



HIGH-RISK FOODS

Worcestershire sauce	This sauce contains anchovies and/or sardines; both are fish.
Barbecue sauce	At least one brand of barbecue sauce contains pecans. Another contains anchovies. Although listed on the label, many people don't think to read the label for this type of product.
Imitation butter flavor	This ingredient often contains milk protein. Sometimes it may appear on the label; sometimes the only clue is the kosher symbol "D," "circle U-D," or "K-D," on the front of the package.
Water-added hams	In 1992, the USDA's Food Safety and Inspection Service approved the use of milk and soy derivatives as binders in these hams. The ingredients are listed on the label.
Hot dogs and many deli meats	These may contain milk or soy that is used as a binder and listed as "flavoring."
Fig Newtons	Some varieties of Fat-Free Light Fig Newtons list egg on the label. The original Fig Newtons do not. Another brand of Fig Newton-like cookies lists peanuts on the label.
Low fat peanut butter	Some brands of low fat peanut butter contain soy. Soy is listed on the label; however, many people wouldn't think to read the ingredient statement on peanut butter jars.
Oils	Studies have shown that food-allergic people can safely eat most commercially processed cooking oils because the protein is removed in the processing. There are a few exceptions: <ul style="list-style-type: none">▪ Cold pressed, expelled, or extruded oils are produced under different manufacturing processes. These oils may contain protein and are not safe.

- Oils used to fry many foods will contain protein from those fried foods. When preparing meals, consider what other foods may have been cooked in any oil used to prepare the allergic student's food.

Sweet and sour sauce

Some brands of sweet and sour sauce contain wheat and soy.

Egg substitutes

Some brands contain egg white