

Beware! Common Allergy Triggers



Allergy Aware Pathway



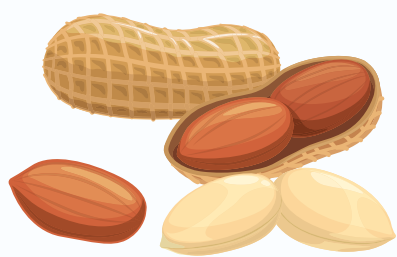
SEASAME

Sesame oil, Sesame seeds, Tahini, Many breads and buns, Some hummus brands, Sushi rolls.



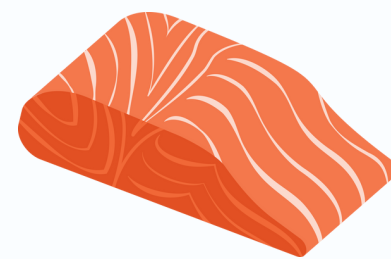
WHEAT

Bread, Pasta and Cereals. Many processed foods and sauces.



NUTS

Peanuts, Almonds, Cashews, Walnuts, Hazelnuts, Pecans, Pistachios, Macadamia nuts, and Brazil nuts.



FISH

Salmon, Tuna, Cod, Haddock, Pollock, Herring, Mackerel, Swordfish, Halibut, and Sardines



DAIRY

Milk, Cheese, Butter, Yogurt, Cream, Ice cream, and all Products containing Milk Derivatives



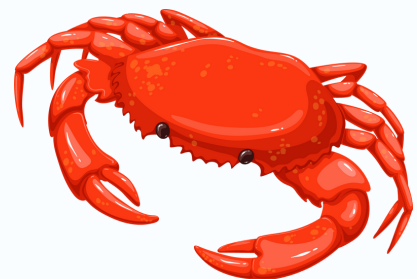
MOLLUSC

Clams, Oysters, Mussels, Octopus, Squid, Scallops and Snails



EGGS

Egg proteins, are often hidden in Cakes, Mayonnaise, Pasta, and processed foods.



CRUSTACEA

Shrimp, Crab, Lobster, Crayfish, Prawns, Yabbies.



LUPIN

Lupins can be found in Bread, Pastries, Pasta, and certain Processed Foods.



SOY

Tofu, Soy milk, Soy sauce.



What to do if a customer has an allergic reaction?
Call Triple Zero | 000

www.cft.edu.au
1300 665 633
support@cft.edu.au