

SYNONYMS FOR AND SOURCES OF SESAME

This cheat sheet collects the names, synonyms, and potential hidden sources of sesame that may appear on your supplier spec sheet. Refer to this resource to help you comply with declaring sesame as an allergen on your food label.

established names for sesame

Scientific name: *Sesamum indicum* L. (family: Pedaliaceae)

Standardized Common Name: *Sesame* • Botanical Synonym: *Sesamum orientale*

Etymology: from the Latin *Sesamum* and Greek *Sesamon*

Ayurvedic Name: *tila*

synonyms

Ajonjoli, anjonolies
Alegria
Benne, benne seed, benniseed
Bijan
Bukenyimu
Bununya

Busosyi
Bwengo
Chamkkae
Chih mah
Chitowe
Ellu
Geching

Gingelly, gingelly oil
Kura Goma (Japanese black sesame seeds)
Sesam
Sesame flour
Sesame oil
Sesame paste

Sesame salt
Sesame seed
Sesamol
Sesemolina
Sim sim
Tahini, Tahina, Tehina
Til (Til Oil, Tila)

COMMON HIDDEN SOURCES

Sesame may also be included and undeclared on your ingredient spec sheet in a different ingredient or as a proprietary flavor or spice blend. Be aware of ingredients that don't list their sub-ingredients, such as "crackers," "buns," "sauce," or other foods that could potentially contain sesame. The following items often contain sesame, so be sure to research further:

Baba ghanoush
Bagel chips
Falafel
Flavors
Goma-dofu
Granola/muesli
Halvah (Halavah)
Herbs, seasonings, spices
Humus/hummus
Margarine



Pasteli
Pita chips
Processed meats and sausages
Protein and energy bars
Rice cakes
Tempeh
Tocopherols or foods fortified with Vitamin E (could be derived from Sesame)
Vegetable oil (may contain sesame oil)
Vegetarian patties