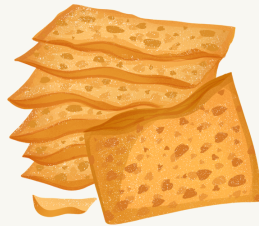
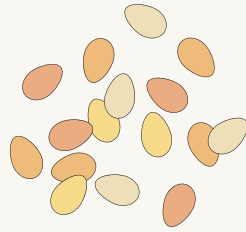


Sesame Allergy

What is Sesame?

Sesame is a flowering plant that bears edible seeds called sesame seeds. Both sesame seeds and sesame oil have a mild, nut-like flavor popular in many cuisines around the globe.



Common Foods containing Sesame

Hummus
Sushi
Baked goods
Crackers
Cereals
Sauces
Salad dressings
Soups

Ingredients containing Sesame

Benne, benne seed, benniseed
Gingelly, gingelly oil
Gomasio (sesame salt)
Halvah
Sesame flour
Sesame oil*
Sesame paste
Sesame salt
Sesame seed
Sesamol
Sesamum indicum
Sesemolina
Sim sim
Tahini, Tahina, Tehina
Til

Sesame Allergy

- Starting January 1, 2023, Sesame will be added as the 9th major allergen in the United States, due to the FASTER Act of 2021.
- Sesame will join the other 8 allergens required on an allergen label: peanuts, tree nuts, fish, shellfish, soy, dairy, eggs, and wheat.
- It's estimated that 0.23% of people in the United States are allergic to sesame.



*Some highly refined oils are safe for individuals with allergies (ie: peanut oil, soybean oil), however sesame oil is not highly refined and therefore should be avoided for those with a sesame allergy.

Sesame Allergy

Non-food sources of Sesame

Cosmetics (hair products, soaps, oils, lotions, and creams)

Medications

Nutritional supplements

Perfumes

Pet foods



Allergic reaction to Sesame

For someone with a sesame allergy, sesame triggers an immune response that can be mild to severe.

Mild symptoms:

- Hives
- Itchiness inside mouth
- Digestive upset

Severe symptoms:

- Anaphylaxis
- Breathing/swallowing problems
- Vomiting/diarrhea
- Coughing
- Swelling
- Loss of consciousness

Symptoms of an allergic reaction can occur within a few minutes up to hours after exposure to sesame.

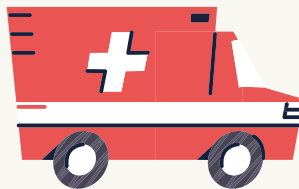
Confirming sources of Sesame

If you are unsure if an item contains sesame, the only way to know if sesame is in the product or not is by contacting the manufacturer directly.



Severe Allergic Reaction

If a severe allergic reaction to sesame does occur, administer epinephrine as directed and call 911 immediately.



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1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or

2. fax: (833) 256-1665 or (202) 690-7442; or

3. email: program.intake@usda.gov