






# Food Allergens in the Bakery



Major food allergens are: fish, peanuts, wheat, soy, tree nuts (such as almonds, filberts/hazelnuts, pecans, pistachios, walnuts), eggs, milk/dairy, and shellfish (such as shrimp, crab, or lobster). A food allergen can cause illness or death in some of your customers. Other sensitive ingredients include lactose, gluten, and sesame. Be aware of bakery products that contain allergens.

The list below is **not a full listing** of potential allergens, but a list of more common ones found in bakery products:

<p><b>Milk/ Lactose</b></p>		<ul style="list-style-type: none"> <li>• Butter</li> <li>• Cream</li> <li>• Ice Cream</li> <li>• Milk</li> <li>• Whey</li> <li>• Caramel color or flavor</li> </ul>	<ul style="list-style-type: none"> <li>• Sour Cream</li> <li>• Whipped Cream</li> <li>• Yogurt</li> <li>• Cheese</li> <li>• Buttermilk</li> </ul>
<p><b>Eggs</b></p>		<ul style="list-style-type: none"> <li>• Egg washes—used on breads, sweet goods, pastries, and pies</li> <li>• Edible cake decorations</li> </ul>	<ul style="list-style-type: none"> <li>• Egg substitutes made with egg whites</li> </ul>
<p><b>Wheat/ Gluten</b></p>		<ul style="list-style-type: none"> <li>• Wheat:             <ul style="list-style-type: none"> <li>• triticale</li> <li>• graham</li> <li>• kamut</li> <li>• semolina</li> <li>• spelt</li> <li>• faro</li> <li>• einkorn</li> </ul> </li> <li>• flour</li> <li>• hydrolyzed wheat protein</li> <li>• matzoh</li> <li>• sprouted wheat</li> <li>• wheat germ oil</li> <li>• whole wheat berries</li> </ul>	<ul style="list-style-type: none"> <li>• Barley</li> <li>• Oats</li> <li>• Rye</li> <li>• Wheat derivatives:             <ul style="list-style-type: none"> <li>• bran</li> <li>• durum</li> <li>• germ</li> <li>• gluten</li> <li>• grass</li> <li>• malt</li> <li>• sprouts</li> <li>• starch</li> </ul> </li> </ul>
<p><b>Peanuts/ Tree Nuts</b></p>		<ul style="list-style-type: none"> <li>• Artificial nuts</li> <li>• May be made from peanuts with tree nut flavoring added</li> <li>• Marzipan</li> <li>• Made from almond paste; used in cookies, sweet goods, and cakes</li> <li>• Pesto</li> <li>• May contain pine nuts or walnuts; added to some focaccia and savory breads</li> </ul>	<ul style="list-style-type: none"> <li>• Almonds</li> <li>• Filberts/Hazelnuts</li> <li>• Peanuts</li> <li>• Pecans</li> <li>• Pistachios</li> <li>• Walnuts</li> </ul>
<p><b>Soy</b></p>		<ul style="list-style-type: none"> <li>• Lecithin</li> <li>• Soy flour</li> <li>• Guar gum</li> <li>• Soy milk</li> </ul>	



## How Can I Help My Customers?

- Some customers will ask you for ingredient information to make informed decisions.
- Know where to find labels or product ingredient information to give them.
- DO NOT use this information to make health recommendations. Let customers decide.

For more in-depth information on the top 8 food allergens, see FARE's *Tips for Avoiding Your Allergen* at [foodallergy.org](http://foodallergy.org).

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**Disclaimer:** The information presented in this Job Guide has been compiled from sources and documents believed to be reliable and represents the best professional judgment of International Dairy-Deli-Bakery Association (IDDBA). However, the accuracy of the information presented is not guaranteed, nor is any responsibility assumed or implied, by IDDBA for any damage or loss resulting from inaccuracies or omissions.