

Potential Substitutions for Allergy Ingredients

CAUTION: 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 using them.

This is a general guide to using ingredient substitutions for food allergies and should not replace discussions with your allergist about appropriate alternatives to your allergen. If you or a loved one has an allergy, 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.

DAIRY ALLERGY

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. Several milk-free alternatives can be used instead. Be sure to check with your allergist to make sure you are not allergic to these substitutes before using them.

Butter and Cheese Substitutes	<ul style="list-style-type: none"> • Dairy-free margarine 	<ul style="list-style-type: none"> • Soy or dairy-free cheese
Milk Substitutes	<ul style="list-style-type: none"> • Almond milk • Soy or rice milk fortified with calcium and vitamin D 	<ul style="list-style-type: none"> • Coconut milk
Milk-Free Dessert Options	<ul style="list-style-type: none"> • Non-dairy ice cream and yogurt • Sorbet 	<ul style="list-style-type: none"> • Soy- or rice-based pudding • Ice pops

EGG ALLERGY

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. Be sure to check with your allergist to make sure you are not allergic to these substitutes before using them.

Egg Substitutes for Binding	<ul style="list-style-type: none"> • 1/2 of a smashed banana • 1 tablespoon ground flax seed mixed with 3 tablespoons warm water; let stand 1 minute before using 	<ul style="list-style-type: none"> • 1/4 cup of applesauce or pureed fruit • 3 1/2 tablespoons gelatin blend
Egg Substitutes for Leavening	<ul style="list-style-type: none"> • 1 1/2 tablespoons vegetable oil mixed with 1 1/2 tablespoons water and 1 teaspoon baking powder 	
Commercial Egg Replacement Products	<p>Commercial egg replacement products are available in supermarkets and can also be used as an egg-free binder and/or leavening agent in baking.</p> <p>Be sure you choose an egg <i>replacement</i> and not an egg <i>substitute</i>. Egg substitutes contain egg and are designed for cholesterol-conscious people, rather than those with an egg allergy.</p>	

PEANUT ALLERGY

Peanuts are an excellent source of protein, niacin and manganese. Avoiding peanuts on a day-to-day basis can be challenging. Several peanut and peanut butter substitutes are available. Be sure to check with your allergist to make sure you are not allergic to these substitutes before using them.

Peanut Substitutes	<ul style="list-style-type: none"> • Sunflower seeds • Cashews • Soy nuts 	<ul style="list-style-type: none"> • Almonds • Macadamia nuts
Peanut Butter Substitutes	<ul style="list-style-type: none"> • Sunflower seed butter • Hummus 	<ul style="list-style-type: none"> • Almond butter • Soy nut butter

TREE NUT ALLERGY

Tree nuts are a rich source of protein and unsaturated fatty acids. Avoiding tree nuts on a day-to-day basis can be challenging. Several substitutes are available for those with a tree nut allergy. Be sure to check with your allergist to make sure you are not allergic to these substitutes before using them.

Tree Nut Substitutes	<ul style="list-style-type: none"> • Sunflower seeds 	<ul style="list-style-type: none"> • Soy nuts
Nut Butter Substitutes	<ul style="list-style-type: none"> • Sunflower seed butter • Soy nut butter 	<ul style="list-style-type: none"> • Hummus



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FISH OR SHELLFISH ALLERGY

Fish and shellfish are a rich source of protein, as well as omega-3 fatty acid. For those allergic to fish or shellfish, there are other food sources that can replicate these nutritional benefits. Be sure to check with your allergist to make sure you are not allergic to these substitutes before using them.

Protein Substitutes	<ul style="list-style-type: none"> • Meat • Grain 	<ul style="list-style-type: none"> • Poultry
Healthy Omega-3 Fatty Acid Substitutes	<ul style="list-style-type: none"> • Walnuts • Canola oil • Spinach 	<ul style="list-style-type: none"> • Flaxseed oil • Brussels sprouts • 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.	

SOYBEAN ALLERGY

Soy is a complete protein and contains iron, omega-3 fatty acids, calcium, vitamins D and B, folate, zinc and fibre. Soy-based products are often used in food substitutes for people with other allergies. Plenty of alternatives are available for those allergic to soy. Be sure to check with your allergist to make sure you are not allergic to these substitutes before using them.

Soybean Substitutes	<ul style="list-style-type: none"> • Broccoli • Carrots 	<ul style="list-style-type: none"> • Asparagus
	NOTE: Make sure the vegetables are not served with sauces or breading that contains soy ingredients.	
Soy Flour-Based Product Substitutes	<ul style="list-style-type: none"> • Breads, baked goods, cereals not containing soy ingredients • Plain macaroni, rice, barley, rye, wheat, oats or grits 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Cow's milk • Cheese 	<ul style="list-style-type: none"> • Cottage cheese • Yogurt

WHEAT ALLERGY

Wheat is a complex carbohydrate and is a key ingredient in several food products, including pasta, bread and snack foods. These substitutes can help make wheat-free cooking less challenging. Be sure to check with your allergist to make sure you are not allergic to these substitutes before using them.

Wheat Flour Substitutes	<ul style="list-style-type: none"> • Rice, potato, sorghum or flour 	<ul style="list-style-type: none"> • Tapioca or potato starch
	Consider making an all-purpose flour mix by combining 4 1/2 cups white rice flour, 1 1/2 cups potato starch and 3/4 cup tapioca flour.	
Pasta Substitutes	<ul style="list-style-type: none"> • Corn pasta 	<ul style="list-style-type: none"> • Rice pasta
Wheat-Free Snacks	<ul style="list-style-type: none"> • Rice cakes • Popcorn • Fruit snacks 	<ul style="list-style-type: none"> • Rice crackers • Potato or corn chips
	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.	
Bread Substitutes	<ul style="list-style-type: none"> • Gluten-free bread 	<ul style="list-style-type: none"> • Wheat-free bread

Chart adapted from Anaphylaxis101.com

You can't always avoid your allergy triggers, but you can be prepared by carrying an EpiPen® with you at all times.



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