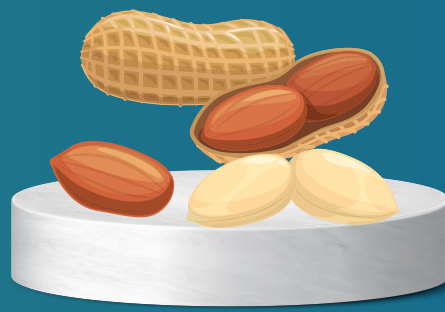


Anaphylaxis Chart

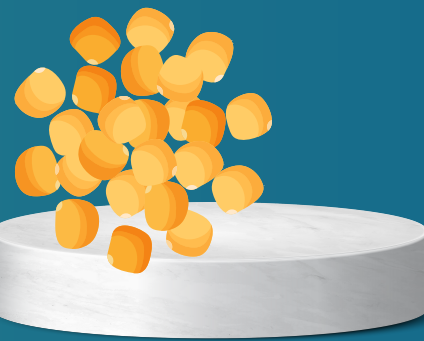
Be cautious: these foods can trigger allergic reactions.

Always check labels and inquire about ingredients.



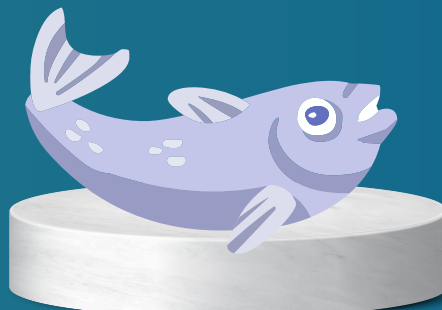
Peanuts

Peanut butter, Peanut oil, Mixed nuts, Many baked goods and candies, African, Asian, and Mexican dishes, Marzipan, Glazes and marinades, Arachis oil (another name for peanut oil)



Lupin

Lupin flour, beans, meat substitutes (some brands use lupin as a protein source), Baked goods (such as bread, pastries, and cakes), Gluten-free products, sauces, and gravies, Lupin flakes and bran, pancake mixes, European pickled snacks and some types of beer



Fish

Salmon, Tuna, Cod, Pollock, Haddock, Swordfish, Tilapia, Caesar dressings (may contain anchovies), Worcestershire sauce (may contain anchovies), Some barbecue sauces



Wheat

Bread, Pasta, Cereals, Biscuits, Many processed foods and sauces, Soy sauce (contains wheat in many brands), Beer and malt beverages, Processed meats, Ice cream



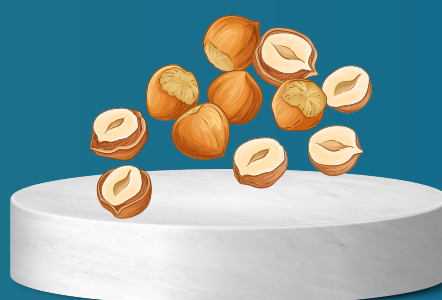
Shellfish

Shrimp/prawns, Crab, Lobster, Oysters, Clams, Mussels, Scallops, Surimi (often used in sushi), Fish stock, Flavorings or natural flavorings



Milk (Dairy)

Cheese, Butter, Yogurt, Ice cream, Many baked goods, Caramel candies (some may be made with milk), Some brands of canned tuna (processed with casein, a milk protein), Some non-dairy creamers, Lactic acid starter culture in some breads



Tree Nuts

Almonds, Walnuts, Cashews, Hazelnuts, Pecans, Pistachios, Brazil nuts, Many chocolates, desserts, and ice creams, Pesto (traditionally contains pine nuts), Some cereals and granola, Nut-flavored coffee, Nut-flavored alcoholic beverages (e.g., Amaretto)



Eggs

Scrambled, fried, boiled, etc., Many cakes and baked goods, Mayonnaise, Some salad dressings, Some meat-based dishes (like meatballs or meatloaf), Marshmallows and marshmallow creams (some brands), Pretzels (some brands)



Soy

Tofu, Tempeh, Soy milk, Soy sauce, Many processed foods, Vegetable broth in canned soups and stews, Processed meats (like sausages or hot dogs), Low-fat peanut butter, Baked goods and cookies



Sesame

Sesame oil, Sesame seeds, Tahini, Many breads and buns, Some hummus brands, Sushi rolls, Some generic "cooking oils," Asian cuisine (common use of sesame oil)

Contact Us

Don't Forget to Stay Safe and Get in Touch for More Information
If you have any concerns about allergens, please contact us. We're always here to help.

Email: support@cft.edu.au
Phone: 1300 665 633