

The background of the page is light blue and features several stylized, semi-transparent illustrations of food items: a carton of milk in the top left, a fish in the top right, a cucumber in the middle, two eggs in the bottom left, a wheat stalk in the bottom left, and a shrimp in the bottom right.

# Managing Food Allergies

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Boston Children's Hospital  
Center for Nutrition

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## Introduction

Living with food allergies can be overwhelming. Managing your child's allergies will mean that you need to change how you shop, prepare foods and eat. This may be hard at first, but we are here to help! Your dietitian can help you create a healthful, tasty diet for your child. This booklet has tips for following an elimination diet and will make it easier to adapt to an allergen-free diet.

It is important to meet with a registered dietitian to plan a well-balanced, allergen-free diet that meets all of your child's nutritional needs.

## The Balanced Plate

Developed by the United States Department of Agriculture, **MyPlate** (see Figure 1) shows the 5 food groups that are the building blocks of a healthful diet.

**Remember, your child may not be able to have all the foods listed on the MyPlate table (page 4). Speak with your dietitian about specific recommendations.**

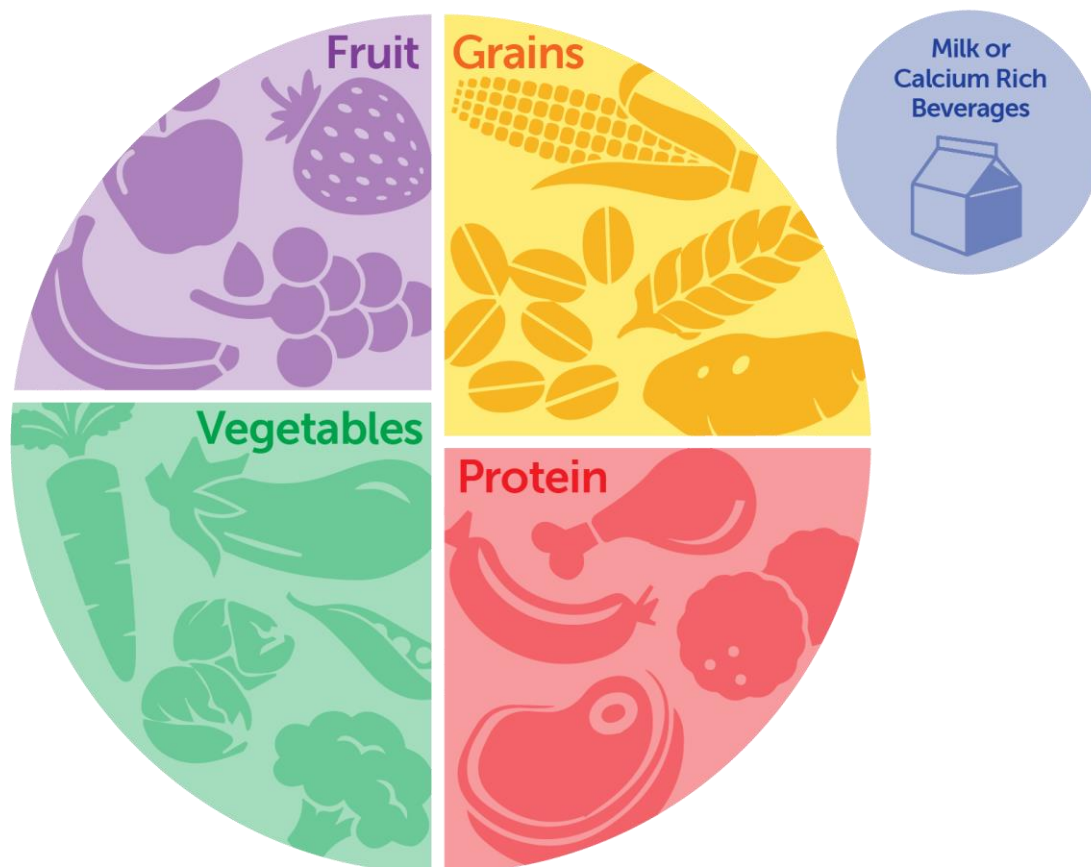


Figure 1

## Developing a Balanced Allergen-Free Diet

This is a general list. Stay away from any foods on the list that your child is allergic to.

