

Item	Foods Allowed	Foods Not Allowed
Vegetables	<ul style="list-style-type: none"> All vegetables and their juices 	<ul style="list-style-type: none"> Any vegetable or vegetable dish or beverage containing sesame seeds &/or sesame seed oils Chutney made with sesame seeds &/or sesame seed oils
Fruit	<ul style="list-style-type: none"> Fruits and their juices 	<ul style="list-style-type: none"> Fruit dishes or beverages containing sesame seeds &/or sesame seed oils
Salads	<ul style="list-style-type: none"> Salads containing allowed ingredients 	<ul style="list-style-type: none"> Salads containing sesame seeds &/or sesame seed oils
Grain Products	<ul style="list-style-type: none"> Bread, buns, bagels and other baked goods made with allowed ingredients Cereals and muesli made with allowed ingredients Bread crumbs, bread sticks, melba toast made with allowed ingredients Plain rice, noodles (made with allowed ingredients) 	<ul style="list-style-type: none"> Bread, buns and other baked goods made with sesame seeds &/or sesame seed oils (e.g. cakes, muffins, pancakes, waffles, fritters, doughnuts, pastries) Baking mixes containing sesame seeds &/or sesame seed oils Cereals, flavoured oatmeal and muesli containing sesame seeds &/or sesame seed oils Crackers containing sesame seeds &/or sesame seed oils Flavoured rice, noodles containing sesame seeds &/or sesame seed oils Risotto made with sesame seeds &/or sesame seed oils Granola bars containing sesame seeds &/or sesame seed oils Pretzels, rice cakes, bagel/pita chips containing sesame seeds &/or sesame seed oils Sesame seed snap bars
Milk & Alternatives	<ul style="list-style-type: none"> Plain, whole, 2%, 1% and skim Cream Sour cream Buttermilk 	<ul style="list-style-type: none"> Milk and alternative products containing sesame seeds &/or sesame seed oils (this includes products with the names: Tahini, Tahina, vegetable oils made with sesame seeds or undisclosed oils) Flavoured ice cream, flavoured milk, yogurt or milkshakes containing sesame seeds &/or sesame seed oils Dessert toppings containing sesame seeds &/or sesame seed oils Cheese spreads or cheese balls containing seeds &/or sesame seed oils

Item	Foods Allowed	Foods Not Allowed
Meat & Alternatives	<ul style="list-style-type: none"> • All pure, fresh, frozen or canned meat, poultry and fish • Plain tofu • All pure legumes such as dried peas, beans, and lentils • Plain eggs 	<ul style="list-style-type: none"> • Processed meats and sausages containing sesame seeds &/or sesame seed oils • Meat, poultry and fish dishes made with sesame seeds and or sesame seed oils • Hummus (made with tahini or sesame seeds) • Pates made with sesame seeds &/or sesame seed oils • Egg dishes prepared with oils of undisclosed sources • Vegetarian burgers, vegetable pâtés, and/or tempeh made with sesame seeds and or sesame seed oils
Soups	<ul style="list-style-type: none"> • All soups made with allowed ingredients 	<ul style="list-style-type: none"> • Soups made with sesame seeds and or sesame seed oils
Oils & Fats	<ul style="list-style-type: none"> • Butter, cream, sour cream • Margarine made from allowed oils • Lard • Meat drippings • All other oils and fats made with allowed ingredients 	<ul style="list-style-type: none"> • Sesame seed oil • Vegetable oil containing sesame seed oil or undisclosed oils • Tahini (Sesame paste) • Salad dressings containing sesame seeds and/or sesame seed oils • Gravies, sauces, dips or marinades containing sesame seeds and/or sesame seed oils • Margarine containing sesame seeds and/or sesame seed oils • Any oil product made with undisclosed oils
Desserts & Sweets	<ul style="list-style-type: none"> • All desserts and sweets made with allowed products 	<ul style="list-style-type: none"> • Any dessert, frozen dessert or sweet made with sesame seeds and or sesame seed oils (eg. Halvah) • Any candy bar, chocolate bar, boxed chocolates made with sesame seeds &/or sesame seed oils • Any snack food, e.g. trail mix made with sesame seeds and or sesame seed oils
Fluids	<ul style="list-style-type: none"> • All fluids made with allowed ingredients 	<ul style="list-style-type: none"> • Fluids made with sesame seeds &/or sesame seed oils • Aqua Libra (herbal drink)
Miscellaneous	<ul style="list-style-type: none"> • All pure spices and herbs made with allowed ingredients 	<ul style="list-style-type: none"> • Spices, herbs, seasonings or flavourings made with sesame seeds &/or sesame seed oils or undisclosed oils • Sesame salt

Notes:

- Foods (e.g. bread/muffins) for clients allergic to sesame seeds should be prepared and stored separately to avoid cross contamination.
- Avoid any foods with the statement “Contains sesame” or “May contain: sesame” or similar wording on the label
- Other names for sesame: benne, benne seed, benniseed, gingelly, gingelly oil, seeds, sesamol, sesamolina, sesamum indicum, sim sim, Til, Tahini (sesame paste)

References:

- Government of Canada, Health Canada, "Sesame – priority food allergens", 2016