

Spot the alias



DIRECTIONS: STEP 1: CUT ALONG DOTTED LINE. **STEP 2:** FOLD IN HALF VERTICALLY. **STEP 3:** FOLD INTO ACCORDIAN. **STEP 4:** PLACE IN WALLET!



CORN

corn sugar, corn syrup, corn syrup solids, cornstarch, crystalline fructose, crystalline glucose, dextrose, glucose, glucose syrup, high fructose corn syrup (HFCS), lecithin (from corn), maltodextrin

EGGS

albumin, conalbumin, egg substitutes, globulin, lecithin (from egg), livetin, lysozyme, meringue, ovalbumin, ovomacroglobulin, ovomucin, ovomucoid, ovotransferrin, ovovitellin, silico-albuminate, Simplesse®, vitellin

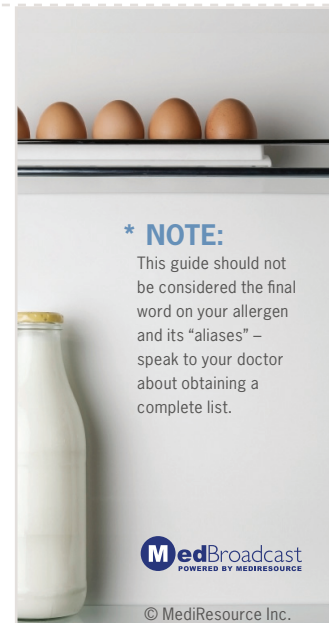
FISH

(includes crustaceans and shellfish)

anchovy, bass, bluefish, calamari, carp, catfish, char, clam, cod, cockle, conch, crab, crayfish, eel, escargot, halibut, herring, lobster, mackerel, mahi-mahi, marlin, mussels, octopus, orange roughy, pickerel, pike, pollock, prawns, rockfish, salmon, sardine, shark, shrimp, scallops, sea urchin, smelt, snails, snapper, swordfish, squid, tilapia, trout, tuna (albacore/yellow fin/ bonito), walleye, white fish

MILK

ammonium caseinate, calcium caseinate, magnesium caseinate, potassium caseinate, sodium caseinate, casein, caseinate, curds, dry milk, hydrolyzed casein, hydrolyzed milk protein, lactalbumin, lactate, lactoferrin, lactoglobulin, lactose, modified milk ingredients, Opta™, sour cream, sour milk solids, whey, whey protein concentrate, rennet



SPOT THE ALIAS: An egg by any other name... can be confusing! Watch for these possible aliases of common allergens.* To download more printable guides check out www.medbroadcast.com

PEANUTS

arachide, arachis oil, beer nuts, cacahouète, cacahouette, cacahouète, goober nuts, goober peas, ground nuts, mandelonas, Nu-Nuts™, nut meats, valencias

SESAME, SESAME SEED

benne, benne seed, benniseed, flavouring, gingelly, gingelly oil, seeds, sesame, sesame oil, sim, tahina, tahini, til, vegetable oil

SOY

edamame, lecithin (from soybeans), kinako, kouridofu, miso, monoglyceride, diglyceride, natto, okara, soya, soja, soybean, soybeans, soybean curds, soy protein (isolate/ concentrate), tempeh, textured soy flour (TSF), textured soy protein (TSP), (TVP), tofu, vegetable protein, yuba

SULPHITES

calcium sulphite, calcium bisulphite, potassium bisulphite, potassium metabisulphite, sodium sulphite, sodium bisulphite, sodium metabisulphite, sulphiting agent, sulphur dioxide, sulphurous acid, E220, E221, E222, E223, E224, E225, E226, E227, E228

TREE NUTS

(includes almonds, Brazil nuts, cashews, hazelnuts [fibers], macadamia nuts, pecans, pine nuts, pistachio nuts, and walnuts)

almond paste, anacardium nuts, callisson, mandelonas, marzipan, nut meats, Nu-Nuts™, pignollas, Queensland nut

WHEAT

atta, bulgur, couscous, durum, einkorn, emmer, enriched/white/whole wheat flour, farina, gluten, graham flour, high gluten flour, kamut, protein flour, setian, semolina, spelt (dinkel/farro), tritcale, Triticum aestivum, wheat bran, wheat germ, wheat starch