

Sesame Allergy

In addition to the general information about food allergies, here are some issues that people with a sesame seed allergy should know about.

Sesame oil

People who are allergic to sesame seeds should also avoid sesame oil. Very few sesame oils on the market have been refined enough to remove the proteins that can trigger allergic reactions.

Read the labels

If you're allergic to sesame, the only way to avoid a reaction is to avoid all food and products that contain sesame and sesame derivatives. Don't eat a food or product if the label has precautionary statements such as "may contain sesame". Read ingredient lists carefully and learn to identify other names for sesame, such as tahini. Do not consume a food or product if there is no ingredient list or if there is a risk they might have been in contact with sesame. If there is not enough information to make a decision, you can always call to ask the company or speak to a knowledgeable person at a restaurant.



Sources of sesame

Other names for sesame seeds

Benne, benne seed and benniseed
Gingelly and gingelly oil
Seeds
Sesamol and sesamolina
Sesamum indicum
Sim sim
Til

Food and products that contain or often contain sesame seeds

Bread (for example, hamburger buns, multi-grains), bread crumbs and sticks, cereals, crackers, melba toast and muesli
Dips and spreads, for example, hummus, chutney
Ethnic foods, for example, flavoured rice, noodles, shish kebabs, stews and stir fries
Sesame oil, sesame salt (gomasio)
Tahina
Tahini (sesame paste)
Tempeh
Vegetarian burgers

Other possible sources of sesame

Some baked goods
Dressings, gravies, marinades, salads, sauces and soups
Herbs, seasonings, flavourings and spices
Vegetable pâtés
Snack foods, for example, crackers, sesame snap bars
Vegetable oil (may contain sesame oil)



Non-food sources of sesame seeds

Adhesive bandages
Cosmetics, hair care products, perfumes, soaps and sunscreens
Drugs
Fungicides and insecticides
Lubricants, ointments and topical oils
Pet food
Sesame meal, for example, poultry and livestock feed