

## The Top 8 Food Allergens and Their Common Aliases

Egg		
albumin	emulsifier	ovamucin
apovitellin	globulin	ovamucoid
binder	lecithin	ovoglobulin
coagulant	livetin	ovotransferrin
dried egg solids	lysozyme	ovovitelia
egg white	mayonaise	ovovitellin
egg yellow	meringue	powdered egg
egg yolk	meringue powder	vitellin
eggnog	ovalbumin	whole egg

Milk		
ammonium caseinate	dried milk	milk solids
artificial butter flavor	dry milk solids	natural flavoring
butter	fully cream milk powder	potassium caseinate
butter fat	ghee	rennet casein
buttermilk solids	high protein flavor	sherbet
calcium caseinate	hydrolyzed casein	skim milk powder
caramel color	ice cream	sodium caseinate
caramel flavoring	ice milk	solids
casein	iron caseinate	sour cream (or solids)
caseinate	lactoglobulin	sour milk solids
cheese	lactalbumin	whey
cream curds	lactalbumin phosphate	whey powder
custards	lactose	whey protein concentrate
dairy product solids	magnesium caseinate	yogurt
de-lactosed whey	milk derivate	yogurt powder
demineralized whey	milk protein	zinc caseinate

Tree Nuts		
almond	filbert	nut butters
artificial nuts	gianduja	nutella
beechnut	ginkgo nut	pecan
brazil nut	hazelnut	pesto
bush nut	hickory nut	pili nut
butternut	lichee nut	pine nut
cashew	macadamia nut	pistachio
chestnut	marzipan/almond paste	praline
chinquapin nut	mashuga	shea nut
coconut	nangai nut	walnut



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Soy	
bulking agent	soy nuts
carob	soy panthenol
dofu	soy protein
edamame (soybeans in pods)	soy sauce
emulsifier	soy sprouts
guar gum	soya
gum arabic	soya flour
hydrolyzed soy protein	soybean
hydrolyzed vegetable protein (hvp)	soybean curd
kinnoko flour	soybean flour
kyodofu (freeze dried tofu)	soybean granules
lecithin	soybean oil
miso	soybean paste
msg (monosodium glutamate)	soybeans
natto	stabilizer
okara (soy pulp)	starch
protein	supro
protein extender	tamari
shoyu sauce	tempeh
soy albumin	teriyaki sauce
soy bran	textured soy flour (tsf)
soy concentrate	textured soy protein (tsp)
soy fiber	textured vegetable protein (tvp)
soy flour	thickener
soy formula	tofu
soy grits	vegetable broth
soy lecithin	vegetable gum
soy milk	vegetable starch
soy miso	yakidofu
soy nut butter	yuba (bean curd)

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Wheat	
all-purpose flour	kamut
bleached flour	malt
bran	malt extract
bread	matzo
bread crumbs	matzoh
bread flour	miller's bran
bromated flour	modified food starch
bulgur	modified starch
bulgur (cracked wheat)	msg (monosodium glutamate)
cake flour	protein
cereal extract	seitan
cornstarch	semolina
couscous	spelt
crackers, cracker meal	starch
durum flour	unbleached flour
durum wheat	vegetable gum
enriched flour	vegetable starch
farina	vital gluten
flour	wheat bran
gelatinized starch	wheat flour
germ	wheat germ
gluten	wheat gluten
graham flour	wheat starch
hard durum flour	white flour
high gluten flour	whole wheat
high protein flour	whole wheat flour
hydrolyzed vegetable protein	

Crustacean Shellfish	
barnacle	lobster
crab	Moreton Bay Bugs
crawfish	prawns
crayfish	scampi
ecrevisse	seafood flavoring
fish stock	shrimp
krill	tomalley
langostine	imitation shellfish
langouste	

Peanuts	
arachic oil	
arachis	
arachis hypogaea	
artificial nuts	
beer nuts	
boiled peanuts	
cold pressed peanut oil	
crushed nuts	
crushed peanuts	
dry roasted peanuts	
earth nuts	
emulsifier	
expelled peanut oil	
extruded peanut oil	
goober peas	
goobers	
ground peanuts	
ground nuts	
hydrolyzed peanut protein	
hypogaic acid	
mandelonas	
marzipan	
mixed nuts	
mole sauce	
monkey nuts	
nougat	
nu nuts flavored nuts	
nut pieces	
nutmeat	
oriental sauce	
peanut	
peanut butter	
peanut flour	
peanut paste	
peanuts sauce, peanut syrup	
Spanish peanuts	
Virginia peanuts	

Fish	
anchovies	
barbeque sauce	
bass	
bouillabaise	
Caesar salad/dressing	
caponata	
catfish	
cod	
flounder	
grouper	
haddock	
hake	
halibut	
herring	
imitation fish	
mahi mahi	
meatloaf	
perch	
pike	
polluck	
salmon	
scrod	
snapper	
sole	
surimi	
swordfish	
tilapia	
trout	
tuna	
Worcestershire sauce	

**\* This is not an exhaustive list. For specific medical advice regarding food allergens and substances in similar categories, consult a medical professional.**