

Food Allergies and Intolerances

DISCLAIMER

When you check an “exclude” box in our Advanced Recipe Search tool, the recipes listed in the search results will contain no obvious sources of the noted allergen, but **any of them may contain hidden sources**. When preparing any of our recipes, check the food label for each ingredient as food allergens and their derivatives may be present.

These food lists are not complete and may change (Health Canada, 2007). Always read the ingredient list carefully for all food products prior to consumption.

Allergens and their derivatives can have various names and may be present in some food brands but not others (Health Canada, 2007). If the ingredient list is not available on the food product, check with the food manufacturer, or do not consume the product (Health Canada, 2007).

If you have a food allergy, speak to your physician and/or a registered dietitian for a comprehensive list of foods and their derivatives to avoid from one of the credible resources listed below.

Allergy or intolerance

Food items to avoid

Foods that may contain allergens

Milk Products

Milk

- Plain milk
- Chocolate milk
- Evaporated milk
- Milk powder
- Buttermilk

Cheese

- All types
- Cottage cheese
- Cream cheese

Yogurt

- Plain, flavoured yogurt
- Frozen yogurt
- Kefir

Other

- Ice cream
- Margarine, butter, ghee
- Chocolate
- Custard
- Pudding (made from milk)
- Cream
- Sour cream
- Creamed soups
- Whipped cream
- Egg/fat substitutes

Creamy dressings and dips
Baking mixes and goods
Caramel flavouring/colouring
Coffee whitener
Flavoured coffee
Non-dairy creamer
Deli/processed meats, canned tuna, hot dogs, patés, sausages
Seasonings
Gravy, sauces
Soups, soup mixes
Malt drink mixes
Tofu
Spreads, dips, salad dressings
Wax coated fruit & vegetables
Glazes, nougat
Potato mixes/seasonings
Frozen desserts, sherbet
Brown sugar, high-protein flour

Peanuts

Peanut

- Oil
- Butter
- Sauce
- Flour

Ground peanuts
Trail mixes made with peanuts

Gravy
Vegetarian meat substitutes
Dried salad dressing, soup mixes
Cereals
Confectionary (e.g., candy, chocolate)
Ethnic foods (e.g., Szechwan sauce, chili, curries, egg rolls)
Sauces/marinades
Almond & hazelnut paste, icing, glazes, marzipan, nougat
Nut substitutes
Baked goods
Snack foods
Ice cream, sundae toppings
Frozen desserts

Allergy or intolerance

Food items to avoid

Foods that may contain allergens

Tree Nuts

Almonds
Cashews
Pecans
Walnuts
Macadamia nuts
Brazil nuts
Pine nuts
Pistachios
Hazelnuts

All associated nut oils, flours, extracts and butters

Ground nuts
Nutella
Marzipan
Trail mixes made with nuts

Sauces (e.g., pesto, BBQ, Worcestershire)
Spreads (chocolate nut, nougat, nut paste)
Ice cream, sundae toppings, frozen desserts
Baking mixes, cereals, crackers, muesli
Dressings, gravies
Confectionary (e.g., candy, chocolate, pralines)
Nut-flavoured liqueurs (e.g., amaretto, frangelico)
Baking mixes and goods

Sesame Seeds

Sesame

- Seeds
- Oil
- Salt

Tahini
Hummus

Bread crumbs, Bread sticks
Bagel/pita chips
Crackers, melba toast, muesli
Baked goods
Cereals, crackers
Dips, pates, spreads
Herbs, seasonings, spices
Vegetarian burgers
Tempeh
Salad dressings, marinades, sauces, gravies
Soups
Processed meats, sausages
Vegetable oil
Snack foods
Flavourings