### Fruit

- Apples
- Avocados
- Bananas
- Berries
- Grapes
- Pears
- Melons
- Oranges

### Vegetables

- Broccoli
- Carrots
- Cauliflower
- Cucumbers
- Leafy greens
- Peppers
- Sweet potatoes
- Tomatoes

### Protein

- Beans
- Beef—hamburgers, steak, meatballs
- Chicken
- Lamb
- Legumes
- Pumpkin seeds
- Sunflower seeds and sunflower seed butter
- Turkey

### Grains

- Amaranth
- Buckwheat
- Corn
- Oats
- Potatoes (baked, roasted, hash brown style)
- Quinoa
- Rice
- Sorghum

### Calcium Sources

- Coconut yogurt
- Fortified coconut milk
- Fortified orange juice
- Fortified pea milk
- Green leafy vegetables

### Healthy Fats (in Moderation)

- Canola oil
- Coconut oil
- Ground flax seed
- Olive oil
- Allergen-free margarines/spreads
- Allergen-free shortenings

## Create a Specialized Plan with Your Dietitian

Work with your dietitian to plan a healthful, balanced diet that fits your child's needs.

### Fruit

### Vegetables

### Protein

### Grains

### Calcium Sources

### Healthy Fats (in Moderation)

## What is the Food Allergen Labeling and Consumer Protection Act?

This law requires companies to identify on the label if a food product has any ingredients that have protein made from the top 8 major food allergens/food groups.

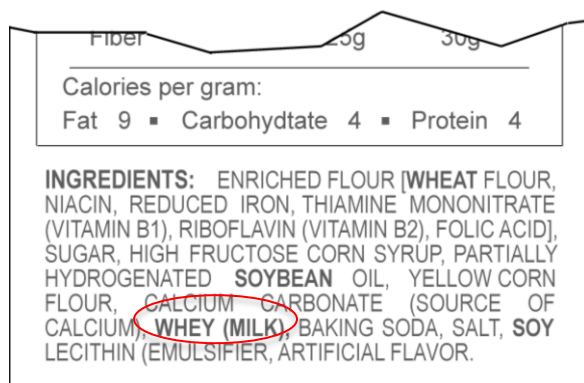
The top 8 major food allergens are:

	Milk		Soybeans
	Peanuts		Fish
	Eggs		Wheat
	Tree nuts		Crustacean shellfish (like shrimp and lobster)

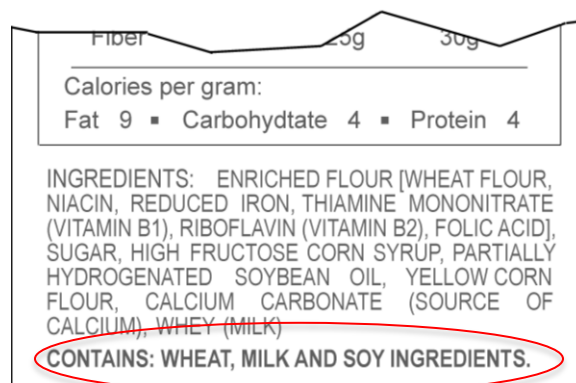
## Label Reading

Nutrition labels must identify the types of tree nut (almonds, pecans, walnuts, etc.), fish (bass, flounder, cod, etc.) and crustacean shellfish (crab, lobster, shrimp, etc.) used. The words "soy" or "soya" may be used instead of "soybean."

The above 8 allergens must be stated in plain English on the food label by *either*:



Listing the ingredient within the ingredient list.



Using a "contains" statement at the end of the ingredient list

### This law applies to:

- Conventional foods, dietary supplements, infant formula, and medical foods
- All imported and domestic food packaged in the United States
- Prepackaged foods in self-service areas of grocery stores or restaurants
- Spice, coloring, flavoring and incidental additives (processing aids)

### This law **does not** apply to:

- Any food allergen other than the top 8 listed above
- Raw agricultural foods regulated by the U.S. Department of Agriculture (USDA), such as fresh fruits and vegetables, raw meat and poultry, and raw eggs
- Foods prepared in restaurants or other food service establishments that are made-to-order
- Topical products (like soaps and moisturizers), sunscreens and medications—please carefully read the ingredients on the label of skin products or medications taken by mouth

This law helps you more easily identify the above 8 major allergens in food. ***But it is still important to read all ingredients on labels every time you buy a product.*** Remember, labels and ingredients can change at any time without warning.

# Avoiding Cross Contact with Food Allergens

## What is cross contact?

Cross contact (also called cross-contamination) happens when an allergen-free food comes into contact with food that has an allergen.



### Food shopping

- **Read all food labels** to make sure you do not use products with food allergens.
- **Do not buy foods from bulk bins.** These bins and scoopers may have been used in other bins that have foods with allergens.
- **Do not get food from buffets or salad bars.** Serving spoons/utensils and spills can bring allergens into contact with other food.
- **Do not buy sliced meats from the deli counter.** They may be contaminated with allergens such as milk from sliced cheese.



