

Cow's milk allergy

Some vitamins and medications contain lactose as a filler.

Foods to avoid	Words to watch out for	Safe foods	Common substitutes
All dairy foods such as butter, cheeses, cream, sour cream, ice cream, milk and yogurt.	Casein or caseinates	Boxed pastas	For baking: Substitute equal amounts of water, fruit juice, rice milk or soy milk
Some baked goods	Hydrolysates	Breads made without milk	Use ¾ cup applesauce for every cup of butter
Some breads	Lactalbumin, lactalbumin phosphate	All fresh and frozen fruits and vegetables	Use butter substitutes made of soy
Buttered, creamed, scalloped or au gratin vegetables	Lactoglobulin	All grains	Substitute broth for cream in sauces and purees
Candy made with milk such as fudge, caramel and nougat	Lactose	Meat, chicken or fish cooked without butter or other milk products	Use olive oil or other oils or soy spread instead of butter on vegetables
Canned tuna that contains casein	Rennet casein	Non-cream soups	Check natural food stores for products made of soy or rice, such as ice cream, butter, and yogurt (Avoid soy cheese, as most contain casein)
Caesar salad and Caesar dressing	Whey or whey protein	Peanut butter and other nut butters made without milk solids	Soy ice cream
Some boxed and precooked cereals		Rice, soy and nut milks	Soy "butter" spreads
Cream soups, bisques and chowders		Sauces that don't contain milk, butter or cream	
Eggnog, milk shakes and malts		Soy products	
Ghee or clarified butter		Tofu	
Some high-protein flours and protein powders		Vegetable oils	
Meat loaf, breaded meats and meats containing casein			
Pancakes, waffles and French toast			
Processed meats and lunch meats			
Pudding, custard, and cream sauce			
Salad dressing or mayonnaise containing milk			
Soufflés			

Egg allergy

Talk to your doctor about vaccines – the flu and yellow fever vaccines contain traces of egg protein.

Foods to avoid	Words to watch out for	Safe foods	Common substitutes
Baked goods, including cream pies and meringue	The words "binder," "coagulant" and "emulsifier"	Cereals and grains	Egg replacer (not the same as egg substitute, boxed flour-like substance)
Commercially fried and battered meats	Albumin	Fresh, frozen or dried fruits and vegetables	For home baking try:
Bread crumbs and commercial breads made with eggs or brushed with eggs (avoid any product with a clear glaze)	Globulin	Baked, broiled or roasted meats, chicken and fish	1 tsp baking powder 1 tbsp water 1tbsp vinegar (mixed)
Custard, pudding and some ice creams and sherbets (check labels)	Lecithin (can be made of soy, too, so check with manufacturer)	Bean and lentils	1 tsp apricot puree 1 tsp yeast dissolved in ¼ cup warm water
Drinks such as eggnog, Ovaltine and Orange Julius	Livetin	Butter, vegetable oil, egg-free mayo and egg-free salad dressing	1 ½ tbsp water 1 ½ tsp oil 1 tsp baking powder (mixed)
Eggs in any form (including egg substitute)	Lysozyme	Dairy foods	1 packet gelatin 2 tbsp warm water (mixed just before using)
Egg noodles or commercially processed cooked pasta	Any word beginning with ovo- or ova-	Gelatin	1 tsp flaxseed meal 1 tsp water (mixed)
Marshmallows, marzipan and nougat	Simplese (fat replacement)	Homemade baked goods made without eggs	
Mayonnaise (unless label says "egg-free")	Vitellin	Soy foods such as tofu	
Meatballs, meat loaf, some sausages, and crab cakes	Egg replacer (make sure it is egg-free)		
Pancakes and waffles			
Clear soups clarified with egg whites and soups with egg noodles			
Tartar sauce, hollandaise, and other cream sauces			
Frozen vegetables in sauce			

Peanut allergy

Many nonfood items contain peanuts and nuts, such as: beanbags, bird feed, dog food and treats, hamster food and bedding, cosmetics, secondhand toys and furniture, ant traps and mouse traps.

