

Hidden Food Ingredients List

Checking ingredients in prepared foods is a necessary part of any elimination/rotation diet. It is easy to unknowingly consume a food as a hidden ingredient. Some of the most commonly avoided foods, what names they may go by on ingredient lists, and what food preparations they may be found in, are listed below:

Egg Whole

- Eggs may be found in commercially prepared baked goods, breads, baking mixes, pancake and waffle mixes, pastas, batter coatings, casseroles, dumplings, sauces, custards, dips, meatloafs, croquettes, sausages, meatballs, milk flavoring powders or protein drinks, puddings, ice creams, soups, meringues, marshmallow candy or filling, cream candy or filling, fondant candy or fillings, frostings, salad dressings, baking powder, egg-clarified beverages, foam-topped beverages. Any product made with Simplese™ fat substitute, eggnog, marzipan, mayonnaise, quiche, soufflé, mousse. An egg ingredient may be listed as albumin, ovalbumin, globulin, lecithin, albumen, silicopalbuminate, vitellin, conalbumin.

Corn flour (starch)

- Corn products are genetically modified and may contain foreign proteins unless labeled "non-GMO corn".
- Corn products are likely to be in cereals, syrups, jam/jelly, candy, soft drinks, juice cocktails or blends, infant formulas. Corn flour is a primary ingredient in tortillas, tamales, corn chips and polenta. Cornstarch is a common ingredient in commercially prepared foods; it is used as a thickener and stabilizer in soups, sauces, puddings, etc. It may also be used as a protein "filler" in fast food ground meats or nuggets, in lunch meats or included in baked goods or breadings. A corn ingredient may be listed as corn, corn meal, hominy, grits, maltodextrin, sorbitol, vinegar, popcorn, corn syrup, corn syrup solids, cornstarch, dextrose, glucose, fructose, food starch, vegetable starch, corn oil, corn sweetener, baking powder, maize, corn alcohol, dextrin, vegetable gum, modified gum starch, vegetable protein, caramel, confectioner's sugar, invert sugar or syrup, zein, malt, malt extract, modified food starch, mono- or di-glycerides, MSG, vanilla extract, xanthan gum.

Cow's Milk

- Cow's milk is found in all dairy products: butter, butterfat, cheese, custard, buttermilk, powdered milk, evaporated milk, cream, half and half, sour cream, yogurt, ice cream, pudding. The following commercially prepared foods may contain cow's milk: au gratin, white sauce, cheese sauce, baked goods (breads, cookies, crackers, cakes, cupcakes,



doughnuts) or mixes, cereals, chewing gum, chocolate candy, cream candy, coffee creamer, creamed or scalloped foods, malted milk, margarine, mashed potatoes, canned or processed meats (cold cuts or lunch meats), nougat candy, salad dressing, sherbert. A milk ingredient may be listed as artificial butter flavor, artificial cheese flavor, casein, caseinates, curd, hydrosylates, lactalbumin, lactalbumin phosphate, lactose, lactoglobulin, lactoferrin, lactulose, rennet, whey, infant formula. Some medications may contain milk products in the form of whey. "Lactose free" does not mean dairy free – lactose free products contain milk proteins.

Codfish

- Fish may be a "hidden" ingredient in Worcestershire sauce, imitation crab meat, salad dressings, caponata relish, steak sauce (may contain Worcestershire). Some marinara sauces may contain fish, as can processed meats such as hot dogs and bologna. Gelatin may be derived from shellfish or fish. Vietnamese fish sauce may be labeled Nuoc Mâm. Taramasalata, salată de icre, fasole bătută and caviar all contain fish eggs (roe). Fish may be used in products such as vitamins, soap, lipstick, paint, insect spray, and waterproofing.

Gluten and Wheat

- Wheat and gluten may be found in commercially prepared coffee substitutes, beer, ale, root beer, instant chocolate beverage mix, baked goods (breads, pastries, cookies, crackers, cakes, cupcakes, doughnuts) or mixes, cereals, pancakes, waffles or their mixes, farina, cous cous, bulgar, malted products, pretzels, semolina, spelt, triticale, ice cream cones, frosting, sherberts, puddings or mixes, soufflés, salad dressing, gravy, sauces, thickeners, lunchmeat, deli meats, hot dogs, sausage, meatloaf, modified food starch, cream soups, dumplings, chocolate, malt candy, breaded or flour-coated meats, fish or vegetables, monosodium glutamate (MSG), meat tenderizers, soy sauce, foods prepared with MSG. A wheat ingredient may be "hidden" and listed as bran, cereal extract, cracker meal, durum, enriched flour, gluten, graham flour, high gluten flour, high protein flour, vital gluten, gelatinized starch, hydrolyzed vegetable protein, kamut, modified starch, natural flavoring, gum, vegetable starch. Beverages, including beer, whiskey, or vodka may contain wheat. Distilled vinegar may contain wheat.
- Wheat varieties: durum, emmer, farina, farro, graham, kamut, semolina, spelt, triticale.
- Gluten-containing grains: barley, rye, wheat varieties.

