

List of Food Allergens in Japanese

The following is a list of common food allergens. In Japan there are the top 27 allergens that are considered mandatory to list on commercial labels. They are denoted with an asterisk. Most ingredients are also listed out with both kanji and the kana reading that is most commonly used.

Disclaimer: Our list is to be used for reference only! It should not be used in place of an official doctor's note. Please use your best judgement and, of course, be careful!

Tree nuts	ナッツ
<ul style="list-style-type: none"> • Peanuts* <p>NOTE: Peanuts aren't a nut technically, so sometimes people will not think to say something has nuts or will call it a bean. ㄟ(ツ)ㄟ</p>	<ul style="list-style-type: none"> • ピーナッツ (pi-nattsu) • <small>らっかせい</small> 落花生 (rakkasei) • <small>なんきんまめ</small> 南京豆、ナンキン マメ (nankin mame)
<ul style="list-style-type: none"> • Walnuts* <p>NOTE: Walnuts are pretty common in a lot of breads here, as well as cooking oils/butter spreads, something to watch for. Life anecdote, they're also common in sweets i.e. red bean paste.</p>	<ul style="list-style-type: none"> • ウォールナット (uo-ru natto) • くるみ (kurumi) • しなのぐるみ (Shinanogurumi)

Storytime: in my first week here, a sweet baker offered me some cake, mocha, and special red bean sweets from the neighboring prefecture. In many regions, it's common to mix くるみ into あん for special occasions. I didn't know that. I almost had to go to the E.R. in my first week here. - Olivia

<ul style="list-style-type: none"> • Pecan 	<ul style="list-style-type: none"> • ピーカン (pi-kan)
<ul style="list-style-type: none"> • Almonds* <p>NOTE: General life tip, omiyage and European style sweets here are notorious for almonds, so</p>	<ul style="list-style-type: none"> • アーモンド (a-mondo) • <small>はたんきょう</small> 巴旦杏 (hatankyou)

<p>be careful. Be sure to read carefully as these aren't denoted but are very common.</p>	
<ul style="list-style-type: none"> Macadamia <p>NOTE: Same as almonds</p>	<ul style="list-style-type: none"> マカダミア (makadamia) マカデミアナッツ (makadamia nattsu)
<ul style="list-style-type: none"> Pistachios <p>NOTE: Common on Christmas cakes and some ice creams</p>	<ul style="list-style-type: none"> ピスタチオ (pisutachio)
<ul style="list-style-type: none"> Coconuts <p>NOTE: Aren't apart of the big 27 AFAIK but still show up sometimes on labels</p>	<ul style="list-style-type: none"> ヤシの実 (yashi no mi) ココナッツ (koko nattsu)
Fruits	果物 くだもの
<ul style="list-style-type: none"> Apples* 	<ul style="list-style-type: none"> りんご 林檎、 リンゴ (ringo) アップル (appuru)
<ul style="list-style-type: none"> Bananas* / Plantains <p>NOTE: Both are used interchangeably but bananas are used more often in Japanese cooking and plantains are used more often in international cuisine.</p>	<ul style="list-style-type: none"> バナナ (banana) おおばこ 車前草、 おおばこ (oobako)
<ul style="list-style-type: none"> Peach* 	<ul style="list-style-type: none"> もも 桃、 もも (momo)
Vegetables	野菜 やさい
<ul style="list-style-type: none"> Tomato* 	<ul style="list-style-type: none"> トマト (tomato)

<ul style="list-style-type: none"> • Potatoes 	<ul style="list-style-type: none"> • じゃが芋 (jyaga imo)^{いも} • ポテト (poteto)
<ul style="list-style-type: none"> • Sweet potatoes 	<ul style="list-style-type: none"> • さつま芋 (satsuma imo)^{いも}
<ul style="list-style-type: none"> • Corn 	<ul style="list-style-type: none"> • とうもろこし、^{とうもろこし} 玉蜀黍 (tomorokoshi) • コーン (ko-n)
Citrus	柑橘類 シトラス
<ul style="list-style-type: none"> • Lemon 	<ul style="list-style-type: none"> • レモン (remon)
<ul style="list-style-type: none"> • Lime 	<ul style="list-style-type: none"> • ライム (raimu)
<ul style="list-style-type: none"> • Orange* 	<ul style="list-style-type: none"> • オレンジ (oranji) • みかん、^{みかん} 蜜柑 (mikan)
<ul style="list-style-type: none"> • Kiwi Fruits* 	<ul style="list-style-type: none"> • キウイ (ki u i)
Native Japanese Citrus (used in most traditional cooking and not often listed)	
<ul style="list-style-type: none"> • Yuzu <p>NOTE: Often found in cosmetics and fragrances</p> <ul style="list-style-type: none"> • Satsuma Mandarin • Kabosu 	<ul style="list-style-type: none"> • ゆず (yuzu) • さつま (satsuma) • カボス (kabosu)
Soy*	^{だいず} 大豆

