


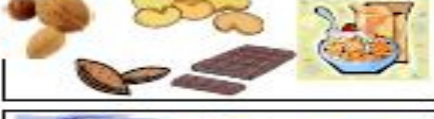









These foods could cause an allergic reaction. Always check!

Milk	Milk, Yogurt, Cheese, Mayonnaise, Mousse, Ice-cream & anything made with milk.	
Egg	Egg, Cakes, Biscuits, Doughnuts, Salad Dressings, Custard, Ice-cream, Meringue, Meat Mixtures (hamburgers 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	Tree Nuts, Almonds, Brazil Nuts, Cashews, Chestnuts, Hazelnuts, Macadamia Nuts, Peacans, Pine Nuts, Pistachios, Walnuts and look out for nougat, chocolate, cereals etc.	
Fish	Delic Meats, (bologna, ham), dips, Fried Rice, Spring Rolls, Gelatin (marshmallows), Pizze Toppings, Salad Dressings, Spreads, Sushi, Hot Dogs, Rice Crackers etc.	
Shellfish	Prawns, Lobster, Cray Fish, Oysters, Scallops, Moreton 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.	

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

With compliments CFT QLD 1300 776 165 www.ofcqld.com.au