

What is safe for me to eat?

A product guide for allergy friendly foods

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Disclosures

- *Nothing to disclose*

The opinions reflected in this presentation are those of the speaker and independent of Nutricia North America

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Outline

Perception of allergy friendly foods & the potential impact on quality of life

Grocery retailers with allergy friendly foods

Top 9 free foods

Tips to promoting nutrition adequacy for patients with food allergies

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Perception of Available Safe Foods

Not accessible at most grocery stores

Specialty packaged foods

Expensive

Will have to make most foods completely from scratch

Generally burdensome to implement for many households with two working parents

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Grocery Retailers with Allergy Friendly Foods

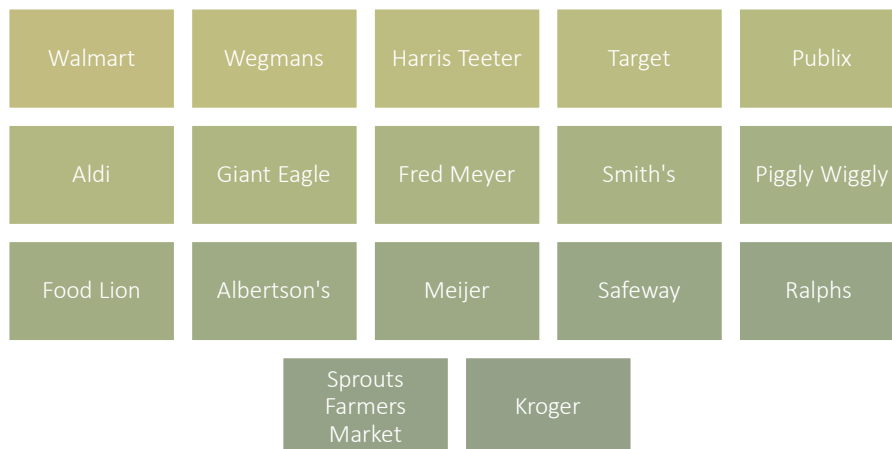
What first comes to mind:



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Grocery Retailers with Allergy Friendly Foods

Examples of other
retail options:



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Step 1: Label Reading Education

Facilitates:

- safety
- diet liberalization
- improved quality of life



Groetch M, Henry M, Feuling MB, Kim J. Guidance for the nutrition management of gastrointestinal allergy in pediatrics. J Allergy Clin Immunol Pract. 2013 Jul-Aug;1(4):323-31. doi: 10.1016/j.jaip.2013.05.002. Epub 2013 Jun 28. PMID: 24565537.

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Label Reading

Food Allergen Labeling and Protection Act: **Public Law 108-282, Title II**

- Top 8 allergen must be declared by common name in:
 - Ingredient statement or
 - "Contains" statement
- Must be disclosed even if it is a MINOR ingredient

Example 1:

Ingredients: Whey protein (milk), lecithin (soy), cherry, sugar, natural flavors (almond), salt.

Example 2:

Ingredients: Whey protein, lecithin, cherry, sugar, natural flavors, salt.
Contains: Milk, soy, and almond.

Quiche Lorraine

INGREDIENTS: milk, extra mature Cheddar cheese (milk) (15%), fortified wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamin), pasteurized free range egg, beechwood smoked bacon lardons (13%) (pork shoulder, salt, glucose, stabiliser (disodium diphosphate), antioxidant (sodium ascorbate), preservative (sodium nitrite)), palm oil, double cream (milk), cornflour, single cream (milk), rapeseed oil, skimmed milk powder, dried egg, white pepper, nutmeg.

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in **bold**.

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, NIACIN, FERROUS SULFATE [IRON], THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID); CHEESE SAUCE (MILK, WHEY, WATER, WHEY PROTEIN CONCENTRATE, CANOLA OIL, MILK PROTEIN CONCENTRATE, SODIUM PHOSPHATE, SALT, CONTAINS LESS THAN 2% OF LACTIC ACID, SODIUM ALGINATE, SORBIC ACID AS A PRESERVATIVE, OLEORESIN PAPRIKA [COLOR], ANNATTO [COLOR], NATURAL FLAVOR, CHEESE CULTURE, ENZYMES). CONTAINS: WHEAT, MILK.

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Clarifying Safe Ingredients

Coconut is not a tree nut!

Soybean oil and soy lecithin

Heat pressed oils

- Cold pressed oils should still be avoided

INGREDIENTS: tapioca flour, sugar, canola oil, cocoa, **soy lecithin**, natural flavors
CONTAINS SOY



Ingredients: sugar, tapioca syrup, coconut milk, coconut oil, agave nectar, vanilla.

