

Dairy Allergy

A dairy allergy occurs when the body has an immune reaction to casein or whey, the proteins found in dairy products. People who have this allergy need to completely avoid all dairy products. A dairy allergy should not be confused with “lactose intolerance,” which is caused by the inability to digest lactose, a milk sugar. Lactose intolerance causes cramping, bloating, and diarrhea. People who are lactose-intolerant can still consume lactose-free dairy products.

What foods and drinks may contain dairy?

- Milk, buttermilk, cream, creamers, condensed/evaporated milk, dry milk powder
- Yogurt
- Sour cream
- All cheeses, including cream cheese and cottage cheese
- Butter and the many margarines that have whey or casein as ingredients
- Cream soups and white sauces
- Ice cream, frozen yogurt, most sherbets
- Whipped cream and Cool Whip®
- Chocolate
- Pudding, tapioca, custard, flan, soufflés
- Most baked goods and sweets (e.g. cookies/cake/pancakes)
- Other foods may also contain dairy products. Look carefully at all package labels for the terms that indicate dairy product ingredients. Such terms may include: casein, caseinates, curds, whey, cream, lactose, and lactalbumin. Also, the ingredients caramel flavoring, chocolate, nougat, and Simplese® typically contain dairy.

Substitutes for Dairy Products

Instead of	Try ...
Cow or goat milk	Enriched soy, rice, or almond milk. Light coconut milk can be a delicious substitute in recipes
Cow or goat yogurt	Soy yogurt
Cow/goat cheese	Be cautious about all alternative cheeses because most alternative cheeses still contain casein
Sour cream	Plain soy yogurt makes a good substitute, or find casein-free soy sour cream
Ice-cream treats	Tofutti treats, Soy Delicious, Rice Dream, and other non-dairy ice-creams
Butter or ghee	Use margarine that contains no casein/whey, such as Earth Balance. Use olive, canola, or safflower oil for cooking. Try Spectrum Naturals shortening for great results when baking

Special note for infants: Babies with a dairy allergy are often also sensitive to soy. Formulas made with hydrolyzed protein are typically tolerated best. If nursing, milk protein in mom’s diet can cause the baby to react.



Soy Allergy

A soy allergy is when the body has an immune reaction to proteins found in soy. There have been at least 15 allergenic proteins identified in soy, but it is not completely certain which specific component of soy is responsible for reactions.

Avoid All Sources of Soy

Common sources of soy

- Tofu
- Tempeh
- Soy flour
- Soy “milk”
- Edamame (also known as soybeans)
- Miso soup
- Natto
- Soy “burgers” and most other meat alternatives
- Soy or shoyu sauce
- Tamari and teriyaki sauce
- Soy-based ingredients are in many processed foods

Read labels and avoid products that contain the above soy foods or list any of the following terms:

- Hydrolyzed plant/vegetable protein
- Mono-diglyceride
- Monosodium glutamate (MSG)
- Natural flavoring
- Soy flour or grits
- Isolated/concentrated soy protein
- Textured vegetable protein (TVP), vegetable broth, vegetable gum, or vegetable starch
- Studies show that most people with a soy allergy may safely eat soy lecithin and refined soybean oil. However, these products are not guaranteed to be 100% free of soy proteins.

Soy ingredients are often used in baked goods, cereals, crackers, bread, soup, meat products, and canned tuna. It is important to read all labels and contact the manufacturer if you have any questions.

A Registered Dietitian (RD) can provide suggestions for soy-free meat alternatives as well as other protein sources to help ensure that nutrient needs are being met.



Egg Allergy

An egg allergy is when the body has an immune response to egg protein. Allergies to eggs can be difficult to manage because eggs are often hidden in foods. While it is pretty clear there are eggs in your omelet, eggs are used in many baked goods and mixed dishes to help bind the ingredients together. This is why it is important to read labels carefully to avoid foods that contain eggs.

How do I avoid eggs?

Do not eat foods that traditionally have eggs.

