**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