### Food storage

- **If your child is young, keep food with allergens out of your child's reach.** Store these foods in high cabinets.
- **Use a special shelf in a cabinet, pantry, and refrigerator for allergen-free items.** Be careful when putting products with allergens above the special allergen-free food, as they may drip or leak.
- **Label allergen-free products** using colored stickers or colored markers. You may want to mark them **after reading the labels carefully** as you put them away.
- **When moving packaged foods into a separate container, label the container.** Keep the food label with it.





## Working in the kitchen

- **Wash your hands** before cooking or preparing food.
- **Make sure all cooking areas and tools (utensils, counters, cutting boards) are clean.** You can remove allergens by washing them with hot soapy water and rinsing.
- **If your child is allergic to grains such as wheat, use a separate colander** for draining only allergen-free pasta and for rinsing only allergen-free fruits and vegetables.
- **Do not use a toaster because crumbs with allergens can get stuck inside.** Instead, use a toaster oven or regular oven. Place the allergen-free item on top of a clean piece of aluminum foil or a clean pan.
- **Prepare the allergen-free meal first.** Use certain cooking tools (cutting board, utensils, and bowls) and a certain space on the counter for allergen-free food.
- **Toddler cups or “sippy cups” and infant bottles can look similar.** Make a label for your child’s cup.
- Allergens can stay on sponges and towels. **When in doubt, use a clean towel or sponge.**



## Mealtime rules

- **Ask everyone to wash their hands** before and after eating.
- **Eat all foods and drinks (other than water) at the kitchen or dining room table.**
- **Do not share utensils, food, cups, or napkins.**



## Condiments

- **Be aware of “double-dipping.”** Condiments (like butter, margarine, cream cheese, sunflower seed butter, jam, jelly, mayonnaise, and mustard) can easily be contaminated when people dip their food into them more than once. For example, if someone spreads jelly on wheat bread and then dips the knife into the jelly jar a second time, this jelly may be contaminated with wheat. **Remind people to not double-dip.**
- **For products you use a lot, buy 2 of them.** Label 1 for allergen-free use.
- **Use squeeze top containers when possible.**

Skin products, pet food, vitamins, and craft supplies may have allergens. Read all labels and keep products with allergens out of young children's reach.

# Avoiding Food Allergens When Dining Out

## Food Allergy Awareness Act of Massachusetts 2010

The Food Allergy Awareness Act applies to restaurants and eating establishments in Massachusetts. It has the following requirements:

- This note must be on menus or a menu board: "Before placing your order, please inform your server if a member of your party has a food allergy."
- A food allergy awareness poster must be posted in clear view of all staff.
- At least 1 food protection manager must watch a video on food allergy awareness.

## Prepare in advance

- **Look at the menu before visiting** so you can discuss safe alternatives with the chef or manager.
- **Speak with the chef or manager before visiting** to discuss food allergies and safe menu items.
- **Identify what types of food are likely to be safe options.**
- **Do not eat out at peak (popular) times** when restaurants are very busy.
- **Consider using Chef Cards** ([www.foodallergy.org](http://www.foodallergy.org)). On these cards, you write down the foods your child should avoid and give it to the chef at the restaurant.

## At the Restaurant

### Before ordering food

- Review your child's food allergies with the manager or chef.

### Ordering food

- Order foods without sauces, gravies, etc.
- Ask for the dish to be prepared in a clean pan separate from allergen-containing items.
- Consider bringing your salad dressing, safe margarine, or condiments.

## Ordering food (continued)

- Ask about food preparation techniques. Remind staff about potential cross contamination and “hidden ingredients.”
- Ask if any of the seasonings used in the dish have allergens.
- Safe food options (depending on your child’s allergies) might include baked chicken breast or meat, steamed vegetables, fresh fruit, baked potato (ask for a whole potato, not cut), steamed rice, corn chips or potato chips.

## When food arrives

- Make sure your order is right when it is served.

## Keep in mind

- **Be careful with fried foods.** For example, French fries may be coated in wheat flour. Food dipped in eggs may be used in the same fryer. For example, if you are ordering French fries and have a milk and peanut allergy, you may want to ask the chef, “Are mozzarella sticks used in the same fryer as the French fries? Is peanut oil used in the fryer?”
- **Be careful with grilled items.** Items with cheese and eggs are often prepared on the same grill. It is usually safer to broil or pan-fry in a separate clean pan with safe oil.
- **Salad dressings often contain milk or eggs.** It is a good idea to ask for balsamic vinegar and olive oil on the side.
- **Croutons in salads often contain milk, eggs and/or wheat.**
- **Chicken, fish, or meat that is breaded may contain wheat, egg, or nuts.**
- **Many pizza crusts have eggs in them.**
- **Restaurants often add butter to steak.**

## Cooking with Food Allergies: Common Substitutions

A food allergy does not mean that your child has to give up favorite foods! There are many common substitutions (swaps) that you can use when cooking.



