

These foods could cause an allergic reaction - always check

**Milk**

Milk, Yogurt, Cheese, Custard, Mayonnaise, Mousse, Ice-cream, Chocolate & anything made with milk



**Egg**

Egg, Cakes, Biscuits, Doughnuts, Salad Dressings, Custard, Ice-Cream, Meringue, Meat Mixtures (hamburger etc), Pasta - Egg Noodles, Battered - Fried Food etc



**Peanut**

Peanut, Peanut Oil, Peanut Butter, Peanut Flour, and look for traces of peanut in food labels, especially biscuits, etc



**Tree Nut**  
(Walnut, Cashew, etc)

Tree Nuts, Almonds, Brazil Nuts, Cashews, Chestnuts, Hazelnuts, Macadamia Nuts, Pecans, Pine Nuts, Pistachios, Walnuts, and look out for nougat, chocolate, cereals, etc



**Fish**

Deli Meats (bologna, ham), Dips, Fried Rice, Spring Rolls, Gelatin (marshmallows), Pizza Toppings, Salad Dressings, Spreads, Sushi, Hot Dogs, Rice Crackers, etc



**Shellfish**

Prawns, Lobster, Cray Fish, Oysters, Scallops, Morton Bay Bugs, Crabs, Crab Meat, Fried Rice, etc



**Soy**

Soy, Biscuits, Cake Mixes, Bean Sprouts, Potato Chips, Rice Crackers, Dressings, Sauces, Tofu, Spreads, Imitation Milk, Marinades, Processed Meats, Spices, etc



**Wheat**

Flour, Bread, Beer, Broth (canned & cubed), Cakes, Biscuits, Ice-Cream, Binders & Fillers (hot dogs, deli meats), Pie Fillings, Puddings, etc



**Sesame Seeds**

Sesame Seeds, Oil, Bread Crumbs, Crackers, Cereal, Flavourings (rice, noodles, stir fry), Margarine, Seasonings, Pretzels, Rice Cakes, Bagels, Sesame Bars, etc