Foods to avoid	Words to watch out for	Safe foods	Common substitutes
Peanut butter	Lecithins (or food additive 322)	Teach your children not to eat food that's not from home	Seeds like sunflower, sesame or flax can be used for garnishing and in salads
Mixed nuts	Arachis/arachis oil	Wash surfaces thoroughly after using nuts	Toasted peas or garbanzo beans are a good substitute for snacking
Crushed nuts in sauces	Hydrolyzed vegetable protein	Be careful around salad bars and buffets, especially in Asian restaurants	Hummus, white bean spread, olive tapenade or eggplant spread make great swaps for peanut butter sandwiches
Pesto	Emulsified	Think about carrying a "chef's card" when eating out to better explain to restaurant workers what your allergy requests are	
Marzipan	Satay	Make sure to read all labels and read them each time you buy a food	
Mandelonas	Natural and artificial flavorings	Foods that were "safe" before may be changed without warning	
Health food bars	"May contain traces of nuts"		
Artificial nuts	"Made in a factory that processes peanuts and tree nuts"		
All cakes and pastries with unknown ingredients	"Produced on equipment shared with tree nuts"		
Bouillon and Worcestershire sauce			
Chocolates (unless no risk of cross-contamination)			
Praline and nougat			
Muesli and fruited breakfast cereals			
Prepared salads/salad dressings			
Gravy			
In addition, many African, Chinese, Indonesian, Japanese, Mexican, Thai, Vietnamese and vegetarian dishes often contain peanuts			

Shellfish/Fish Allergy

This is the fastest growing cause of food allergy in adults in the U.S.

Foods to avoid	Words to watch out for	Safe foods	Common substitutes
Abalone	Bouillabaisse (a seafood soup)	All other foods, just be sure to read labels	Chicken, turkey and sausages are excellent substitutions for soups and stews
Anchovies	Caesar salad and Caesar dressing	Think about carrying a "chef's card" when eating out to better explain to restaurant workers what your allergy requests are	Use seaweeds like wakame and hijiki to add a sea flavor to dishes
Calcium supplements derived from coral	Paella	Avoid seafood restaurants	Vegetable protein has a similar texture and will absorb the flavors of the dish
Clams	Scampi	Avoid fried foods (many restaurants cook all foods, including shrimp, in the same oil)	
Crab	Surimi		
Crawfish or crayfish	Some types of sushi		
Lobster and langoustines	Tapenade (olive paste that may contain anchovies)		
Mussels	Worcestershire sauce (most contain anchovies)		
Oysters	Grilled foods may be cooked on the same grill		
Scallops			
Sea urchin and sea cucumber			
Shrimp and prawns			
Snails, whelks and periwinkles			
All other fish			
Avoid hot dogs and deli meats, which may have trace shellfish			

Soy Allergy

Many soaps and cosmetics contain soy oil and soy products. Some medications do as well. Ask a doctor whether soy-based inks are a concern.

Foods to avoid	Words to watch out for	Safe foods	Common substitutes
Any baked goods containing soy flour	Hydrolyzed soy protein, hydrolyzed vegetable protein, hydrolyzed plant protein	Be careful when eating in Asian restaurants such as Chinese, Japanese, Thai and Vietnamese. Soy-based products are frequently used in their cooking.	Cow, goat, rice or almond milks work great in cereals, shakes and baking
Candy that contains soy lecithin	Lecithin (ask doctor if safe)	Think about carrying a "chef's card" when eating out to better explain to restaurant workers what your allergy requests are	Nuts and seeds are good substitutes for snacking
Canned tuna that contains soy	Mono- and diglycerides		Use beans (peas and garbanzos especially) for salads and vegetable medleys
Soy oil	Monosodium glutamate or MSG		Xanthan gum
Commercially prepared meats that use soy as an extender	Natural and artificial flavoring		
Edamame	Textured vegetable protein (TVP)		
Some fruit drink and hot cocoa mixes	Vegetable broth		
Generic vegetable oil (usually soy oil)	Vegetable gum		
Granola, energy or breakfast bars made with soy	Vegetable starch		
Ice cream that contains soy flavoring			
Imitation bacon bits			
Lunch meats that contain soy, such as pork sausage			
Miso			
Oyster or fish sauce			
Some salad dressings, mayonnaise, sauces and gravies			
Soybeans			
Soy milk, cheese, yogurt and ice cream			
Soy nut butters			
Soy nuts			
Soy protein/TVP, tempeh, tofu and soy flour			