### Wheat allergy

#### Basic gluten-free flour blend

- 2 cups super fine rice flour
- 2/3 cups potato or corn starch
- 1/3 cups tapioca starch
- Xanthan gum (amount depends on what you are making)

#### Xanthan gum to add per cup of flour

- 1/4 teaspoon for cookies
- 1/2 teaspoon for cakes
- 3/4 teaspoon for muffins and quick breads
- 1-1½ teaspoon for bread
- 2 teaspoons for pizza crust



### Milk allergy

#### In place of cow's milk, try:

- Almond milk
- Coconut milk
- Oat milk
- Pea milk
- Rice milk
- Unsweetened calcium and vitamin D fortified soy milk

**For recipes calling for 1 cup or less of milk:** Substitute equal amounts of non-dairy milk.

**For recipes calling for 1 cup or more of milk:** Substitute 7 fluid oz. of non-dairy milk for every 8 fluid oz. of dairy milk.

**In place of butter:**

- Use allowed margarine or shortening

**In place of cheese, try:**

- Avocado
- Bean spread
- Legumes (lentils or peas, among others)
- Seeds

**To make buttermilk:**

- Add 1 Tbsp. vinegar (or lemon juice) to 1 cup of soy milk, coconut milk or rice milk

\*Note: Curdling will settle once item is baked/cooked

**Egg allergy**

**In soups, sauces and casseroles,** use 2 Tbsp. of vegetable puree per egg

**Thicken dishes and sauces** with extra flour, cornstarch or xanthan gum

**Use any of the following to substitute 1 egg in baking:**

- 1½ Tbsp. of water, 1½ Tbsp. of oil and 1 tsp of baking powder
- 1 teaspoon of baking powder, 1 Tbsp. of water and 1 Tbsp. of vinegar
- Mix 1 Tbsp. of ground flaxseed or chia seed and 3 Tbsp. of cold water; microwave until bubbly
- 1/4 cup of either fruit puree, silken tofu or plain yogurt

## Allergen Friendly Family Meal Ideas

These meal suggestions are for diets without milk, egg, peanuts and tree nuts. Some have wheat-free options. Many of these are, or can be, made soy-free. Remember to **read all food labels all the time** to avoid food allergens.

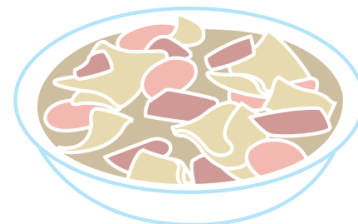
### Roast chicken, potatoes and vegetables

- For gravy, mix safe margarine (or olive oil) and all-purpose flour to make a roux, and then whisk in chicken broth.
- Leftover, shredded or diced chicken makes an easy addition to soups, salads, pasta and grain dishes, casseroles and pizzas.
- *To make it wheat-free:* Use potato flour (**not potato starch flour**) in place of all-purpose flour for gravy.



### Soup

- **Chicken:** Use leftover roast chicken, add whatever vegetables you have on hand, and cook. Store rice or pasta separately so it does not get mushy or cloud the soup.
- **Pureed vegetable:** Tomato, butternut squash, sweet potato, carrot and ginger, cauliflower and potato. For a creamier version, add a little coconut milk. Serve with gluten-free rolls or biscuits.
- **Pantry special:** Canned tomatoes, beans, pasta broth, and whatever fresh or frozen vegetables you have on hand. Add sausage, if you have it.
- **Asian noodle:** Soba (buckwheat) or rice noodles in broth with ginger, garlic, scallions, tofu (if your child can have soy) or chicken, fresh spinach or bok choy.
- *To make it wheat-free:* Use rice, corn chips, corn pasta, quinoa corn or quinoa rice pasta. Be careful: Many soba noodles have wheat.



## Cheese-less pizza

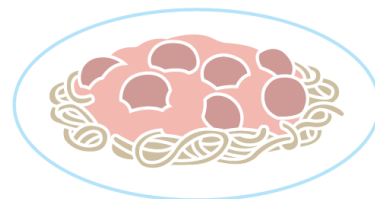
A few suggestions for toppings:

- Caramelized onions, crumbled sausage or sautéed mushrooms
- Tomato sauce, pineapple, and ham
- Tomato sauce, sautéed peppers, and onions
- Basil-garlic sauce (like pesto made homemade without nuts or cheese) and thinly sliced fresh tomato or grilled vegetables
- Tomato sauce, sliced meatballs, and spinach
- Bolognese sauce
- BBQ sauce, chicken and red onion or scallions
- *To make it wheat-free:* Use gluten-free pizza crust.