Allergy information: Manufactured on shared equipment with products that contain tree nuts. Packaged in a facility that produces and packages products containing peanuts and tree nuts.

Contains Tree nuts (coconut).

Nutrition Facts Serv. Size: 1 caramel, Servings per bag: approx. 10, Amount Per Serving: **Calories** 47, Fat Cal. 16 **Total Fat** 2g (3% DV), Sat Fat 1.5g (8% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 2mg (<1% DV), **Total Carb.** 8g (3% DV), Fiber 0g (0% DV), Sugars 6g, **Protein** 0g (0% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (<1% DV), Iron (1% DV). Percentage Daily Values (DV) are based on a 2,000 calorie diet.

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Label Reading: Advisory Statements

These statements are not regulated by the FDA and are therefore difficult to interpret.

Dark chocolate has a high risk of containing milk there is precautionary statement on the label, but other foods may be low-risk.

Discuss these concerns with your doctor.

- processed in the same facility...
- manufactured on shared equipment...
- may contain...



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A friendly reminder to tell patients

***Always check ingredient labels,
products can change anytime.***



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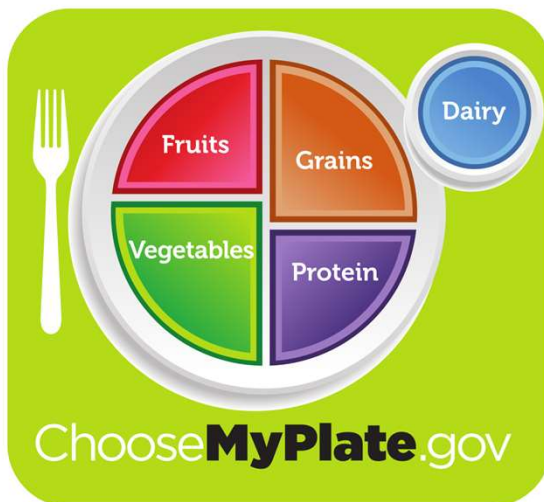
Top 9 Allergens

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Allergy Friendly Foods

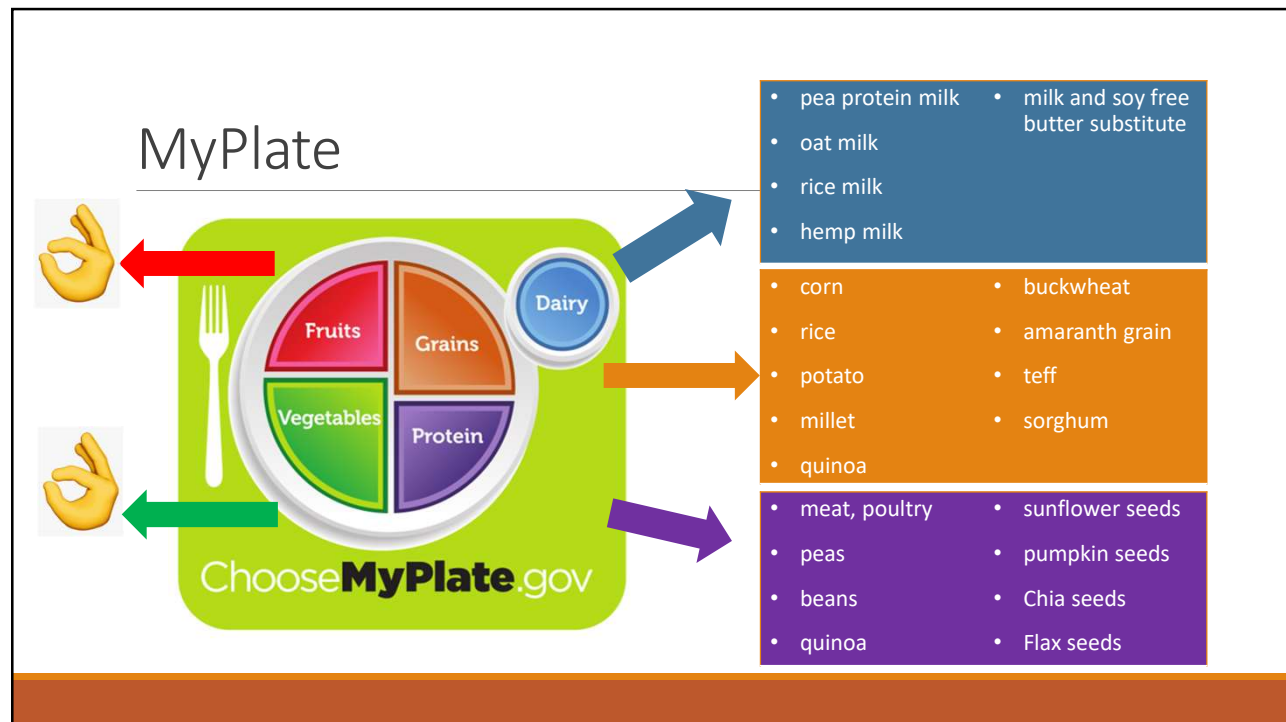
Top 9 Food Allergen	Substitution
Milk	Soy milk, Tree nut milk, pea protein milk, oat milk, coconut milk, rice milk, milk free butter substitutions
Wheat	Corn, rice, potato, millet, quinoa, buckwheat, amaranth grain, teff, sorghum
Soy	Coconut aminos for soy sauce, pumpkin seed tofu
Egg	Commerical egg replacer, Just Egg, "scrambled" tofu
Peanut	Sunflower kernels, pumpkin seeds, chia seeds, flax seeds, almond, walnut, hazelnut, pecan, pine nut, cashew, Brazil nut, pistachio, macadamia
Tree nut	Peanuts, sunflower kernels, chia seeds, flax seeds
Fish and Shellfish	Meat, poultry, legumes, all nuts, all seeds
Sesame	Pumkin seeds, sunflower seeds, chia seeds, flax seeds, all nuts

