

# Sesame seed allergy

Sesame seed allergy has become an increasingly common food allergy. Children with a sesame seed allergy need to avoid sesame seeds in their diet. Sesame seed allergy should be taken seriously. You can avoid sesame seeds and still have a balanced, healthy diet.

In Australia food manufacturers must state the presence of sesame in a product. Carefully check the labels of any foods that you buy for the presence of sesame in the ingredient list. Check every time, even if you have bought that product before. The ingredient lists should be used as a guide only as food products can change. Check with the manufacturer if you are unsure.

## Should my child avoid all types of seeds?

It is not unusual to have an allergy to one type of seed (eg sesame) and not to other seeds (eg sunflower) and vice versa. If you are unsure about other seeds in your child's diet, ask your allergy doctor.

## Avoid these foods:

- > sesame oil
- > sesame meal
- > hummus
- > sesame paste
- > tahini
- > halvah
- > pasteli
- > Sim sim

## Avoid these ingredients:

### The following label names indicate the presence of sesame.

- > benne
- > sesame
- > sesamolina
- > tahini
- > benniseed
- > sesame seed
- > sim sim
- > til
- > gingelly seeds
- > sesamol
- > tahina

Sesame seeds may be used as an ingredient in homemade or commercial food products. Always check the ingredient list on the food product label.

## Check these foods:

### The following foods may contain sesame seeds.

- > breakfast cereals (eg muesli)
- > bread, bread rolls, hamburger buns
- > cakes, muffins
- > savoury or sweet biscuits
- > health food and muesli bars
- > salad dressing
- > Chinese, Thai and Asian foods

## Eating out

If your child has a food allergy there is no reason why you should not enjoy eating out.

If your child needs emergency medication (eg an EpiPen) they should not eat out unless they have their medication with them.

Order simple dishes such as grilled meats without sauces, steamed vegetables and potato. Fresh fruit is a good option for dessert. Always check with the staff about the ingredients in the dish you want to order. If you are unsure about the ingredients in a dish do not order it.

## Cross contamination

Beware of cross contamination with sesame seed in bakeries.

Avoid using the same serving utensils or knives which have been contaminated with sesame containing foods. Be careful using salad bars, and watch out for tahini paste or hummus on knives.

## Is sesame seed allergy life long?

As your child gets older, it is important to have regular check ups with the allergy doctor. The doctor will check if the sesame seed allergy is still present.

## More information

- > Anaphylaxis Australia: [www.allergyfacts.org.au](http://www.allergyfacts.org.au)
- > Australasian Society of Clinical Immunology and Allergy (ASCIA) website: [www.allergy.org.au](http://www.allergy.org.au)

---

**Children, Youth and Women's Health Service**  
**Nutrition Department**  
**72 King William Road**  
**North Adelaide SA 5006**  
**Telephone: (08) 8161 7233**

