

Spot the alias

DIRECTIONS: STEP 1: CUT ALONG DOTTED LINE. **STEP 2:** FOLD IN HALF VERTICALLY. **STEP 3:** FOLD INTO ACCORDIAN. **STEP 4:** PLACE IN WALLET!





SPOT THE ALIAS

An egg by any other name... can be confusing!

Watch for these possible aliases of common allergens.*

CORN

corn sugar, corn syrup, corn syrup solids, cornstarch, crystalline fructose, crystalline glucose, dextrose, glucose, glucose syrup, high fructose corn syrup (HFCS), lecithin (from corn), maltodextrin

EGGS

albumin, conalbumin, egg substitutes, globulin, lecithin (from egg), livetin, lysozyme, meringue, ovalbumin, ovomacroglobulin, ovomucin, ovomucoid, ovotransferrin, ovovitellin, silico-albuminate, Simplesse®, vitellin

FISH

(includes crustaceans and shellfish)

anchovy, bass, bluefish, calamari, carp, catfish, char, clam, cod, cockle, conch, crab, crayfish, eel, escargot, halibut, herring, lobster, mackerel, mahi-mahi, marlin, mussels, octopus, orange roughy, pickerel, pike, pollock, prawns, rockfish, salmon, sardine, shark, shrimp, scallops, sea urchin, smelt, snails, snapper, swordfish, squid, tilapia, trout, tuna (albacore/yellow fin/ bonito), walleye, white fish

MILK

ammonium caseinate, calcium caseinate, magnesium caseinate, potassium caseinate, sodium caseinate, casein, caseinate, curds, dry milk, hydrolyzed casein, hydrolyzed milk protein, lactalbumin, lactate, lactoferrin, lactoglobulin, lactose, modified milk ingredients, Opta™, sour cream, sour milk solids, whey, whey protein concentrate, rennet



*** NOTE:**

This guide should not be considered the final word on your allergen and its "aliases" – speak to your doctor about obtaining a complete list.

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PEANUTS

arachide, arachis oil, beer nuts, cacahouète, cacahouète, goober nuts, goober peas, ground nuts, mandelonas, Nu-Nuts™, nut meats, valencias

SESAME, SESAME SEED

benne, benne seed, benne seed, flavouring, gingelly, gingelly oil, seeds, sesame, sesamolina, sesamum indicum, sim sim, tahina, tahini, til, vegetable oil

SOY

edamame, lecitin (from soybeans), kinako, kouridofu, miso, monoglyceride, diglyceride, natto, okara, soya, soja, soybean, soybeans, soybean curds, soy protein (isolate/ concentrate), tempeh, textured soy protein (TSP), textured soy protein (TSF), acid, E220, E221, E222, E223, E224, E225, E226, E227, E228

sulphur dioxide, sulphurous acid, sulphiting agent, sodium metabisulphite, sodium sulphite, potassium metabisulphite, calcium bisulphite, calcium sulphite, E228

SULPHITES

calcium sulphite, potassium bisulphite, potassium metabisulphite, sodium sulphite, sodium metabisulphite, sodium bisulphite, sulphur dioxide, sulphurous acid, E220, E221, E222, E223, E224, E225, E226, E227, E228

Queensland nut

TREE NUTS

(includes almonds, Brazil nuts, cashews, hazelnuts [filberts], macadamia nuts, pecans, pine nuts, pistachio nuts, and walnuts)

almond paste, anacardium nuts, callison, mandelonas, marzipan, nut meats, Nu-Nuts™, pignolias, Queensland nut

WHEAT

atta, bulgur, couscous, durum, einkorn, emmer, enriched/white/whole wheat flour, farina, gluten flour, kamut, protein flour, seitan, semolina, spelt (dinkel/farro), triticale, Triticum aestivum, wheat bran, wheat germ, wheat starch