## Meatballs and spaghetti

- If your child cannot eat eggs, use ground meats with higher fat contents, so the meatballs are not dry.
- Fresh breadcrumbs made from white or wheat bread make tender meatballs.
- For binding without eggs, try adding ketchup, honey or molasses, 1-2 “flax eggs” or roasted, pureed eggplant.
- *To make it wheat-free:* For breadcrumbs, use gluten-free breadcrumbs, mashed potatoes or instant mashed potato flakes. Use rice, corn, or quinoa pasta.



## Grain and vegetable salads

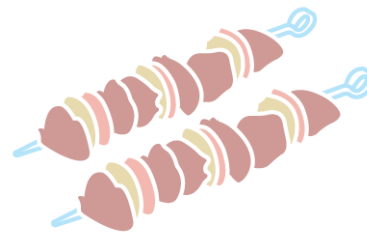
- Small pasta shapes, couscous, bulgur or barley tossed with grilled or forested vegetables and balsamic or lemon vinaigrette, served hot or cold.
- For small children who do not like foods mixed, put some plain, cooked grains and vegetables aside before tossing salad.
- *To make it wheat-free:* Use millet, rice or quinoa.





## Kebabs

- Kids love food on a stick. Skewer chunks of marinated chicken thighs, steak or pork tenderloin, vegetables like mushrooms, zucchini, summer squash, peppers, cherry tomatoes, red onions, and fruits, like pineapple and peaches. Grill or broil. Serve with couscous or orzo pilaf.
- To make it wheat-free:* Serve with quinoa, millet, wild rice, rice or polenta.



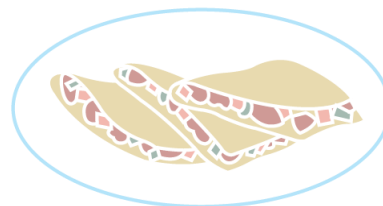
## Tacos

- Fill with: ground meat simmered with tomato sauce and spices; pinto, black, kidney or refried beans; chopped, fresh tomato and avocado; shredded lettuce; corn kernels tossed with chopped red onion, cider vinegar and sugar.



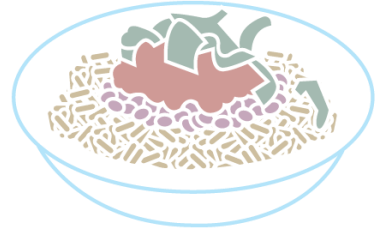
## Quesadillas

- To hold quesadillas together without cheese, try mashed potatoes, pureed sweet potatoes or root vegetables, mashed/pureed/refried beans, mashed avocado, caramelized onions. Then add whole beans, chopped tomatoes, corn, sautéed mushrooms and/or red peppers. Serve with salsa or guacamole, or with a cup of black bean soup or pureed vegetable soup.
- To make it wheat-free:* Use corn tortillas or gluten-free tortillas.



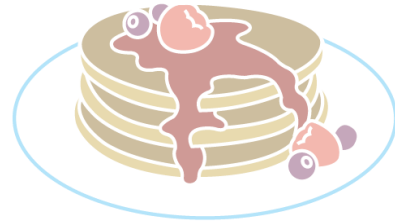
## Burrito Bowl

- Brown rice and soupy black beans: simmer drained, canned beans with chicken broth, onion, and cumin, mashing some of the beans to thicken the mixture. Finish with a squeeze of lime. See tacos, above, for topping ideas



## Breakfast for dinner

- Whole-grain pancakes or waffles, sausage, and fresh fruit
- *To make it wheat-free:* Use gluten-free pancake or waffle recipes/mixes.



## Popular Specialty Food Manufacturers

This is a list of manufacturers that make allergen-free foods. You can look for these products in your supermarket or on the web.

- **Please note that this information can change without warning. This is a guide and not a substitute for careful label reading.** Ingredients change all the time, so reading labels will help keep your child from accidentally being exposed to food allergens. The information below may or may not be appropriate for your child, depending on the food allergy. If you are not sure about an ingredient or cross-contamination, please contact the manufacturer.

