

TERMS INDICATING THE PRESENCE OF COMMON ALLERGENS

Common Allergens	Terms	Common Allergens	Terms
Milk	Casein Caseinate Casein hydrolysate OMS (dried milk solids) Lactalbumin Milk solid pastes Sweetened condensed milk Whey or whey solids	Legume	Food gums from the legume family Acacia gum Arabic gum Carob Haraya gum Locust bean gum Tragacanth
Egg	Albumin Dried egg solids Globulin Ovomucin Ovomucold Ovoglobulin Livetin Vitellin	Soy	Hydrolyzed vegetable protein Soy concentrate Soy protein Soya flour TVP (textured vegetable protein) Vegetable protein concentrate
Corn	Corn solids Cornstarch Corn Syrup Vegetable starch Dextrose Glucose Corn oil Corn alcohol Corn sugar Food starch-modified	Gliadin	HVP (hydrolyzed vegetable protein) Soy sauce, soy sauce solids Malt flavoring Natural flavorings

* Adapted from Clinical Staff Dietary Department
 University of Iowa Hospitals, *Iowa Diet Manual*. Recent
Advances in Therapeutic Diets. Iowa City, Iowa:
 Iowa State University Press, 1989.
 and

Hartsook E. *Gluten-Restricted, Gliadin-Free Diet
 Instruction*, Seattle, WA: The Gluten Intolerance
 Group of North America, 1991.

*Beaudette, Adverse Reaction to Food, American Dietetic Association, 1991 Adapted