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Food substitutions

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Wheat Substitutions

Plant based pasta

Quinoa

Buckwheat

Millet

INGREDIENTS

Chickpeas, Water, Tapioca, Cocoa Butter, Olive Oil, Less than 2% of: Yeast, Oregano, Garlic Powder, Salt, Date Powder, Sunflower Lecithin, Xanthan Gum, Baking Powder.



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Cereals

Corn & Rice Chex:
All flavors



Cocoa and Fruity Pebbles



Cheerios



Rice Krispies



Kix



Trix



Back to Nature

Sprout and Shine Cereal



Cascadian Farms

Berry Vanilla Puffs cereal



Nature's Path

Gorilla Munch



Koala Krisp



Barbara's Puffins

Brown Rice Crips



Honest O's



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Cereals



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Breads



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Wraps and Tortillas

Corn tortillas



Rudi's Gluten Free Wraps



La Tortilla Factory Teff wraps



Food For Life Wheat & Gluten free Tortillas



BFree Be Wheat & Gluten free tortillas



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Chips & Pretzels

From the Ground Up



Snyder's or Hanover Gluten-Free



Lays Potato Chips
*does not include dairy cheese flavored



Lesser Evil:
Paleo Puffs, Veggie Sticks, Lil' Puffs



Live G-Free (Aldi)



Corn & Tortilla Chips



Glutino Pretzels



Food Should Taste Good, Gluten-free chips (most flavors, read labels)



Hippeas Puffs – Bohemian Barbecue, Vegan White Cheddar, Sriracha Sunrise



Ener-G Foods Cinnamon Crackers



Lunderberg Rice Chips



Popchips-Sea Salt



Terra Chips



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Milk substitutions

- Coconut
- Pea protein
- Oat milk

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Cheese substitutions







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Substitutions

Soy
Egg
Sesame
Tree nuts
Peanuts



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Frozen desserts

Coconut Milk Ice Creams



NANA Creme



Luigi's Frozen Lemonade



Frozen Fruit Bars



Daiya Ice Cream Sandwiches



Freezer Pops (all flavors)



Wink Frozen Desserts



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Cookies

Enjoy Life – all flavors



Live G-Free
(Aldi) all flavors



Cybele's Free to
Eat – all flavors



Home Free – all flavors



Orgran cookies and
animal crackers



Kinnikinnick K-
toos



Zemas Madhouse – all flavors



Partake Foods Mini Cookies – all
flavors



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Brands to
check out



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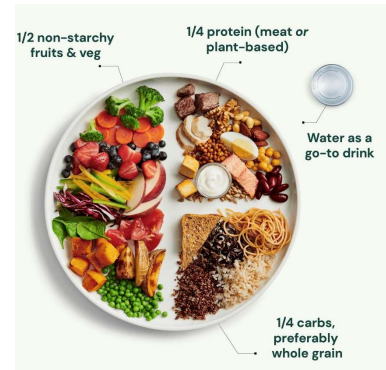
Implementation with patient care



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Diet Diversity

Focusing on introducing foods that have a wide utility and versatility/nutrient rich