**PF** peanut-free

**TNF** tree nut-free except for coconuts

**NF** peanut- and tree nut-free

**MF** milk-free

**SF** soy-free

**SFE** soy-free except soybean oil and soy lecithin

**EF** egg-free

**CF** corn-free

**WF** wheat-free

**GF** gluten-free (this also means a product is wheat free, barley free and rye free)

**FREE** of all of these

Company	Information	Allergy Information
88 Acres <a href="http://88acres.com">88acres.com</a>	Granola bars and seed butter free of the top 8 food allergens and sesame	<b>NF, MF, SF, EF, WF</b>
A&J Bakery <a href="http://www.aandjbakery.net">www.aandjbakery.net</a>	Storefront located in Rhode Island; baked goods and prepared foods	<b>NF, MF, EF, GF</b>
Against the Grain Gourmet <a href="http://www.againstthegraingourmet.com">www.againstthegraingourmet.com</a>	Bread, rolls, bagels and pizza crust/pizza	<b>GF</b>

Company	Information	Allergy Information
Amazon <a href="http://www.amazon.com">www.amazon.com</a>	Many allergen-free products from various manufacturers are available through this website	Varies by product
Amanda's Own Confections <a href="http://www.amandasown.com">www.amandasown.com</a>	Homemade chocolate and confections	<b>NF, MF, SFE, EF, GF</b>
Amy's Kitchen <a href="http://www.amys.com">www.amys.com</a>	Frozen prepared foods (including pizza) and soups; <b>not all products are allergen-free</b>	Varies by product
Ancient Harvest Quinoa <a href="http://www.ancientharvest.com">www.ancientharvest.com</a>	Manufacturer of quinoa, quinoa flour, quinoa flakes, as well as quinoa/corn polenta, quinoa/corn pasta and quinoa/corn mac and cheese	<b>NF, MF, SF, EF, GF</b>
Andean Dream <a href="http://www.andeandream.com">www.andeandream.com</a>	Quinoa-based pasta, cookies and soup	<b>FREE</b>
Applegate Farms <a href="http://www.applegate.com">www.applegate.com</a>	Nitrate-free deli meats, hotdogs, and sausage; allergen-free chicken nuggets; <b>not all products are allergen-free</b>	Varies by product
Arrowhead Mills <a href="http://www.arrowheadmills.com">www.arrowheadmills.com</a>	Whole grain flours, baking mixes, and cereals; <b>not all products are allergen-free</b>	Varies by product

Company	Information	Allergy Information
Authentic Foods <a href="http://www.authenticfoods.com">www.authenticfoods.com</a>	Gluten-free baking mixes and flours; many products are nut-free (the facility has a separate room for nut-containing mixes)	<b>GF</b>
Barney Butter <a href="http://www.barneybutter.com">www.barneybutter.com</a>	Almond butter made in a peanut-free facility	<b>PF, GF</b>
Blacker's Bakeshop <a href="http://www.blackersbakeshop.com">www.blackersbakeshop.com</a>	Bakery in Newton, Mass.; also sells egg-free challah	<b>NF, MF</b>
Blue Diamond <a href="http://www.bluediamond.com">www.bluediamond.com</a>	Almonds and almond butter, milk and crackers made in a peanut-free facility	<b>PF, GF</b>
Bob's Red Mill <a href="http://www.bobsredmill.com">www.bobsredmill.com</a>	Flours, baking mixes, whole grains (including gluten-free oats), beans, flaxseeds, xanthan gum; <b>not all products are allergy-free</b>	Varies by product
Cakes for Occasions <a href="http://www.cakes4occasions.com">www.cakes4occasions.com</a>	Bakery in Danvers, Mass.; cakes, cookies and pastries	<b>NF</b>
Canyon Bakehouse <a href="http://www.canyonglutenfree.com">www.canyonglutenfree.com</a>	Whole grain breads, buns, muffins	<b>NF, MF, SFE, EF, GF</b>
Cherry Brook Kitchen <a href="http://www.cherrybrookkitchen.com">www.cherrybrookkitchen.com</a>	Baking mixes for cakes, cookies, brownies, pancakes, and muffins; ready-made cookies and frostings; some gluten-free products	<b>NF, MF, SFE, EF</b>

Company	Information	Allergy Information
Coconut Secret <a href="http://www.coconutsecret.com">www.coconutsecret.com</a>	Coconut-based soy sauce; chocolate bars are not milk free	<b>NF, MF, SFE, EF</b>
Cookies...for me? <a href="http://www.cookiesforme.com">www.cookiesforme.com</a>	Cookies, cakes, brownies	<b>NF, MF, EF, GF</b>
Daiya <a href="http://www.daiyafoods.com">www.daiyafoods.com</a>	Milk-free cheese products and pizzas; many products have pea protein	<b>NF, MF, SF, EF, GF</b>
Divvies <a href="http://www.divvies.com">www.divvies.com</a>	Cupcakes, cookies, popcorn, party favors, candy (candies are also gluten-free)	<b>NF, MF, EF</b>
Don't Go Nuts <a href="http://www.dontgonuts.com">www.dontgonuts.com</a>	Energy bars and soy butters	<b>NF, EF</b>
Earth Balance <a href="http://www.earthbalancenatural.com">www.earthbalancenatural.com</a>	Variety of margarine and shortening. Some are milk-free. The soy-free kind has no milk or soy. Manufactures almond butter and peanut butter in a different plant than the margarines.	Varies by product
Ener-G Foods <a href="http://www.ener-g.com">www.ener-g.com</a>	Gluten-free breads, cookies, cakes, pastries, baking mixes, pretzels, crackers and pizza crust. Milk and egg replacers. Some products have sesame.	<b>NF, MF, SF, EF, GF</b>

