



# Sesame



## Quick Facts

- Sesame seeds can be creamy white or charcoal black in colour.
- Sesame oil is dark in colour and is commonly used in Asian dishes.
- Sesame 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 abroad since labelling rules differ from country to country.

## 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](http://www.foodallergycanada.ca).

## Did You Know?

Bakeries can be a source of sesame cross-contamination because sesame seeds are used in the kitchens as a topping on many breads and buns.

## **Other names for sesame**

- Benne, benne seed, benniseed
- Gingelly, gingelly oil
- Seeds
- Sesamol, sesamolina
- Sesamum indicum
- Sim sim
- Tahini, Tahina
- Til
- Vegetable oil

## **Possible sources of sesame**

- Baked goods like hamburger buns, breads, bagels, cookies, flatbreads
- Bread crumbs, bread sticks, cereals, crackers, melba toast
- Dips and patés
- Dressings, gravies, marinades, salads, sauces, soups
- Falafel
- Flavoured rice, noodles, soups
- Flavouring
- Granola and muesli
- Halvah
- Herbs, seasoning, spices
- Hummus
- Margarine
- Multigrain breads, chips, etc.
- Processed meats, sausages
- Risotto (rice dish)
- Sesame oil, sesame salt
- Shish kebabs, stews, stir fries
- Snack foods: chips, pretzels, rice cakes, granola bars, candy
- Tahini
- Tempeh
- Tortilla chips
- Vegetarian burgers

## **Non-food sources of sesame**

- Adhesive bandages
- Cosmetics, hair care products, perfumes, soaps, sun screens
- Medications
- Fungicides
- Insecticides
- Lubricants, ointments, topical oils
- Pet food
- Sesame meal in poultry and livestock feed