

Have a milk allergy? Check out these potential substitutes!

get schooled in **ANAPHYLAXIS**

WARNING: PEOPLE WITH FOOD ALLERGIES ARE OFTEN ALLERGIC TO MORE THAN ONE FOOD. CHECK WITH YOUR ALLERGIST TO MAKE SURE YOU ARE NOT ALLERGIC TO THESE SUBSTITUTES BEFORE INCORPORATING THEM INTO YOUR DIET.

Cow's milk contains nine essential nutrients, including calcium, vitamins A, B-12 and D, potassium, protein, riboflavin, niacin and phosphorus. It's also a key ingredient in several food products, including butter, cheese and desserts. This can make dining with a milk allergy challenging. Below are some potential alternatives that may fit into your diet.

Butter and Cheese Product Substitutes	Dairy-free margarine	Soy or dairy-free cheese
Milk Substitutes	Almond milk	Soy or rice milk fortified with calcium and vitamin D
Milk-Free Dessert Options	Non-dairy ice cream and yogurt Soy- or rice-based pudding	Sorbet Ice pops

Please note that this is a general guide to using ingredient substitutions for a milk allergy. This general guide should not replace discussions with your allergist about appropriate alternatives to milk. If you or a loved one has an allergy to milk, it's important to read ingredient labels to ensure that ingredients do not contain and are not processed with your allergens. It's also important to check product labels and/or with manufacturers to determine if foods are made in facilities that produce products with your allergen.

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Have an egg allergy? Check out these potential substitutes!

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Eggs are an excellent source of protein, vitamins B-12 and D, riboflavin and phosphorus. In addition, when it comes to baking, eggs generally serve as either a binder (holds a recipe together), leavening agent (helps food rise) or both. However, this does not mean you can't bake for someone with an egg allergy! First, determine the role of the eggs in your recipe, and then choose an appropriate replacement from the list below.

Egg Substitutes for Binding	1/2 of a smashed banana 1/4 cup of applesauce or pureed fruit	3½ tablespoons gelatin blend 1 tablespoon ground flax seed mixed with 3 tablespoons warm water; let stand 1 minute before using
Egg Substitutes for Leavening	1½ tablespoons vegetable oil mixed with 1½ tablespoons water and 1 teaspoon baking powder	
Commercial Egg Replacement Products	Commercial egg replacement products are available in supermarkets and can also be used as an egg-free binder and/or leavening agent in baking. However, be sure you choose an egg replacement and not an egg substitute. Egg substitute products contain egg and are designed for cholesterol-conscious people, rather than those with an egg allergy.	

Please note that this is a general guide to using ingredient substitutions for an egg allergy. This general guide should not replace discussions with your allergist about appropriate alternatives to eggs. If you or a loved one has an allergy to eggs, it's important to read ingredient labels to ensure that ingredients do not contain and are not processed with your allergens. It's also important to check product labels and/or with manufacturers to determine if foods are made in facilities that produce products with your allergen.

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Have a peanut allergy? Check out these potential substitutes!

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Peanuts are an excellent source of protein, niacin and manganese. Avoiding peanuts on a day-to-day basis can be challenging. Luckily for those with a peanut allergy, there are several peanut and peanut butter substitutes available. Below are some potential alternatives that may fit into your diet.

Peanut Substitutes	Sunflower seeds Almonds Cashews	Macadamia nuts Soy nuts
Peanut Butter Substitutes	Sunflower seed butter Almond butter	Hummus Soy nut butter
<p>WARNING: Double-check label to make sure your peanut butter substitute is truly peanut-free. Some manufacturers make "nut-free" butters on machines that may come in contact with peanuts.</p>		

Please note that this is a general guide to using ingredient substitutions for a peanut allergy. This general guide should not replace discussions with your allergist about appropriate alternatives to peanuts. If you or a loved one has an allergy to peanuts, it's important to read ingredient labels to ensure that ingredients do not contain and are not processed with your allergens. It's also important to check product labels and/or with manufacturers to determine if foods are made in facilities that produce products with your allergen.

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Have a fish or shellfish allergy? Check out these potential substitutes!

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Fish and shellfish are a rich source of protein, as well as omega-3 fatty acids. For those allergic to fish or shellfish, there are other food sources that can replicate these nutritional benefits. Below are some potential alternatives that may fit into your diet.

