

# CHEAT SHEET 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.

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

**Botanical Synonym:**  
Sesamum orientale

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

**Standardized  
Common Name:**  
Sesame

**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