<ul style="list-style-type: none"> • Soy beans* AKA Edamame 	<ul style="list-style-type: none"> • <small>だいず</small> 大豆
<ul style="list-style-type: none"> • Soy sauce 	<ul style="list-style-type: none"> • <small>しょうゆ</small> 醤油、しょうゆ (shoyu)
<ul style="list-style-type: none"> • Soy milk 	<ul style="list-style-type: none"> • <small>とうにゅう</small> 豆乳、トウニユウ (tonyu)
<ul style="list-style-type: none"> • Tofu <p>NOTE: often used in miso</p>	<ul style="list-style-type: none"> • <small>とうふ</small> 豆腐、とうふ (tofu)
Meat	肉
<ul style="list-style-type: none"> • Chicken* 	<ul style="list-style-type: none"> • <small>とりにく</small> 鶏肉、とりにく (tori niku)
<ul style="list-style-type: none"> • Beef* 	<ul style="list-style-type: none"> • <small>ぎゅうにく</small> 牛肉、ぎゅうにく (gyu niku)
<ul style="list-style-type: none"> • Pork* 	<ul style="list-style-type: none"> • <small>ぶたにく</small> 豚肉、ぶたにく (buta niku)
<ul style="list-style-type: none"> • Lamb/Mutton 	<ul style="list-style-type: none"> • <small>ようにく</small> 羊肉、ようにく (yo niku)
Shellfish and Seafood	海の幸 シーフード 魚介類 海鮮
<ul style="list-style-type: none"> • Shrimp* 	<ul style="list-style-type: none"> • 海老、エビ (ebi)
<ul style="list-style-type: none"> • Crab* 	<ul style="list-style-type: none"> • 蟹、カニ (kani)
<ul style="list-style-type: none"> • Lobster 	<ul style="list-style-type: none"> • <small>えび</small> 海老、ロブスター (ebi, robusuta-)
<ul style="list-style-type: none"> • Clams 	<ul style="list-style-type: none"> • <small>はまぐり</small> 蛤、はまぐり (hamaguri)

<p>NOTE: In Japanese there are different names for the different varieties of clams but using "shellfish" should be able to cover most of them</p>	
<ul style="list-style-type: none"> Mussel 	<ul style="list-style-type: none"> ムール貝^{がい}、ムールかい (muru kai)
<ul style="list-style-type: none"> Oysters 	<ul style="list-style-type: none"> 牡蠣^{かき}、かき (kaki)
<ul style="list-style-type: none"> Squid/Cuttlefish* 	<ul style="list-style-type: none"> 烏賊^{いか}、イカ (ika)
<ul style="list-style-type: none"> Abalone* 	<ul style="list-style-type: none"> 鮑^{あわび}、あわび (awabi)
<p>Fish</p>	<p>魚、さかな</p>
<ul style="list-style-type: none"> Red fish; <ul style="list-style-type: none"> salmon* 	<ul style="list-style-type: none"> 赤身^{あかみ} (aka mi) <ul style="list-style-type: none"> サーモン (sa-mon)
<ul style="list-style-type: none"> White fish; <ul style="list-style-type: none"> saba* 	<ul style="list-style-type: none"> 白身^{しろみ} (shiro mi) <ul style="list-style-type: none"> さば (saba)
<ul style="list-style-type: none"> Blueback fish 	<ul style="list-style-type: none"> 青魚^{あおさかな}、あおざかな (ao zakana)
<ul style="list-style-type: none"> Fish eggs/roe* 	<ul style="list-style-type: none"> 魚卵^{ぎょらん}、ぎょらん (gyoran) イクラ (as in cooked) (ikura)
<p>Dairy Products</p> <p>NOTE: Lactose Intolerance isn't considered an allergy but if you want others to know it is called</p> <p>乳糖不耐症^{にゅうとうふたいしょう} (nyuto futaisho)</p>	<p>乳製品^{にゅうせいひん} (nyuu sei hin)</p>

<ul style="list-style-type: none"> • Milk* 	<ul style="list-style-type: none"> • <small>ぎゅうにゅう</small> 牛乳 (gyunyu)
<ul style="list-style-type: none"> • Cheese 	<ul style="list-style-type: none"> • チーズ (chi-zu)
<ul style="list-style-type: none"> • Yogurt 	<ul style="list-style-type: none"> • ヨーグルト (yo-guruto)
<ul style="list-style-type: none"> • cream 	<ul style="list-style-type: none"> • クリム (kurimu)
Sesame*	ごま (goma)
<ul style="list-style-type: none"> • Sesame oil 	<ul style="list-style-type: none"> • <small>あぶら</small> ごま油 (goma abura)
<ul style="list-style-type: none"> • Sesame seeds 	<ul style="list-style-type: none"> • <small>ごま</small> 胡麻、ごま (goma)
Mushrooms*	
<p>NOTE: There are many kinds of mushrooms used in Japanese cooking but if you just say the general word for mushroom most people will understand.</p>	<ul style="list-style-type: none"> • きのこ (kinoko) • <small>きのこ</small> 茸 (take)
<ul style="list-style-type: none"> • king trumpet mushroom, king oyster mushroom 	<ul style="list-style-type: none"> • エリンギ (eringi)
<ul style="list-style-type: none"> • Shiitake mushroom 	<ul style="list-style-type: none"> • <small>しいたけ</small> 椎茸 (shiitake)
<ul style="list-style-type: none"> • Enoki 	<ul style="list-style-type: none"> • えのきたけ (enoki take)
Wheat*	
	<ul style="list-style-type: none"> • <small>むぎ</small> 麦、ムギ (mugi) • <small>こむぎ</small> 小麦、こむぎ (komugi)
<ul style="list-style-type: none"> • Wheat flour <p>NOTE: Udon uses wheat!</p>	<ul style="list-style-type: none"> • <small>こむぎこ</small> 小麦粉、こむぎこ (ko mugi ko)
<ul style="list-style-type: none"> • Soba (buckwheat)* 	<ul style="list-style-type: none"> • そば、<small>そば</small> 蕎麦 (soba)

Cocoa	<ul style="list-style-type: none">• ココア (kokoa)
Gelatin*	<ul style="list-style-type: none">• ゼラチン (zerachin)• ゼリー (zeri-)
Rice* (Japan has many kinds of rice varieties along with different rice products but will 90% of the time have the kanji for rice)	<ul style="list-style-type: none">• ^{よね}米、こめ (kome)