candy made from almonds)

Marzipan (almond paste)

Nut meats

Pinon

Queensland nut (macadamia)

### **Possible sources of tree nuts**

Baked goods, e.g., cakes, cereal bars, cookies, doughnuts, energy/granola bars, muffins, pastries

Baking mixes, cereals, crackers, muesli

Dressings, gravies

Gianduja, e.g., chocolate and chopped nuts mixture found in premium or imported chocolate and ice cream

Ice cream, frozen desserts, frozen yogurts, sundae toppings, pralines

Main course dishes, e.g., almond chicken, Asian food such as pad thai and satay, chili, trout amandine

Natural flavourings and extracts, e.g., pure almond extract

Nut butter, nut/peanut oil

Nut-flavoured coffee/liqueurs, e.g., amaretto, Frangelico®

Salads, e.g., Waldorf salad

Sauces, e.g., barbeque, pesto

Snack foods, e.g., candy, chips, chocolate, popcorn, snack/trail mixes

Spreads, e.g., almond paste, cheese, chocolate nut, nougat, Nutella®, nut paste

Vegetarian dishes

### **Non-food sources of tree nuts**

Bean bags, kick sacks/hacky sacks

Bird seed

Cosmetics, hair care products, sun screens

Massage oils

Pet food



## WHEAT AND WHEAT DERIVATIVES

Atta  
Bulgur  
Couscous  
Durum  
Einkorn  
Emmer  
Enriched/white/whole wheat flour  
Farina  
Gluten  
Graham flour, high gluten/protein flour  
Kamut  
Seitan  
Semolina  
Spelt (dinkel, farro)  
Triticale (a cross between wheat and rye)  
Triticum aestivum  
Wheat bran/flour/germ/starch

### Possible sources of wheat

Baking powder, flour  
Beer  
Coffee substitutes made from cereal  
Chicken and beef broth (canned/cubed)  
Falafel  
Gelatinized starch, modified starch, modified food starch  
Host (communion/altar bread/wafers)  
Hydrolyzed plant protein  
Ice cream  
Imitation bacon  
Meat, fish and poultry binders and fillers, e.g., deli meats, hot dogs, surimi  
(used to make imitation crab/lobster meat)  
Pie fillings, puddings  
Prepared ketchup, mustard  
Salad dressings  
Sauces, e.g., chutney, soy sauce, tamari sauce  
Seasonings  
Snack foods, e.g., pretzels, candy, chocolate bars

### Non-food sources of wheat

Cosmetics, hair care products  
Medications, vitamins  
Modeling compound e.g., PLAY-DOH®  
Pet food  
Wreath decorations

**Note: These lists are not complete and may change. Food and food products purchased from other countries, through mail-order or the Internet, are not always produced using the same manufacturing and labelling standards as in Canada.**

**The above lists only include the top 8 allergens in Canada. For more information or if you require a list for an allergy that is not listed here please contact Health Canada or visit them at <http://www.hc-sc.gc.ca/fn-an/securit/allerg/fa-aa/index-eng.php>**