Company	Information	Allergy Information
Enjoy Life <a href="http://www.enjoylifefoods.com">www.enjoylifefoods.com</a>	Gluten-free and allergen-free cookies, granola bars, cereals, chips, bagels, trail mix, chocolate chips and chocolate bars. Rice- and sorghum-based cold cereal. Products are sesame-free.	<b>NF, MF, SF, EF, GF</b>
Fab Snacks <a href="http://www.fabsnacks.com">www.fabsnacks.com</a>	Variety of snacks from different manufacturers	Varies by product
Fancy Pants Baking Co. <a href="http://www.fancypantsbakery.com">www.fancypantsbakery.com</a>	Nut-free bakery	<b>NF</b>
Fomu Ice Cream <a href="http://www.fomuicecream.com">www.fomuicecream.com</a>	Coconut-based ice cream shop in Allston and Jamica Plain, Mass. Some tree nuts used in the facility. Allergen-free products are batch tested to rule out cross-contamination	<b>MF</b>
Funky Monkey Snacks <a href="http://www.funkymonkeysnacks.com">www.funkymonkeysnacks.com</a>	Freeze dried fresh fruit	<b>NF, MF, SF, EF, GF</b>
Galaxy Foods <a href="http://www.galaxyfoods.com">www.galaxyfoods.com</a>	Rice cheese, soy cheese; milk-free products follow strict cross-contamination testing guidelines	Varies by product but all are <b>GF</b>
Gerbs <a href="http://www.mygerbs.com">www.mygerbs.com</a>	Seeds, seed butters, dried fruits, granola, coffee, grains and trail mixes	<b>NF, MF, SF, EF, GF</b>

Company	Information	Allergy Information
<b>Glutino</b> <a href="http://www.glutino.com">www.glutino.com</a>	Bread, snacks, frozen meals, pasta, pizza and baking mixes; several products made in nut-free facility (baking mixes, breads, crackers, breakfast bars and frozen meals)	Varies by product but all are <b>GF</b>
<b>Home Free Treats</b> <a href="http://www.homefreetreats.com">www.homefreetreats.com</a>	Cookies and baking ingredients free of many allergens; some have oat and barley	<b>NF, MF, SFE, EF, WF</b>
<b>Ian's Natural</b> <a href="http://www.iansnaturalfoods.com">www.iansnaturalfoods.com</a>	Chicken nuggets, French toast sticks, fish sticks, "pancrepes," pizza, breadcrumbs, cookies; <b>company makes foods with and without allergens</b>	Varies by product
<b>King Arthur Flour</b> <a href="http://www.kingarthurfLOUR.com">www.kingarthurfLOUR.com</a>	Some baking and bread mixes are gluten-free	Varies by product
<b>Libre Naturals</b> <a href="http://www.librenaturals.com">www.librenaturals.com</a>	Allergen-free granola bars, granola, trail mix, dried fruit and chocolate; some products have gluten-free oats	<b>NF, MF, SF, EF, GF</b>
<b>Little Duck Organics</b> <a href="http://www.littleduckorganics.com">www.littleduckorganics.com</a>	Fruit snacks and oatmeal	<b>NF, MF, SF, EF, WF</b>
<b>Lucy's</b> <a href="http://www.drlucys.com">www.drlucys.com</a>	Cookies	<b>NF, MF, EF, GF</b>
<b>Meraby Co.</b> <a href="http://www.meraby.com">www.meraby.com</a>	Baking mixes; free of milk, peanut, tree nut and egg; vanilla extract free of corn and gluten	<b>NF, MF, EF</b>



