

Nutrition Tips for a Child with Food Allergies

Always read the label before using a food product. Ingredients can change at any time.

Peanut Allergy

- If your child is allergic to peanuts, talk to your allergy specialist about not eating tree nuts. They are often all processed on the same machines. This can lead to cross-contact.
- Soy nut butter can be used instead of peanut butter. It is made out of soybeans. You can also try sunbutter. It is made of sunflower seeds.



Tree Nut Allergy

- Ask your allergy specialist if your child should not eat all tree nuts. They are often all processed on the same machines. This can lead to cross-contact.
- If your child is allergic to tree nuts, these foods are okay:
 - Nutmeg (spice).
 - Water chestnuts.
 - Coconut. Ask your allergist if you have more questions about coconut.
- It is okay to use skin products with shea nut oil or shea nut butter.

Soy Allergy

- If your child is allergic to soybeans, soybean oil and soy lethicin are okay. Most people with soybean allergies can safely eat highly refined soy oil and soy lethicin. **They should not eat cold pressed, expeller pressed or extruded soybean oil.**

Egg allergy

What to use in place of eggs for baking:

- Egg replacer by Ener-G foods.
- You can also mix one of these recipes. One mix equals one egg:
 - 1 ½ tablespoon water, 1½ tablespoon oil, and 1 teaspoon baking powder.
 - 1 teaspoon baking powder, 1 tablespoon water, and 1 tablespoon vinegar.
 - 1 teaspoon yeast dissolved in ¼ cup warm water.

Do not give your child eggs from any animals. They may cause an allergic reaction.

Milk allergy

- **Do not give goat's milk to a child with cow's milk allergy.** Goat's milk is like cow's milk. It may cause an allergic reaction. Talk to your allergy specialist before using milk from any other animal.
- If your child has a milk allergy, be sure that they are getting a milk substitute that is right for their age. Talk to your doctor or dietitian about good milk substitutes for your child.
- **There are many milk-free margarines available.** Try Fleischmann's Unsalted Stick Margarine, Earth Balance™ Soy Free Buttery Spread, or Smart Balance Light®.

Helpful tips for all allergies

- Make a list of ingredients to avoid.
- Learn to read a food label.
- Do not eat foods with cross-contamination or cross-contact.
- Have an emergency action plan.
- Look for single ingredient foods like fruits, vegetables, meats and beans.
- Buy a medical ID bracelet.
- When in doubt, do not eat the food.



For more information

- Helpful online grocery store: navanfoods.com
- Visit www.foodallergy.org for more information about food allergies. Their online store also sells items to help manage food allergies.

ALERT: Call your child's doctor, nurse, or clinic if you have any concerns or if your child has special health care needs not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.