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-albuninate
Simplesse®
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., reflavoured 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, quahogs, 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, sunscreens
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