Tree Nut Allergy

Many nonfood items contain peanuts and nuts, such as: beanbags, bird feed, dog food and treats, hamster food and bedding, cosmetics, secondhand toys and furniture, ant traps and mousetraps.

Foods to avoid	Words to watch out for	Safe foods	Common substitutes
All nuts	"May contain traces of nuts"	Teach your children not to eat food that's not from home	Seeds like sunflower and sesame are great swaps for baking
Almond extract	"Made in a factory that processes peanuts and tree nuts"	Wash surfaces thoroughly after using nuts	Water chestnuts add crunch to savory dishes
Artificial nuts that contain nut flavoring	"Produced on equipment shared with tree nuts"	Be careful around salad bars and buffets, especially in Asian restaurants	Beans that are toasted, baked or fried are good snacks and are good in stuffings
Some BBQ sauces		Think about carrying a "chef's card" when eating out to better explain to restaurant workers what your allergy requests are	
Some chocolate candies		Make sure to read all labels and read them each time you buy a food	
Nut oils		Foods that were "safe" before may be changed without warning	
Energy, granola or breakfast bars that contain nuts			
Natural and artificial flavorings			
Mangos (they're related to cashews)			
Mortadella (sausage frequently made with pistachios)			
Pesto			
Pumpkin and sunflower seeds			
Cheese spreads			
Sweets like almond paste, marzipan, nougat and gianduja			

Wheat Allergy

Foods to avoid	Words to watch out for	Safe foods	Common substitutes
All baked goods made with wheat flour (white or whole wheat)	Bran	All fresh, frozen, canned or dried fruits and vegetables	Combinations of flours sometimes work best, so experiment
All breaded meats and meats that contain fillers, such as hot dogs, sausage, lunch meat, bologna and meat patties	Bulgur	All whole meats without breading	For recipes, try the following substitutions for 1 cup of wheat flour: 7/8 cup rice flour 5/8 cup rice flour plus 1/3 cup rye flour 2/3 cup brown rice flour plus 1/2 cup tapioca flour 5/8 cup potato starch 1 cup corn flour 1 1/4 cup rye flour 1 1/8 cup oat flour
All pasta, unless wheat-free	Cracker meal	Baked goods made with other flours such as corn, rice, barley or oat	
Chocolate and candy that contains malt	Durum	Corn or rice pasta	
Commercial mixes unless labeled wheat-free	Enriched flour	Corn tacos and tortillas	
Cottage cheese, yogurt and ice cream that contain modified food starch	Farina	Custard, tapioca, rice pudding and sherbet	
Imitation seafood	Gluten	Eggs	
Milk drinks that contain wheat (like malted milk)	Graham flour	Dairy foods without modified food starch	
Pancakes, waffles, stuffing, etc., made with wheat flour	Hydrolyzed vegetable protein	Cereals without added wheat	
Pretzels, crackers, pizza dough and snack foods made from wheat flour	Malt	Popcorn	
Salad dressings, soups, sauces and gravies thickened with flour or containing wheat noodles	Modified food starch, modified starch, wheat starch, gelatinized starch	Crackers and snacks not made from wheat flour	
Seitan (wheat gluten)	Natural flavoring	Soups without wheat	
Wheat bran, wheat germ, wheat gluten, wheat berries, cracked wheat (bulgur) wheat sprouts and couscous	Phosphated or bromated flour	Wheat-free soy sauce	
Worcestershire sauce, some mustards, soy sauce, MSG and prepared foods that contain MSG	Semolina	Rice and grits	
	Spelt and Kamut		
	Vegetable gum, vegetable starch		