



Mustard



Quick Facts

- Mustard is used in many cuisines, including Indian, Middle Eastern, Eastern European, and Italian dishes.
- Mustard is considered a priority allergen by Health Canada.

Be Allergy-Aware

- Read ingredient labels every time you buy or eat a product.
- Do the Triple Check and read the label:
 - Once at the store before buying it.
 - Once when you get home and put it away.
 - Again before you serve or eat the product.
- Always carry your epinephrine auto-injector.
- For tips on eating out, visit our guide for dining out with food allergies.
- Check with manufacturers directly to see if the product is safe for you even if your allergen is not listed on the ingredient list.
- Be careful when buying products from outside of Canada, since labelling rules differ from country to country and the term “spice” may include mustard.

Types of mustard

- Mustard seeds – white, yellow and brown
- Mustard Powder
- Prepared Mustard
- Mustard greens

Possible sources of mustard

- Barbecue sauce
- Chips and pretzels
- Fish sauce and fish paste
- Ketchup
- Mayonnaise
- Pickles and piccalilli
- Processed meats and deli meat
- Salad dressing
- Salads and steamed greens
- Sausage
- Seasonings and flavouring agents
- Soups, stock, sauces such as tomato sauces, gravies, marinades
- Curries, chutneys
- Water binding agents
- Emulsifiers

To Report a Reaction

If you believe you may have reacted to an allergen not listed on the packaging, you can report it to the Canadian Food Inspection Agency, which may issue a product recall. Find out more on our Food Labelling page at www.foodallergycanada.ca.