

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>