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Calorically dense foods



	Calories	Protein (g)
Sunflower Seed butter (1 tbsp)	95	4
Milk Free Margarine (1 tsp)	45	0
Canola Oil (1 tsp)	40	0
Soy-free Veganaise (1 tsp)	45	0
Milk Free Salad Dressing (1 tsp)	45	0
Avocado (1 tbsp)	25	0
Hummus (tbsp)	25	0
Dried Fruits (1 tbsp)	20	0
Hemp/rice protein powder (1tbsp)	25	6



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Smoothie Recipes



Liquid
-safe milk/milk
alternative




Frozen fruit





-veggies
-chia seeds
-frozen avocado
-honey
-coconut chips

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DIY Trail Mix



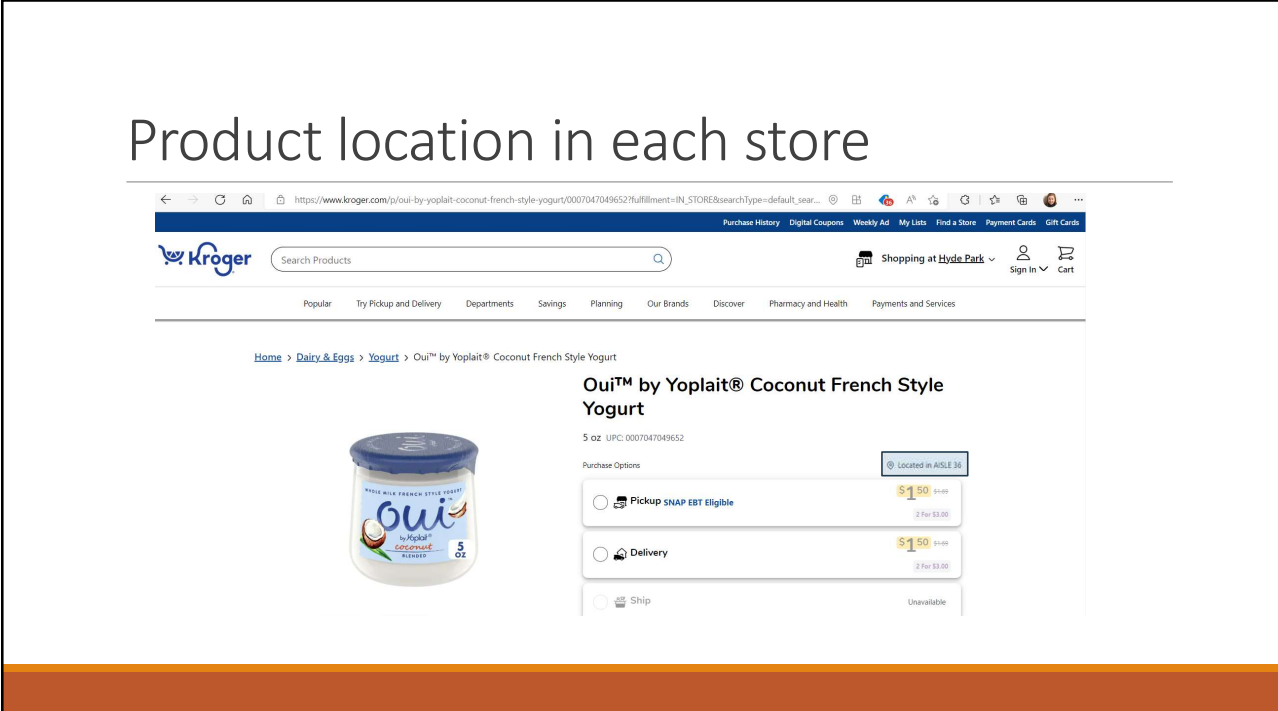



Coconut Chips
Sunflower Seeds
Pumpkin Seeds
Peanuts
Tree nuts

Popcorn
Dried Fruit
Toasted whole grain
oat cereal
Pretzel (GF if needed)
Cereal (GF if needed)

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Product location in each store



Product location in each store

Home > Dairy & Eggs > Yogurt > Oui™ by Yoplait® Coconut French Style Yogurt

Oui™ by Yoplait® Coconut French Style Yogurt

5 oz UPCI: 0007047049652

Located in AISLE 36

Purchase Options

- ☐ Pickup SNAP EBT Eligible \$1.50 (2 For \$3.00)
- ☐ Delivery \$1.50 (2 For \$3.00)
- ☐ Ship Unavailable

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Additional Resources

Cooking Blogs

- Allergy Awesomeness
- Cybele Pascal
- Minimalist Baker
- <https://www.kidswithfoodallergies.org/recipes-diet.aspx>

Apps

- Spokin
- AllergyEats

Online Shopping

- Thrive Market
- Gluten Free Mall

Advocacy groups

- CURED
- APFED

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References

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Thank you!