## SESAME

### ANTIGEN FOUND IN:

Sesame seeds are processed into oil and flour or eaten whole. Oils and flours are used in Japanese, Indian, Greek, Middle Eastern, and East Asian cuisines. It is used to make tahini, halvah, and baked goods. Sesame oil is also used in ointments and cosmetics.

### ASSOCIATED WITH:

- Allergy\(^1\,\,^{2}\,\,^{6}\,\,^{7}\)
- Anaphylaxis\(^5\)
- Conjunctivitis\(^3\)
- Facial erythema\(^2\)
- Occupational asthma\(^1\,\,^{4}\)
- Rhinitis\(^4\)
- Urticaria\(^4\,\,^{6}\)

### KNOWN CROSS REACTIONS:

### CLINICAL SIGNIFICANCE:

The presence of antibodies to sesame is an indication of food sensitivity. The offending food and its known cross-reactive foods should be eliminated from the diet. Sesame allergy/intolerance is becoming more common as more people begin to seek a healthy protein-rich food. Special precautions must be taken by those in the baking industry, as occupational asthma stemming from the inhalation of sesame flour has been reported.\(^1\,\,^{4}\) Additionally, patients with immediate or delayed sensitivities should not only avoid ingesting the food, but should also abstain from using topical products that contain sesame.

### References: