

Sesame free diet



Your child is allergic to sesame. It's important to not eat foods or use products that have sesame in them. This will help stop an allergic reaction from happening. Use this teaching sheet to know what to avoid.

What ingredients should we avoid?

Avoid foods that have sesame or any of these ingredients:

- Benne, benne seed, benniseed
- Gingelly, gingelly oil
- Gomasio (sesame salt)
- Halvah
- Sesame flour
- Sesame oil
- Sesame paste
- Sesame salt
- Sesame seed
- Sesamol
- Sesamum indium
- Sesemonlina
- Sim
- Tahini, Tahina, Tehina
- Til

What other foods may have sesame as an ingredient?

Sesame has been found in the food items below.

- Asian foods (sesame oil is used in cooking)
- Baked goods (bagels, bread, buns, rolls)
- Bread crumbs
- Cereals (granola, muesli)
- Chips (pita chips, tortilla chips)
- Crackers (melba toast, sesame snap bars)
- Dipping sauces (baba ghanoush, hummus)
- Dressings, gravies, marinades, sauces
- Falafel
- Flavored Rice
- Goma-dofu (Japanese dessert)
- Herbs and herbal drinks
- Margarine
- Pasteli (Greek dessert)
- Processed meats and sausage
- Protein and energy bars
- Snack foods (pretzels, candy)
- Soups and stews
- Sushi
- Tempeh
- Turkish cake
- Vegetarian burgers

Remember:

- This list does not have all of the foods that may have sesame.
- Sesame is not always in these foods.
- Always check the food label. Ask what is in a food before you eat it.

What are some non-food items that may have sesame?

- Makeup and skincare products
- Vitamins
- Pet foods
- Perfumes
- Medicines

In these items, **Sesamum indicum** may be on the label.

All information is based on content from FARE (Food Allergy Research and Education).

For more information visit: www.foodallergy.org

For more health and wellness information check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.