



The Children's Hospital *of* Philadelphia

## Allergy Section

### How to Read a Label for a ***SESAME SEED-FREE DIET***

**Avoid the following dishes as they contain sesame seed:**

Anjonjoli (Mexican)  
Benne (African)  
Gingelly (Indian)  
Goma-dofu (Japanese)  
Halvah (Middle Eastern)  
Ma-tuan (Chinese)  
Pasteli (Greek)  
Simsin (Korean)  
Tahini (Middle Eastern)  
Teel (Indian)  
Til (Indian)

**The following foods may contain sesame seed:**

Bagels  
Biscuits  
Confection bars  
Hamburger buns  
Muesli  
Dips  
Sauces  
Sausages  
Processed meats  
Vegeburgers  
Chutneys  
Stir fries  
Rissotos