

Use this information to cater for children in your service who have a sesame allergy.



Avoiding sesame is essential for children that have a confirmed allergy to sesame.

Allergy action plan

Allergy action plans are recommended to advise staff what to do if a known allergen is ingested. The action plan should be developed with the child's family and treating team (doctor, allergist, paediatrician) and be approved and signed by a recognised health professional involved in their care.

On enrolment, services should request written documentation of confirmed allergies from the child's treating team. Parents should document exactly what their child can and cannot tolerate to avoid confusion and this should be written on the allergy action plan. Specialised anaphylaxis action plans are essential for children with anaphylactic reactions.

For information about developing an allergy action plan refer to the fact sheet *Allergy policy and allergy action plans*¹ and the Australasian Society of Clinical Immunology and Allergy (ASCIA)² website www.allergy.org.au.

Avoiding sesame

The following food and ingredients contain sesame and should be avoided:

Foods and ingredients that contain sesame				
Aqua libra	Halva	Sesame seeds	Til	Tahina
Benne	Hummus	Sesame snacks	Sim Sim	Sesame oil
Benniseed	Pasteli	Sesarmol	Gingelly seeds	Sesame
Sesomolina	Tahini/sesame paste		Gomasio/sesame salt	

¹ *Allergy policy and allergy action plans*, Healthy Eating Advisory Service, Department of Health and Human Services, State Government of Victoria, 2014, www.heas.health.vic.gov.au.

² The ASCIA website includes personal action plans for allergic reactions and for anaphylaxis. These are medical documents that can only be completed and signed by the patient's treating medical doctor and cannot be altered without their permission.



Check labels for the following foods and ingredients which may contain sesame:

Foods and ingredients that may contain sesame

Asian food	Muesli and muesli bars	Dips and spreads	Herbs and spices	Salads
Breakfast cereals	Marinades and dressings	Turkish bread	Vegetarian foods	Snacks (e.g. middle eastern snacks)

Baked goods (breads, buns, sweet or savoury biscuits)

Note: Bakery items (especially unpackaged items) are a high risk for cross contamination.

Reference: *Dietary avoidance - sesame allergy*, Australasian Society of Clinical Immunology and Allergy, 2013, www.allergy.org.au/patients/food-allergy/ascia-dietary-avoidance-for-food-allergy/sesame.

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