**SESAME FREE DIET INFORMATION SHEET**

Avoid all food products that contain **sesame** (benne, gingelly, til, teel, simsin, anjonjoli) as an ingredient (**not** required by U.S. law to list separately on the product label.)

Avoid foods that use other words that mean, contain or may contain **sesame**:

 aqua libra muesli

 bakery products processed meats

 bagels sausages

 chutneys sauces

 confection bars stir fries

 dips tahini

 halvah veggie burgers

 hummus

Avoid sesame oil which is popular in:

 cosmetics (sesamum indicum)

 marinades

 salad dressing

 sauces (such as barbecue)

 skin care products (such as lotions, liniments, ointments and soaps)

Avoid Middle Eastern and Asian cuisine.

For additional information: [www.foodallergy.org](http://www.foodallergy.org), 1-800-929-4040