Fish/Shellfish Substitutes	Meat Poultry	Grain
Healthy Omega-3 Fatty Acid Alternative Sources	Walnuts Flaxseed oil Canola oil	Brussels sprouts Spinach Kale
Artificial Seafood	While artificial seafood, such as imitation crab, is available, it may still have fish in it. Make sure to check the label and/or speak with your allergist before incorporating artificial seafood into your diet.	

Please note that this is a general guide to using ingredient substitutions for a fish or shellfish allergy. This general guide should not replace discussions with your allergist about appropriate alternatives to shellfish. If you or a loved one has an allergy to fish or shellfish, it's important to read ingredient labels to ensure that ingredients do not contain and are not processed with your allergens. It's also important to check product labels and/or with manufacturers to determine if foods are made in facilities that produce products with your allergen.

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Have a soybean allergy? Check out these potential substitutes!

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Soy is a complete protein and contains iron, omega-3 fatty acids, calcium, vitamins D and B, folate, zinc and fiber. Soy-based products are often used in food substitutes for people with other allergies. For those allergic to soy, however, there are plenty of alternatives available. Below are some potential options that will fit into your diet.

Soybean Substitutes	Fresh, frozen or canned vegetables such as: Broccoli Carrots Asparagus	
	NOTE: Make sure the vegetables are not served with sauces or breading that contain soy ingredients.	
Soy Flour-Based Product Substitutes	Breads, baked goods, cereals not containing soy ingredients Plain macaroni, rice, barley, rye, wheat, oats or grits Potato chips or popcorn cooked in soy oil	
	NOTE: Most soy oil does not contain soy protein, which causes soy allergy, because the soy protein is removed during processing. Thus, soy oil generally does not cause allergy symptoms. However, those with soy allergies should check with their allergist about consuming products containing soy oil or processed with soy oil.	
Soy Milk-Based Product Substitutes	Cow's milk Cheese Cottage cheese Yogurt	

Please note that this is a general guide to using ingredient substitutions for a soybean allergy. This general guide should not replace discussions with your allergist about appropriate alternatives to soybeans. If you or a loved one has an allergy to soybeans, it's important to read ingredient labels to ensure that ingredients do not contain and are not processed with your allergens. It's also important to check product labels and/or with manufacturers to determine if foods are made in facilities that produce products with your allergen.

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Have a tree nut allergy? Check out these potential substitutes!

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Tree nuts are a rich source of protein and unsaturated fatty acids. Avoiding tree nuts on a day-to-day basis can be challenging. Luckily for those with a tree nut allergy, there are several substitutes available. Below are some potential alternatives that will fit into your diet.

Tree Nut Substitutes	Sunflower seeds	Soy nuts
Nut Butter Substitutes	Sunflower seed butter Soy nut butter	Hummus
	WARNING: Double-check labels to make sure each is truly nut-free. Some manufacturers make "nut-free" butters on machines that may come in contact with nuts. Read labels to be sure.	

Please note that this is a general guide to using ingredient substitutions for a tree nut allergy. This general guide should not replace discussions with your allergist about appropriate alternatives to tree nuts. If you or a loved one has an allergy to tree nuts, it's important to read ingredient labels to ensure that ingredients do not contain and are not processed with your allergens. It's also important to check product labels and/or with manufacturers to determine if foods are made in facilities that produce products with your allergen.

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Have a wheat allergy? Check out these potential substitutes!

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Wheat is a complex carbohydrate and is a key ingredient in several food products, including pasta, bread and snack foods. This can make dining with a wheat allergy challenging. Below are some potential alternatives that will fit into your diet.

Wheat Flour Substitutes	Rice, potato, sorghum or flour Consider making an all-purpose flour mix by combining 4½ cups white rice flour, 1½ cups potato starch and ¾ cup tapioca flour.	Tapioca or potato starch
Pasta Substitutes	Rice Pasta	Corn pasta
Wheat-Free Snacks	Rice cakes Popcorn Fruit snacks NOTE: Not all snacks are wheat-free. Check with your allergist to make sure you are not allergic to these substitutes before incorporating them into your diet.	Rice crackers Potato or corn chips
Bread Substitutes	Gluten-free bread	Wheat-free bread

Please note that this is a general guide to using ingredient substitutions for a wheat allergy. This general guide should not replace discussions with your allergist about appropriate alternatives to wheat. If you or a loved one has an allergy to wheat, it's important to read ingredient labels to ensure that ingredients do not contain and are not processed with your allergens. It's also important to check product labels and/or with manufacturers to determine if foods are made in facilities that produce products with your allergen.

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