- Scrambled, fried, poached, or any other form of eggs or egg substitute
- Breaded meats, croquettes, meatloaf, and many processed meats
- Egg noodles and other pasta (even if recipe does not contain eggs, you may want to avoid if it was made on equipment that also processes egg-containing pasta)
- Many salad dressings, mayonnaise, Hollandaise sauce, and tartar sauce
- French toast, crepes, most pancakes, and waffles
- Almost all baked goods and desserts (e.g. muffins, cookies, macaroons, cake)
- Marshmallows, meringues, nougat, and cream pie/puff filling
- Ice cream, eggnog, custard, flan, and some puddings

Read all labels. Choose foods that do not contain egg as a hidden ingredient.

Some ingredients to avoid include albumin (egg protein), egg white/yolk/solids, globulin, livetin, ovalbumin, ovomucin, ovomucoid, ovovitellin, phosvitin, silici albuminate, Simplese®, and vitellin. Lecithin may be made from egg yolks (though it usually comes from soybeans), so call the manufacturer of the questionable product if it is listed as an ingredient.

Be cautious of foods with extra shine. Egg washes are often brushed on to give more shine to foods like pretzels, bagels, buns, cookies, pie crusts, and other sweets. They can also be used to increase foaming in cappuccinos and lattés.

Beware of cosmetics, shampoos, and medicines which often contain egg proteins.

What can I use to replace eggs in a recipe?

Commercial egg-free substitutes are available or you can use the sample recipes below.

As a binder (substitute for each egg)

- ½ large mashed banana, 1/4 cup apple sauce or pureed prunes, or 1 Tbsp. apricot puree
- 1 Tbsp. ground flaxseed mixed with 3 Tbsp. water
- 1 ½ Tbsp. water, 1 ½ Tbsp. and 1 tsp. baking powder
- Mix one packet of unflavored gelatin with 2 Tbsp. warm water: 3 Tbsp = 1 egg
- ¼ cup of soft tofu

As leavening (substitute for each egg)

- 2 Tbsp. carbonated water and 2 tsp. baking flour
- 1 Tbsp. cornstarch or arrowroot mixed with 3 Tbsp. water
- 1 tsp. of yeast dissolved in ¼ cup warm water



Wheat Allergy (Page 1/2)

Many common foods are made from wheat, including bread, pasta, cake, cookies, and crackers. An allergy to wheat is usually caused by a protein in wheat called gluten, or gliadin, that is difficult to digest and sets off an immune response in the body. People diagnosed with a wheat allergy need to be aware of foods in which wheat is a “hidden ingredient” and of foods that are less obvious sources of gluten. A dietitian can provide support and help make sure that the diet still provides adequate nutrition.

What foods contain wheat and/or gluten?

Reading labels is the key to avoiding wheat (also known as bulgur, durum, graham, or semolina flour) and other gluten-containing grains such as rye, barley (malt), spelt, kamut, triticale, and farina. Oats are usually contaminated by wheat and should also be avoided. Note that “wheat-free” does not always mean gluten-free. Rice, corn, potato, tapioca, buckwheat, amaranth, millet, bean, lentil, soy, arrowroot, and sorghum are alternatives that are usually safe.

A Gluten Free Diet

Food Group	Do Not Typically Contain Gluten	Often Contain Gluten - CAUTION	Typically Contain Gluten - AVOID
Milk, milk products	milk; buttermilk; cream; most cheeses	sour cream; yogurt; chocolate milk drinks; non-dairy creamers; cheese products; cottage cheese	malted drinks
Meat & other proteins	100% meat, poultry, and seafood (not breaded, with no grain additives); eggs; dried beans or peas; peanut butter	meat patties; cold cuts; canned meat; sausages; bologna; hot dogs; breaded meats; hamburgers; chili; commercial egg dishes; baked beans; soy protein meat substitutes	croquettes; fish or chicken patties made with bread or bread crumbs; meatloaf; meatballs; pizza, ravioli; meat or meat substitute with gluten stabilizer
Breads & grains	cream of rice; puffed rice; cornmeal; rice; pasta, breads, desserts, etc. made from gluten-free grains; rice cakes; 100% corn tortillas and chips	packaged rice mixes; cornbread; baked goods; cold cereals containing malt	breads, cereals, desserts, pretzels, pasta, etc. made from gluten-containing grains; kasha; bulgur; couscous; matzo; bread crumbs; melba toast; wafers
Fats & oils	butter; margarine; vegetable oil	salad dressings; non-dairy creamers; mayonnaise	gravy and cream sauces thickened with wheat flour



