



## **Sesame Seed**

### **Avoid foods that contain sesame or any of these ingredients:**

- Benne, benne seed, benniseed
- Gingelly, gingelly oil
- Gomasio (sesame salt)
- Halvah
- Sesame flour
- Sesame oil
- Sesame paste
- Sesame salt
- Sesame seed
- Sesamol
- Sesamum indicum
- Semolina
- Sim sim
- Tahini, Tahina, Tehina
- Til

### **Sesame in Spices or Flavorings**

Until January 1, 2023, sesame may appear undeclared in ingredients such as flavors or spice blends.

### **Foods That May Contain Sesame**

- Asian cuisine (sesame oil is commonly used in cooking)
- Baked goods (such as bagels, bread, breadsticks, hamburger buns and rolls)
- Bread crumbs
- Cereals (such as granola and muesli)
- Chips (such as bagel chips, pita chips and tortilla chips)
- Crackers (such as melba toast and sesame snap bars)
- Dipping sauces (such as baba ghanoush, hummus and tahini sauce)
- Dressings, gravies, marinades and sauces
- Falafel
- Hummus
- Flavored rice, noodles, risotto, shish kebabs, stews and stir fry
- Goma-dofu (Japanese dessert)
- Herbs and herbal drinks
- Margarine
- Pasteli (Greek dessert)
- Processed meats and sausages
- Protein and energy bars
- Snack foods (such as pretzels, candy, Halvah, Japanese snack mix and rice cakes)
- Soups
- Sushi
- Tempeh
- Turkish cake
- Vegetarian burgers