

# Hidden Food Sources of Six Common Allergens

The following list will help you identify hidden sources of refined simple sugars, egg, dairy, soy, wheat, and yeast that may be added to many common foods. Always read labels carefully and don't hesitate to make inquiries if you have any doubts as to a food's contents.

<u>SUGAR</u>	<u>EGG</u>	<u>MILK</u>	<u>SOYBEANS</u>	<u>WHEAT</u>	<u>YEAST</u>
Baby foods	Bavarian Cream	Au Gratin Foods	Baby Foods	Beer, alcohol	Barbecue Sauce
Biscuits, Breads	Breads	Bavarian Cream	Breads, Biscuits	Biscuits, Rolls	Beer
Cakes	Breaded Foods	Breads, Biscuits	Butter Substitute	Breads: wheat, rye, oat, pumpernickel	Brandy
Candies	Cakes	Butter, Hard sauces	Cakes, Crackers	Breaded meats	Breads, Rolls
Cereals	Egg Noodles	Buttermilk, Cream	Cereal	Bouillon Cubes	Doughnuts, Buns
Chocolate	Flour mixes	Cakes, Cookies	Crisco Spray	Cakes, Muffins	Cakes, Cookies
Cocoa drinks	French Toast	Candies, Crackers	Candies	Candy, Chocolates	Cereal
Cookies, Crackers	Fritter	Cheeses, Sour cream	Ice Cream	Cereals, Crackers	Cheeses (moldy)
Creamed foods	Frostings	Chocolate, Doughnuts	Infant Formulas	Cocoa drinks	Condiments
Custards, Puddings	Frying Batters	Chowders, soups	Lecithin	Cookies, Pretzels	Crackers
Doughnuts	Glazed Roll	Cocoa Drinks	Lunch Meats	Cooked Meat Dishes	Enriched Flours
Frostings	Hamburger Mix	Creamed Foods	Margarine	Corn Bread, muffins	Gin
Hard candies	Hollandaise Sauce	Custard, Pudding	Milk Substitutes	Crackers	Mayonnaise
Ice cream, Sherbets	Ice Cream	Flour Mixes	Oil	Doughnuts, Popovers	Pastries
Lunch Meats	Macaroons	Gravies	Oriental Sauces	Dumplings	Pickles
Marshmallows	Marshmallows	Meat Loaf, Hot dogs	Pastries	Flour: white, wheat	Pretzels
Macaroons	Mayonnaise	Ice Cream, Sherbet	Prepared meats	Gravies	Rum
Mayonnaise	Meat Loaf	Mashed Potatoes	Salad Dressings	Matzos	Salad Dressing
Meringues	Meringues	Omelets, Soufflés	Soups	Packaged mixes	Soups
Pancakes, Waffles	Pancakes, Waffles	Ovaltine, Malted milk	Soy Flour	Pancakes, Waffles	Soy Sauce
Processed foods	Puddings	Pancakes, Waffles	Soy Noodles	Pasta, noodles	Vinegar
Salad dressings	Salad Dressings	Salad Dressing	Soy Sauce	Pie Crust	Vodka
Sauces	Sauces	Scalloped Dishes	Tamari	Postum, Ovaltine	Vitamins
Soft drinks	Sausages	Soups (creamed)	Tempeh	Soufflés	Whiskey
Soups	Sherbets	Whey	Tempura	Wheat Germ, Bran	Wine
Yogurt	Soufflés	Yogurt	Tofu		