



SESAME ALLERGY Chef Cards

Take all food allergies seriously. • Read all ingredient labels.

If you see these ingredients on a label, it means it contains sesame and is not safe for someone with sesame allergy. If the product is regulated by the FDA and manufactured after Jan. 1, 2023, the word "sesame" must appear on the label. Keep in mind that some foods may have been manufactured or packaged before Jan. 1, 2023, so read every label every time.

When you eat out, use these chef cards to let the restaurant staff know how to help you avoid allergic reactions to sesame.

CUT

I have a sesame allergy!
I must avoid all foods that contain sesame.

Contains Sesame

Benne, benne seed, benniseed	Sesame seed
Gingelly, gingelly oil	Sesamol
Gomasio (sesame salt)	Sesamolina
Sesame flour	Sesamum indicum, sesamum
Sesame oil	Sim sim
Sesame paste	Tahini, tahina, tehina
Sesame salt	Til

Sesame is Sometimes Found in

Flavoring, natural flavoring	Sauces and salad dressings
Breads, bagels, and buns	Spice and seasoning mixes
Cereals and granola	Tempeh
Crackers and chips	Trail and nut mixes
Hummus	Vegetable oils
Protein, granola, and snack bars	Vegetarian and vegan burgers
Sandwich spreads	

Please check all foods for the ingredients on this card, including cooking oils, marinades, sauces, and seasonings. Use separate and clean utensils, equipment, surfaces, and gloves.

KFA For more detailed information and a list of resources, please visit: kidswithfoodallergies.org/sesame
Copyright ©2022, Kids with Food Allergies, A Division of the Asthma and Allergy Foundation of America, all rights reserved.

CUT

I have a sesame allergy!
I must avoid all foods that contain sesame.

Contains Sesame

Benne, benne seed, benniseed	Sesame seed
Gingelly, gingelly oil	Sesamol
Gomasio (sesame salt)	Sesamolina
Sesame flour	Sesamum indicum, sesamum
Sesame oil	Sim sim
Sesame paste	Tahini, tahina, tehina
Sesame salt	Til

Sesame is Sometimes Found in

Flavoring, natural flavoring	Sauces and salad dressings
Breads, bagels, and buns	Spice and seasoning mixes
Cereals and granola	Tempeh
Crackers and chips	Trail and nut mixes
Hummus	Vegetable oils
Protein, granola, and snack bars	Vegetarian and vegan burgers
Sandwich spreads	

Please check all foods for the ingredients on this card, including cooking oils, marinades, sauces, and seasonings. Use separate and clean utensils, equipment, surfaces, and gloves.

KFA For more detailed information and a list of resources, please visit: kidswithfoodallergies.org/sesame
Copyright ©2022, Kids with Food Allergies, A Division of the Asthma and Allergy Foundation of America, all rights reserved.

CUT

CHEF: FOOD ALLERGY ALERT

I have food allergies!
In order for me to avoid an allergic reaction,
I **must avoid** all food that contain:

<input type="checkbox"/> Milk	<input type="checkbox"/> Egg	Other Allergens: _____
<input type="checkbox"/> Peanut	<input type="checkbox"/> Tree Nuts	_____
<input type="checkbox"/> Wheat	<input type="checkbox"/> Gluten	_____
<input type="checkbox"/> Sesame	<input type="checkbox"/> Soy	_____
<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish	_____

Before preparing my food, please take these steps to help keep me safe. I appreciate you!

- Read labels to look for the allergens listed on the front of this card. Please check all foods including cooking oils, marinades, sauces and seasonings.
- Please use separate and clean utensils, equipment and surfaces to prepare my meal.
- Wash hands with soapy water and change gloves.

KFA For more detailed information and a list of resources, please visit: kidswithfoodallergies.org
Copyright ©2021, Kids with Food Allergies, A Division of the Asthma and Allergy Foundation of America, all rights reserved.



For more information and other resources, please visit: kidswithfoodallergies.org/sesame

Copyright © 2022, Kids with Food Allergies, a division of the Asthma and Allergy Foundation of America (AAFA), all rights reserved.
First Edition December 2022 | Medical Review August 2022

