

Sesame Allergy

Foods to Avoid

Sesame ingredients include:

- Benne, benne seed, benniseed
- Gingelly, gingelly oil
- Gomasio (sesame salt)
- Halvah
- Sesame flour
- Sesame oil
- Sesame paste
- Sesame salt
- Sesame seed
- Sesamol
- Sesamum indicum
- Sesemolina
- Sim sim
- Tahini, Tahina, Tehina
- Til

Beware of sesame in:

- Asian cuisine (sesame oil)
- Baba ghanoush
- Baked goods (bagels, bread, breadsticks, hamburger buns and rolls)
- Bread crumbs
- Chips (bagel chips, pita chips and tortilla chips)
- Crackers (such as melba toast and sesame snap bars)
- Dressings, gravies, marinades and sauces

- Falafel
- Granola
- Hummus
- Flavored rice, noodles, risotto, shish kebabs, stews and stir fry
- Goma-dofu (Japanese dessert)
- Herbs and herbal drinks
- Hummus
- Margarine
- Muesli
- Pasteli (Greek dessert)
- Processed meats and sausages
- Protein and energy bars
- Snack foods (pretzels, candy, Halvah, and rice cakes)
- Soups
- Sushi
- Tahini
- Tempeh
- Turkish cake
- Vegetarian burgers