

Food Allergen Graph: Avoiding Peanut, Tree Nuts, Egg, Corn, and Wheat Ingredients

Common food allergens may be listed many different ways on food labels and can be hidden in common foods. Below you will find different labels for common allergens.

Avoiding Peanuts:

Artificial nuts
Beer nuts
Cold pressed, expeller pressed or extruded peanut oil
Goobers
Ground nuts
Mandelonas (peanuts soaked in almond flavoring)
Mixed nuts
Monkey nuts
Nut meat
Nut pieces
Peanut butter
Peanut flour
Peanut protein hydrolysate

Peanut may be found in:

Baked goods (e.g., pastries, cookies)
Candy (including chocolates)
Chili
Egg rolls
Enchilada sauce
Marzipan
Mole sauce
Nougat

Unexpected Sources of Peanut:

African, Asian and Mexican dishes
Sauces such as chili sauce, hot sauce, pesto, gravy, mole sauce and salad dressing
Sweets such as pudding, cookies, Baked goods, pies, hot chocolate
Egg rolls
Pancakes
Specialty pizzas
Some vegetarian food products, especially those advertised as meat substitutes
Foods that contain extruded, cold-pressed or expelled peanut oil, which may contain peanut protein
Glazes and marinades
Pet food

Avoiding Tree Nuts:

Almond
Artificial nuts
Brazil nut
Beechnut
Butternut
Cashew
Chestnut
Chinquapin nut
Coconut (really is a fruit not a tree nut, but classified as a nut on some charts)
Filbert / hazelnut
Gianduja -a chocolate-nut mix
Ginkgo nut
Hickory nut
Litchi/lychee/lychee nut
Macadamia nut
Natural nut extract
Nut butters
Nut meat
Nut paste
Nut pieces
Pecan
Pesto
Pili nut
Pine Nut
Pistachio
Praline
Shea Nut
Walnut

Tree nuts may be found in:

Black walnut hull extract (flavoring)
Natural nut extract
Nut distillates/alcoholic extracts
Nut oils (e.g., walnut oil, almond oil)
Walnut hull extract (flavoring)

Unexpected Sources of Tree Nuts:

Breakfast cereals, Candy, Crackers, Cookies, Chocolates, energy bars, flavored coffee, frozen desserts, marinade, barbeque sauces, some cold cuts, ice cream, alcoholic beverages (flavorings), lotions, shampoos, and soaps.

Avoiding Egg:

Albumin / albumen
Egg (dried, powdered, solids, white, yolk)
Eggnog
Globulin / Ovoglobulin
Fat substitutes
Livetin
Lysozyme
Mayonnaise
Meringue (meringue powder)
Ovalbumin
Ovomucin / Ovomuroid / Ovotransferrin
Simplese
Silici Albuminate
Surimi
Trailblazer
Vitellin / Apovitellin

Eggs may be found in:

Baked goods
Egg substitutes
Lecithin
Macaroni
Marzipan
Marshmallows
Nougat
Pasta

Unexpected Sources of Egg:

Artificial and natural flavorings
Foam or topping on coffee drinks or in bars drinks
Egg Substitutes contain egg white
Most processed cooked pasta and pasta in soups
Egg wash on pretzels and baked goods

Avoiding Corn:

Corn - meal, flakes, syrup, solids, flour, niblets, kernel, alcohol, on the cob, starch, bread, muffins, sugar/sweetener, oil,
Caramel corn / flavoring
Citric acid (may be corn based)
Grits
Hominy
Maize
Malto / Dextrose / Dextrate
Modified cornstarch
Polenta
Sorbital

Corn may be found in:

Breakfast cereals
Corn tortillas
Corn chips - Tortilla chips,
Fritos
Margarine
Corn Fritters
Vegetable oil

Unexpected Sources of Corn:

Toothpaste, perfumes, shampoos,
Chewing gums, breath mints, fast foods, vacuum packed foods,
Cleaning solutions, processed or frozen foods, soft drinks

Avoiding Wheat:

Bread Crumbs
Bulgur
Cereal extract
Club Wheat
Conscious
Cracker meal
Durum
Einkorn
Emmer
Farina
Hydrolyzed wheat protein
Kamut
Matzoh
Matzoh meal
Pasta
Seitan
Semolina
Spelt
Sprouted wheat
Triticale
Vital wheat gluten
Wheat - bran, durum, germ, gluten, grass, malt, sprouts, starch, bran hydrolysate, germ oil, grass protein isolate
Whole-wheat berries

Wheat may be found in:

Glucose syrup
Surimi
Soy Sauce
Starch (gelatinized starch, modified starch, modified food starch, vegetable starch)

Unexpected Sources of Wheat:

Ice cream, marinara sauce, play dough, potato chips, rice cakes, turkey patties, hot dogs, imitation crab meat, ale, beer, baking mixes, baked products, batter-fried foods, cereal, candy, crackers, processed meats, salad dressings, sauces, soups, soy sauce, and surimi

Note:

Buckwheat is not related to wheat.

Flour:

all-purpose bread cake
durum
enriched graham
high gluten
high protein instant pastry
self-rising
steel ground
stone ground
whole wheat