Food Group	Do Not Typically Contain Gluten	Often Contain Gluten - CAUTION	Typically Contain Gluten - AVOID
Fruits	plain, fresh, frozen, canned, or dried fruit; all 100% fruit juices	pie fillings; thickened or prepared fruit	
Vegetables	all fresh, frozen, or canned vegetables, including white and sweet potatoes; beans	vegetables with sauces; marinated, seasoned, and other prepared vegetables	creamed or breaded vegetables; those prepared with gluten stabilizers
Snacks & desserts	brown and white sugar; gelatin; jelly; molasses; honey; pure cocoa or carob; fruit ice; popcorn; snacks made from gluten-free grains	custard; pudding; ice-cream; sherbet; pie filling; candies; chocolate; chewing gum; chips	cakes, cookies, doughnuts, pastries, crackers, and other snacks made from gluten-containing grains; ice cream cones
Beverages	water; milk; tea; coffee; carbonated beverages (except root beer); 100% fruit juices	root beer; cocoa mixes and other chocolate drinks; other beverage mixes; some nutritional supplement drinks; non-dairy creamer	malt-containing drinks; beer (and other such beverages)
Soups	those made with allowed ingredients	many commercially-prepared soups, broths, soup mixes, bouillon cubes	soups thickened with wheat flour (roux) or other gluten-containing grains; soup containing pasta, barley or wheat pasta
Thickening agents	gelatin; arrowroot starch; corn starch; potato starch flour; rice bran and flour; soy flour; tapioca; xanthan		wheat bran/flour; all gluten-containing flours (as above)
Condiments	gluten-free tamari sauce, distilled white vinegar, olives, pickles, relish, ketchup	flavoring syrups, mayonnaise, horseradish, salad dressings, tomato sauces, mustard, taco sauce, dips	Soy sauce
Seasonings	salt, pepper, herbs, cloves, ginger, nutmeg, cinnamon, baking soda, baking powder, cream of tartar	curry powder, seasoning mixes, meat extracts, caramel coloring, monosodium glutamate (MSG)	brewer's yeast (unless prepared with a sugar molasses base), yeast extract (contains barley)
Prescriptions		medicines/supplements – call companies or ask your pharmacist	



Peanut/Tree Nut Allergies

For someone with a peanut allergy, an allergic reaction can occur very easily from even small traces of peanuts, and the effect can be life-threatening. It is essential that family members, friends, teachers, and other caretakers be informed about the peanut allergy and how to prevent anaphylaxis, and how to respond if a reaction ever occurs.

Avoid peanuts!

Do not eat peanuts, peanut butter, or any foods made with peanut ingredients. Carefully read all ingredients on labels and do not eat any of the following: beer nuts, cold pressed peanut oil, ground nuts, flavored/artificial nuts, hydrolyzed plant/vegetable protein, marzipan, nougat, and peanut flour. Due to the very sensitive nature of this allergy, it is safest to avoid products that have been produced in a facility that also processes peanuts.

Types of Food that Often Contain Peanuts

- Many African, Thai, Chinese, Vietnamese, and Mexican dishes
- Baked goods, candies/candy bars (especially chocolate ones)
- Cold breakfast cereals, nutrition bars, trail and Chex mix
- Many nuts/seeds are produced on the same equipment as peanuts

Avoid Cross-Contamination

Many families choose to keep a peanut-free home to prevent the spread of peanuts from one person to another through regular events, such as:

- Kissing someone who has recently eaten peanuts
- Touching contaminated objects
- Using the same knife to cut sandwiches of different kinds
- Contaminating a jelly jar by dipping in a knife that has already been in peanut butter

It is also recommended that you contact your child's school so that they can make the appropriate accommodations.