Mustard

- Mustard or mustard seed may be found in commercially prepared condiments, salad dressings, barbecue sauce, curry, Cumberland sauce, ketchup or tomato sauces, béarnaise sauce, mayonnaise, pesto, vinaigrettes, gravy, marinades, chutney, pickles, dehydrated



soup, sausage, salami, lunchmeats, processed meats, dehydrated potatoes, sprouts, spices, flavorings, seasonings.

Peanut

- Thai sauces, mole sauces, candy, chocolate, baked goods (breads, cookies, crackers, cakes, cupcakes, doughnuts) or mixes, desserts, frostings, artificial nuts (peanut soaked in nut oil), satay, pad thai, nut extracts, mixed nuts, chili, nut butters. African, Chinese, Mexican, Indonesian, Thai or Vietnamese dishes may contain peanuts. Peanut oil may be labeled as Arachis oil or groundnut oil. International products may label peanuts ground nuts, mandelonas, Valencias, Nu-Nuts™, or kernels. A peanut ingredient may be listed as vegetable protein or hydrolyzed vegetable protein.

Shellfish

- Shellfish may be a hidden ingredient in imitation crab or lobster, bouillabaisse, flavorings or fish stocks. Gelatin may be derived from shellfish or fish.

Soybean

- Soy products are often genetically modified and may contain foreign proteins unless labeled "non-GMO soy".
- Soy may be found in edamame, peanut butter, baked goods (breads, cookies, crackers, cakes, cupcakes, doughnuts), canned tuna, cereals, infant formula, meal replacement beverages, vegetarian, dairy or meat substitutes, chili, sauces, soups, deli meats, hot dogs, vegetable broth, textured vegetable protein (TVP), cooking sprays, beverage mixes, mayonnaise, salad dressing, pasta sauces. Soy may be labeled as tofu, tempeh, miso, or tamari, natto, okara, shoyu, yuba, or bean curd. "Vegetable oil", used for frying, salad dressings, etc. often contains soy oil. A soy ingredient may be listed as "soy albumin, soy bran, soy concentrate, soya flour, soy fiber, soy grits, soy protein concentrate, soya, soybean, soy lecithin, teriyaki sauce, textured soy flour (TSF), textured soy protein (TSP), artificial flavoring, hydrolyzed plant protein, hydrolyzed vegetable protein (HVP), natural flavoring, vegetable broth, vegetable gum, vegetable starch. Soy lecithin is a common ingredient in chocolate and other emulsified foods.

Tree Nuts (Almond, Cashew, Hazelnut/Filbert, Pecan Nut, Walnut)

- Tree nuts may be a "hidden" ingredient in flavorings, Mortadella smoked sausage, barbecue sauce, cereals, crackers, ice cream, pesto, desserts, candy, marzipan, nougat, Nutella™, "amandine" dishes, Gianduja, pralines, flavored coffees, muesli, liqueurs (Ammaretto, Frangelico), flavoring extracts, pastries, baked goods, cookies, nut butters or spreads.



Seed Oils (Sunflower seed, Safflower seed)

- *Most commercial food oils are highly refined, which removes the protein. There is some evidence that suggests that highly refined oil may not provoke allergic reactions. However, cold pressed oils and some gourmet oils may contain allergenic proteins. Soy and seed oils are most common in the US, canola is more common in Canada.*

Sesame seed

- Sesame seeds may be found in breads, "multi-grain" products, hamburger buns, bread crumbs, bread sticks, cereals, crackers, melba toast, muesli, hummus, babaghanouj, chutneys, tahini, gomasio, halvah, tempeh, falafel, Turkish cake, vegetable oil. Sesame seeds are common in Asian and Middle Eastern dishes, including rice dishes, noodle dishes, kebabs, stews, stir fry, sushi. International foods may use regional names for sesame including benne, benniseed, gingelly, seeds, sesamol, sesamolina, sesamum indicum, sim sim, or til. Cosmetics that may contain sesame oil including body oils, lipsticks, moisturizing creams, and soaps. Sesame seed may be used in medications, for example, sesame oil in some intramuscular injections and ointments.

Baker's/Brewer's Yeast (*Saccharomyces* species)

- Most breads and many pastries contain yeast. A baker's yeast ingredient may be listed as active yeast, active-dry yeast, baker's yeast, leavening and bread yeast. Many stock cubes and gravies contain yeast (yeast extract). Pickles, mayonnaise, chutneys, and vinegar dressings may contain yeast. A yeast ingredient may be labeled as monosodium glutamate (MSG), hydrolyzed protein, or hydrolyzed vegetable protein. Fermented black tea or any fermented food may contain yeast. Probiotic supplements may contain the yeast *Saccharomyces boulardii*.

Vanilla

- Vanilla extract may contain sugar, corn syrup, corn alcohol, caramel color or stabilizers. Both vanilla and the artificial flavor vanillin are known to provoke allergic responses.

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