



## Alternate Names Used in Ingredient Labels for the Big Eight Allergens

Common allergen	May be listed in ingredient labels as:
<b>Milk</b>	Casein Caseinates Cheese Cream Ghee Lactalbumin Lactoferrin Lactulose rennet casein Whey Yogurt
<b>Eggs</b>	Albumin Albumen Lysozyme Mayonnaise Surimi
<b>Wheat</b>	Bran Bread crumbs Bulgur Couscous Cracker meal Durum Farina Flour Gluten Kamut Matzo Matzoh Seitan Semolina Spelt
<b>Peanuts</b>	Arachis Arachis oil Nut pieces Peanut butter Peanut flour

Common allergen	May be listed in ingredient labels as:
<b>Tree nuts</b>	Almonds Brazil nuts Caponata Cashews Chestnuts Filbert Gianduja Hazelnut Hickory nuts Macadamia nuts Marzipan Almond paste Nougat Nut butter Nut meal Nutmeat Nut oil Nut paste Nut pieces Pecans Pesto Pine nuts Pistachios Pralines Walnuts
<b>Soy</b>	Edamame Hydrolyzed soy protein Miso Natto Shoyu sauce Soya Soybean Soy protein Soy sauce Tamari Tempeh Textured vegetable protein (TVP) Tofu



Common allergen	May be listed in ingredient labels as:
<b>Shellfish</b>	Abalone Calamari Caracoles Clams Cockle Crab Crawfish Crayfish Crevette Escargot Langouste Langoustine Lobster Mollusks Mussels Octopus Oysters Prawns Scallops Scampo Shrimp Snails Squid

Common allergen	May be listed in ingredient labels as:
<b>Fish</b>	Anchovies Bass Catfish Caviar Cod Hake Herring Haddock Grouper Mahimahi Pangasius Pollock Roe Salmon Scrod Snapper Sole Surimi Swordfish Tilapia Trout Tuna Worcestershire sauce (may contain anchovies)