Those with a tree nut allergy have different foods to watch out for. Since peanuts and tree nuts come from different plant family lines, people with allergies are usually sensitive to one category or another, but not both. Tree nuts include almonds, Brazil nuts, cashews, chestnuts, filberts/hazelnuts, hickory nuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts. Other ingredients to watch out for that are usually made from tree nuts are marzipan, nougat, gianduja, artificial/flavored nuts, alternative nut butters (100% peanut butter is usually okay), nut oils, almond flour, and almond extract (may use artificial almond flavoring). **Be very careful when eating baked goods, candy, and other packaged foods. You must read all labels carefully!**



Understand what gluten is and why your child needs to avoid it. Gluten is a protein found in certain grains and the products made from these grains. In people with Celiac Disease, or other forms of gluten allergy/intolerance, even small amounts of gluten are enough to cause medical problems or produce unpleasant symptoms. Sometimes a gluten-free diet is used to help with other conditions as well, such as autism. Children affected by gluten can be healthier and feel more energetic by following a gluten-free diet.

Avoid wheat, barley, rye, triticale, and oats. Wheat, barley, rye, and triticale all contain gluten. Although pure oats do not contain gluten, oats in this country are often contaminated by other grains during processing. Because of the high risk of contamination, avoiding oats altogether is the safest option.

Eat a variety of gluten-free foods. You can still eat a delicious variety of foods as you follow a gluten-free diet. All of the following grains and flours should be safe to eat so long as they are free of contamination: amaranth flour, brown rice, buckwheat, flax seed meal, hazelnut meal, millet flour, potato starch, rice bran, sorghum flour, tapioca starch, teff flour, and white rice. Be sure to check with the manufacturer if you are unsure whether a food is gluten-free. Also, remember that fresh fruits, vegetables, meat, fish, poultry, and dairy products are all naturally gluten-free.

Consider the foods in your grocery store that are likely to contain gluten.

Depending on their ingredients, the following foods may contain gluten.

baked goods	gravies	pie crust
baking mixes	hot dogs	pizza
baking powder	icing	processed meats
beer	imitation bacon	pretzels
breaded/battered foods	imitation seafood	salad dressings
broth	instant breakfasts	sauces
burgers	instant cocoa	sausages
cakes	luncheon meats	seasonings
candies	marinades	self-basting poultry
cereals	matzoh	soups/soup bases
cookies	meatloaf or meatballs	stuffing
corn bread	mints	thickeners (roux)
crackers	noodles	toothpaste
croquettes	Ovaltine	wafers (Including
croutons	pâté	communion)
dressing	pancakes	waffles
grain coffee substitute	pasta	wheat tortillas
granola	pet food	vitamin/mineral supplements

Check for ingredients containing gluten. In addition to wheat, barley, rye, triticale, and oats, many other food ingredients can contain gluten because they are made from



these grains. Get in the habit of checking food labels and avoid products containing any of the ingredients from the following list. (Please be aware that this is not a complete list, as new products and ingredients are frequently introduced / changed. To ensure that a food is gluten-free it is safest to contact the manufacturer).

bran cereal extract	gluten	modified food starch
bread crumbs	graham flour	modified wheat starch
bulgar	high-gluten flour	semolina
cereal extract	high-protein flour	soy sauce
couscous	hydrolyzed protein	spelt
cracker meal	(unless made from corn	vital wheat gluten
durum flour	or soy)	wheat bran
einkorn	kamut	wheat germ
emmer	malt	wheat gluten
enriched flour	malt vinegar	wheat grain
farina	maltodextrin (unless	wheat starch
flour	made from corn)	whole wheat flour

Additionally, the following ingredient names may indicate the presence of gluten, so check with the specific manufacturer.

alcohol	monosodium glutamate (MSG)
annatto	natural flavoring
artificial flavoring	seasoning
caramel coloring	spices
dextrin	starch
gelatinized starch	vegetable gum
vinegar	

Be aware of non-food sources of gluten. Gluten can make its way into your body from sources other than food and still cause a reaction. Glue and Play-Doh often contain gluten. Other sources can include makeup, skin creams, lip stick, lip balm, shampoo, and soap. You may want to contact the manufacturer to learn if the products you use contain gluten. Also, since not all medications are gluten-free, alert your pharmacist to be sure the medications you take are safe for you.

Consult with a registered dietitian. With practice and education, your gluten-free diet will be satisfying, delicious, and nutritious. However, working towards that point can be much easier with some guidance from a registered dietitian. They can recommend gluten-free products, share recipes and ingredient substitutions, explain how to eat out safely, and advise you how to avoid potential nutritional deficiencies.

