

Spot the alias



DIRECTIONS: STEP 1: CUT ALONG DOTTED LINE. STEP 2: FOLD IN HALF VERTICALLY. STEP 3: FOLD INTO ACCORDIAN. STEP 4: PLACE IN WALLET!



SPOT THE ALIAS

An egg by any
other name....
can be confusing!

Watch for these possible aliases of common allergens.*

CORN

corn sugar, corn syrup,
corn syrup solids,
cornstarch, crystalline
fructose, crystalline
glucose, dextrose,
glucose, glucose syrup,
high fructose corn syrup
(HFCS), lecithin (from corn),
maltodextrin

EGGS

albumin, conalbumin,
egg substitutes, globulin,
lecithin (from egg),
livetin, lysozyme, meringue,
ovalbumin,
ovomacroglobulin,
ovomucin, ovomucoid,
ovotransferrin, ovovitellin,
silico-albuminate,
Simplesse®, vitellin

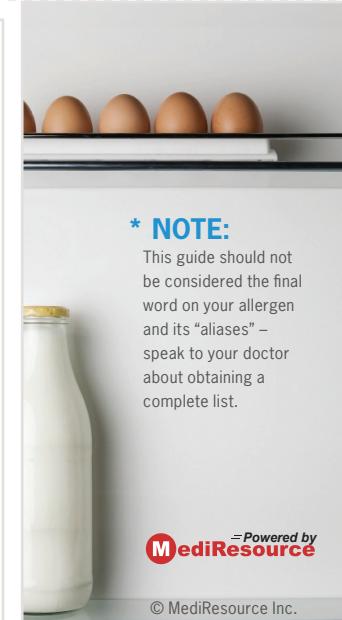
FISH

(includes crustaceans and shellfish)

anchovy, bass, bluefish, calamari, carp, catfish, char, clam, cod, cockle, conch, crab, crayfish, eel, escargot, halibut, herring, lobster, mackerel, mahi-mahi, marlin, mussels, octopus, orange roughy, pickerel, pike, pollock, prawns, rockfish, salmon, sardine, shark, shrimp, scallops, sea urchin, smelt, snails, snapper, swordfish, squid, tilapia, trout, tuna (albacore/yellow fin/bonito), walleye, white fish

MILK

ammonium caseinate,
calcium caseinate,
magnesium caseinate,
potassium caseinate,
sodium caseinate,
casein, caseinate,
curds, dry milk, hydrolyzed
casein, hydrolyzed milk
protein, lactalbumin,
lactate, lactoferrin,
lactoglobulin, lactose,
modified milk ingredients,
Opta™,
sour cream, sour milk
solids, whey,
whey protein concentrate,
rennet



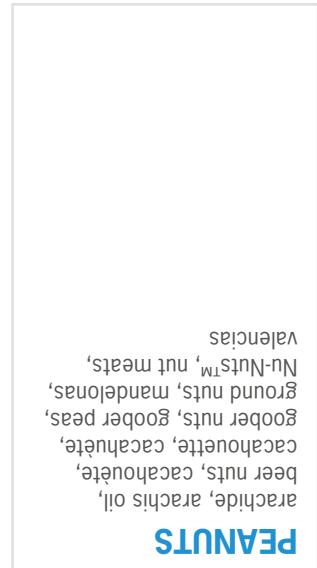
* NOTE:

This guide should not be considered the final word on your allergen and its "aliases" – speak to your doctor about obtaining a complete list.

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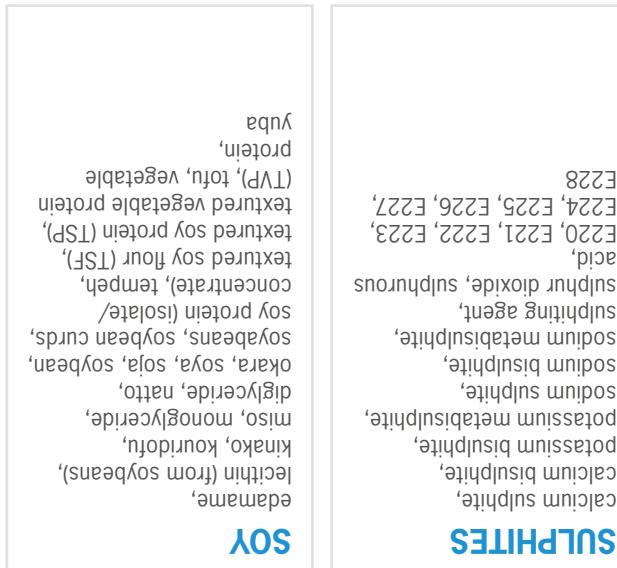


PEANUTS

valenclias
Nu-Nuts™, nut meats,
ground nuts, mandelonas,
goobers nuts, goober peas,
cachouette, cachouette,
beer nuts, cachouette,
almonds, almonds oil,

SEED SAME

sesamum indicum, simsim, tahini, tilmis, vegetable oil



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TREE NUTS

almond paste, anacardium nuts, calisson,	mandelons, marzipan, nut meats,	Nu-Nut™, pistachias, nuts, cashews,	Queensland nut meats,
hazelnuts [filberts], Brazil nuts, cashews,	macadamia nuts, pecans, pine nuts,	pistachio nuts, and walnuts (walnuts)
durum, dijkor, emmer,	whole wheat flour, gluten, gliadin,	spelt flour, kamut, protein flour,	seitan, semolina, spelt
riticum aestivum, dinkel [farro], triticale,	graham flour, high	flour, kamut, protein flour,	whole wheat bran, wheat germ,
riticum aestivum,	gluten,	flour, farina, gliadin,	wheat starch