












## These foods could cause an allergic reaction. Always check!

<b>Milk</b>	Milk, Yogurt, Cheese, Mayonnaise, Mousse, Ice-cream & anything made with milk.	
<b>Egg</b>	Egg, Cakes, Biscuits, Doughnuts, Salad Dressings, Custard, Ice-cream, Meringue, Meat Mixtures (hamburgers etc), Pasta, Egg Noodles, Battered-Fried Food etc.	
<b>Peanut</b>	Peanut, Peanut Oil, Peanut Butter, Peanut Flour - and look for traces of peanut in food labels, especially biscuits etc.	
<b>Tree Nut</b>	Tree Nuts, Almonds, Brazil Nuts, Cashews, Chestnuts, Hazelnuts, Macadamia Nuts, Pecans, Pine Nuts, Pistachios, Walnuts and look out for nougat, chocolate, cereals etc.	
<b>Fish</b>	Delic Meats, (bologna, ham), dips, Fried Rice, Spring Rolls, Gelatin (marshmallows), Pizze Toppings, Salad Dressings, Spreads, Sushi, Hot Dogs, Rice Crackers etc.	
<b>Shellfish</b>	Prawns, Lobster, Cray Fish, Oysters, Scallops, Moreton Bay Bugs, Crabs, Crab Meat, Fried Rice etc.	
<b>Soy</b>	Soy, Biscuits, Cake Mixes, Bean Sprouts, Potato Chips, Rice, Crackers, Dressings, Sauces, Tofu, Spreads, Imitation Milk, Marinades, Processed Meats, Spices etc.	
<b>Wheat</b>	Flour, Bread, Beer, Broth (canned & cubed), Cakes, Biscuits, Ice-cream, Binders & Fillers (hot dogs, deli meats), Pie fillings, Puddings etc.	
<b>Sesame Seeds</b>	Sesame Seeds, Oil, Bread Crumbs, Crackers, Cereal, Flavourings (rice, noodles, stir fry), Margarine, Seasonings, Pretzels, Rice Cakes, Bagels, Sesame Bars etc.	

Specialists in Food Safety Training - online, in class or by correspondence

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