

# Substitutes for Common Allergens



\*Courtesy of FARE (Food Allergy Research & Education). More information can be found at [foodallergy.org](http://foodallergy.org).

## For a Milk-Free Diet

Avoid foods that contain milk or any of these ingredients:

butter, butter fat, butter oil, butter acid, butter ester(s)	lactalbumin, lactalbumin phosphate	solids, whole
buttermilk	lactoferrin	artificially sweetened pudding
casein	lactose	Recaldent®
casein hydrolysate	lactulose	rennet casein
caseinates (in all forms)	milk (in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, lowfat, malted, milkfat, nonfat, powder, protein, skimmed,	sour cream, sour cream solids
cheese		sour milk solids
cottage cheese		tagatose
cream		whey (in all forms)
curds		whey protein hydrolysate
custard		yogurt
diacetyl		
ghee		
half-and-half		

Milk is sometimes found in the following:

artificial butter flavor	culture and other bacterial cultures	nisin
baked goods	luncheon meat, hot dogs, sausages	non dairy products
caramel candies	margarine	nougat
chocolate		
lactic acid starter		

Keep the following in mind:

- Individuals who are allergic to cow's milk are often advised to also avoid milk from other domestic animals. For example, goat's milk protein is similar to cow's milk protein and may, therefore, cause a reaction in individuals who have a milk allergy.

## For a Tree-Nut-Free Diet

Avoid foods that contain nuts or any of these ingredients:

almond	litchi/lychee/lychee nut	pecan
artificial nuts	macadamia nut	pesto
beechnut	marzipan/almond paste	pili nut
Brazil nut	Nangai nut	pine nut (also referred to as Indian, pignoli, piñon, and pinyon nut)
butternut	natural nut extract (e.g., almond, walnut)	pigñolia, pignon
cashew	nut butters (e.g., cashew butter)	piñon
chestnut		
chinquapin nut		
filbert/hazelnut	nut meal	pistachio
gianduja (a chocolate-nut mixture)	nut meat	praline
ginkgo nut	nut paste (e.g., almond paste)	shea nut
hickory nut	nut pieces	walnut

Tree nuts are sometimes found in the following:

black walnut hull extract (flavoring)	nut distillates/alcoholic extracts	walnut hull extract (flavoring)
natural nut extract	nut oils (e.g., walnut oil, almond oil)	

Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.
- Coconut, the seed of a drupaceous fruit, has typically not been restricted in the diets of people with tree nut allergy. However, in October of 2006, the FDA began identifying coconut as a tree nut. Medical literature documents a small number of allergic reactions to coconut; most occurred in people who were not allergic to other tree nuts. Ask your doctor if you need to avoid coconut.

## For a Fish-Free Diet

Fish is sometimes found in the following:

barbecue sauce	fish oil	pizza (anchovy topping)
bouillabaisse	fish sauce imitation fish or shellfish isinglass	roe
Caesar salad	lutefisk maw, maws (fish maw)	salad dressing
caviar	fish stock	seafood flavoring
deep fried items	fishmeal	shark cartilage
fish flavoring	nuoc mam (Vietnamese name for fish sauce; beware of other ethnic names)	shark fin
fish flour		surimi
fish fume		sushi, sashimi
fish gelatin (kosher gelatin, marine gelatin)		Worcestershire sauce

Keep the following in mind:

- If you have fish allergy, avoid seafood restaurants. Even if you order a non-fish item off of the menu, cross-contact of fish protein is possible.
- Asian cookery often uses fish sauce as a flavoring base. Exercise caution when eating this type of cuisine.
- Fish protein can become airborne in the steam released during cooking and may cause an allergic reaction. Stay away from cooking areas when fish is being prepared.

## For an Egg-Free Diet

Avoid foods that contain eggs or any of these ingredients:

albumin (also spelled albumen)	livenin	vitellin
egg (dried, powdered, solids, white, yolk)	lysozyme	words starting with "ovo" or "ova" (such as ovalbumin)
eggnog	mayonnaise	
globulin	meringue (meringue powder)	
	surimi	

Egg is sometimes found in the following:

baked goods	fried rice	meatloaf or meatballs
breaded items	ice cream	nougat
drink foam (alcoholic, specialty coffee)	lecithin	pasta
egg substitutes	marzipan	
	marshmallows	

Keep the following in mind:

- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.
- While the whites of an egg contain the allergenic proteins, patients with an egg allergy must avoid all eggs completely.

## For a Shellfish-Free Diet

Avoid foods that contain shellfish or any of these ingredients:

barnacle	lobster (langouste, langoustine, Moreton bay bugs, scampi, tomalley)	prawns
crab		shrimp (crevette, scampi)
crawfish (crawdad, crayfish, ecrevisse)		
krill		

Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

abalone	limpet (lapas, opihi)	sea cucumber
clams (cherrystone, geoduck, littleneck, pismo, quahog)	mussels	sea urchin
cockle	octopus	snails (escargot)
cuttlefish	oysters	squid (calamari)
	periwinkle	wheik (Turban shell)
	scallops	

Shellfish are sometimes found in the following:

bouillabaisse	fish stock	surimi
cuttlefish ink	seafood flavoring (e.g., crab or clam extract)	
glucosamine		

Keep the following in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.

## For a Wheat-Free Diet

Avoid foods that contain wheat or any of these ingredients:

bread crumbs	protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat)	semolina
bulgur		spelt
cereal extract		sprouted wheat
club wheat		triticale
couscous		vital wheat gluten
cracker meal	freekah	wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch)
durum	hydrolyzed wheat protein	wheat bran hydrolysate
einkorn	Kamut®	wheat germ oil
emmer	matzoh, matzoh meal (also spelled as matzo, matzah, or matza)	wheat grass
farina		wheat protein isolate
farro		whole wheat berries
flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high	pasta	
	seitan	

Wheat is sometimes found in the following:

glucose syrup	starch (gelatinized starch, modified starch, modified food starch, vegetable starch)	surimi
oats		
soy sauce		

## For a Peanut-Free Diet

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts	goobers	nut meat
beer nuts	ground nuts	peanut butter
cold pressed, expeller pressed, or extruded peanut oil	mixed nuts	peanut flour
	monkey nuts	peanut protein hydrolysate
	nut pieces	

Peanut is sometimes found in the following:

African, Asian (especially Chinese, Indian, Indonesian, Thai, and Vietnamese), and Mexican dishes	baked goods (e.g., pastries, cookies) candy (including chocolate candy)	enchilada sauce
	chili	marzipan
	egg rolls	mole sauce
		nougat

Keep the following in mind:

- Mandelons are peanuts soaked in almond flavoring.
- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (not cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine (or lupin). Flour derived from lupine is becoming a common substitute for gluten-containing flours. The law requires that a food product's ingredients must be listed on the label, such as "lupin" or "lupine".
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.
- Some alternative nut butters, such as soy nut butter or sunflower seed butter, are produced on equipment shared with other tree nuts and, in some cases, peanuts. Contact the manufacturer before eating these products.

## For a Soy-Free Diet

Avoid foods that contain soy or any of these ingredients:

edamame	soy protein (concentrate, hydrolyzed, isolate)
miso	shoyu
natto	soy sauce
soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)	tamari
	termpheh
	textured vegetable protein (TVP)
	tofu
soybean (curd, granules)	

Soy is sometimes found in the following:

Asian cuisine	vegetable gum
vegetable broth	vegetable starch

Keep the following in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (not cold pressed, expeller pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.