Allergy or intolerance

Food items to avoid

Foods that may contain allergens

Seafood

Crustaceans

- Crab
- Crayfish
- Lobster
- Prawns
- Shrimp

Shellfish

- Clams
- Cockle
- Conch
- Mussels

Octopus

Oysters

Scallops

Snails

Squid

Fish

- Anchovy
- Bass
- Carp
- Catfish
- Char
- Cod
- Eel
- Halibut
- Herring
- Mackerel
- Mahi-mahi
- Marlin
- Orange Roughy
- Pickerel
- Pike
- Pollock
- Salmon
- Sardine
- Sole
- Snapper
- Swordfish
- Tilapia
- Trout
- Tuna
- White fish

Imitation

- crab
- lobster

Sushi

Tarama

Fish/oyster sauce

Garnishes (e.g., coonata, caviar, roe)

Clam chowder

Allergy or intolerance

Food items to avoid

Foods that may contain allergens

Eggs

Egg powder
Eggs
Egg substitutes (e.g., Egg Beaters)
Fat substitutes (e.g., Simplesse)
Mayonnaise
Caesar salad dressing
Tartar sauce
Egg noodles
Custard
Eggnog
Meringue

Salad dressings
Baking mixes and goods
Icing, glazes, nougat
Battered/fried foods
Confectionary (e.g., candy, chocolate)
Pie fillings
Meat mixtures (e.g., hamburgers, hot dogs, meatballs)
Malt drink mixes, homemade root beer
Lecithin
Ice cream, pudding, sorbet
Imitation crab/lobster meat
Sauces (e.g., béarnaise, hollandaise, newburg)
Soups, broths, bouillons
Meat mixtures (e.g., hamburger, hot dogs, meatballs/loaf, salami)

Soy

Textured soy flour (TSF)
Tempeh
Soy

- Beans
- Milk, soy beverages
- Yogurt
- Nuts
- Cheese
- Burgers
- Margarine
- Sauce

Textured soy protein (TSP)
Textured vegetable protein (TVP)
Tofu

Cooking spray
Lecithin
Seasonings, spices
Canned tuna/minced ham
Dressing, gravies, marinades
Bean sprouts
Sauces (e.g., soya, shoyu, tamari, teriyaki, worcestershire)
MSG
Spreads, dips, mayonnaise, peanut butter
Simulated bacon bits
Imitation crab/lobster
Beverage mixes
Baking mixes and goods
Vegetable shortening, vegetable oil
Processed and prepared meats
Bread crumbs, cereals, crackers
Confectionary (e.g., candy, chocolate)
Imitation milk
Breaded foods, chili, pastas, taco fillings, tamales
Seafood-based products, fish
Thickening agents
Vegetarian meat substitutes
Snack foods

Allergy or intolerance

Food items to avoid

Foods that may contain allergens

Wheat

Bulgar
Couscous
White flour, cake and pastry flour, all-purpose flour, whole-wheat flour
Farina
Graham flour
High gluten/protein flour
Kamut
Semolina
Spelt
Polenta
Triticale
Wheat bran/germ/starch
Wheat starch
Pasta
White bread, whole-wheat bread, Multigrain bread
Bread crumbs
Pizza (crust)
Crackers
Bagels
Croutons
Tortilla chips
Roti, naan, tortillas, pitas
Cookie crumbs
Wheat-based cereals (e.g., Cheerios)
Pretzels
Wafers

Creamed soups
Gravy mixes
Baking powder
Chicken/beef broth/stock (canned/cubed)
Pie fillings
Puddings
Ketchup, mustard
Sauces (e.g., soy, tamari, chutney)
Salad dressings
Imitation bacon
Imitation crab/lobster meat
Deli meats, hot dogs
Coffee substitutes (made from cereal)
Seasonings
Confectionary (e.g., candy, chocolate)
Beer
Falafel
Ice cream

Gluten

(for individuals with Celiac disease)

All wheat items plus rye, barley, oats

References:

For more information on food allergies, visit:

Health Canada:
www.hc-sc.gc.ca

Specialty Food Shop, SickKids:
www.specialtyfoodshop.com

Canadian Food Inspection Agency:
www.inspection.gc.ca

Anaphylaxis Canada:
www.anaphylaxis.ca