Company	Information	Allergy Information
Namaste Foods <a href="http://www.namastefoods.com">www.namastefoods.com</a>	Allergen-free pasta, soup, pancakes and muffin mix, seasoning mix, dessert mixes and pizza crust mix	<b>NF, GF</b>
Pascha Organic Dark Chocolate <a href="http://www.paschachocolate.com">www.paschachocolate.com</a>	Organic dark chocolate bars and chips	<b>NF, MF, SF, EF, GF</b>
Rudi's Bakery <a href="http://www.rudisbakery.com">www.rudisbakery.com</a>	Bread, snack bars and stuffing. Gluten-free breads are produced on a tree-nut free production line	<b>MF, SF, GF</b>
Sensible Foods <a href="http://www.sensiblefoods.com">www.sensiblefoods.com</a>	Crunchy dried fruit and vegetable snacks including soy nuts	<b>NF, MF, EF, GF</b>
Silk <a href="http://www.silk.com">www.silk.com</a>	Soy milk and soy yogurt, coconut milk and almond milk. Made from non-genetically modified soybeans. Organic line available	<b>MF, EF, GF</b>
Spectrum <a href="http://www.spectrumorganics.com">www.spectrumorganics.com</a>	Milk-free, soy-free palm oil shortening  Vegan mayo, tartar sauce and cornbread	<b>MF</b>

Company	Information	Allergy Information
Sunbutter <a href="http://www.sunbutter.com">www.sunbutter.com</a>	Nut-free sunflower seed butter and sunflower seeds; organic line available	<b>NF, MF, SF, EF, GF</b>
So Delicious <a href="http://www.sodeliciousdairyfree.com">www.sodeliciousdairyfree.com</a>	Coconut, almond and cashew milk; coconut and almond yogurt; coconut, almond and soy ice cream. Tests for undeclared nuts, milk, soy and gluten.	<b>MF</b>
Something Sweet Without Wheat <a href="http://www.somethingsweetwithoutwheat.com">www.somethingsweetwithoutwheat.com</a>	Nut-free and gluten-free bakery	<b>NF, GF</b>
Tierra Farms <a href="http://www.tierrafarm.com">www.tierrafarm.com</a>	Organic nuts and nut butters, seeds and dried fruit	<b>PF, GF</b>
Tinkyada <a href="http://www.tinkyada.com">www.tinkyada.com</a>	Rice pasta; organic line available	<b>FREE</b>
Twist Bakery <a href="http://www.twist-bakery.com">www.twist-bakery.com</a>	Gluten, peanut and tree nut free bakery and café in Millis and Burlington, Mass.	<b>NF, GF</b>
Vermont Nut Free Chocolates <a href="http://www.vermontnutfree.com">www.vermontnutfree.com</a>	Chocolate and candy	<b>NF</b>
Van's Natural Foods <a href="http://www.vansfoods.com">www.vansfoods.com</a>	Breakfast foods (waffles, granola, cereals), snack bars, crackers and pasta	Varies by product
Wowbutter <a href="http://www.wowbutter.com">www.wowbutter.com</a>	Soy-based peanut butter alternative	<b>NF, MF, EF, GF</b>

## Resources

**Please note:** These resources should not take the place of regularly seeing your doctor and/or dietitian. Talk with your doctor or nutritionist before making any changes to diet or medications based on information in the books or websites below.

### Services Available at Boston Children's Hospital

#### Center for Nutrition

[www.childrenshospital.org/centers-and-services/programs/f\\_-\\_n/nutrition-center-program](http://www.childrenshospital.org/centers-and-services/programs/f_-_n/nutrition-center-program)

Getting the right amount of nutrition is very important for your child's growth and development. Eliminating food allergens can make this challenging. Our expert registered dietitians work with families one-on-one to make sure that children are meeting all of their nutrition needs. Our dietitians help families come up with tasty, safe, and balanced eating plans free of allergens. To schedule an appointment at our Boston, Lexington, South Shore, Waltham or Peabody locations, call 617-355-4677 or email [nutritiondept@childrens.harvard.edu](mailto:nutritiondept@childrens.harvard.edu).

#### FACETS (Food Allergy Comprehensive Evaluation Treatment and Support)

[www.childrenshospital.org/centers-and-services/programs/f\\_-\\_n/food-allergy-program/contact-us](http://www.childrenshospital.org/centers-and-services/programs/f_-_n/food-allergy-program/contact-us)

The FACETS program is a multidisciplinary clinic for children with multiple food allergies. The team:

- Supports families with healthy lifestyle changes
- Helps children and teens develop confidence in allergy management skills
- Works with families to manage food allergies at home, school and social settings
- Helps with anxiety about food allergies
- Offers support groups for children with food allergies and their parents

Call 617-355-6117 to schedule a visit with FACETS program or Allergy Program.

#### Boston Children's Hospital Food Allergy Groups

Email: [foodallergygroups@childrens.harvard.edu](mailto:foodallergygroups@childrens.harvard.edu)

617-355-2195

The Boston Children's Hospital Food Allergy Program offers groups for children and teens with food allergies and their parents. Groups provide opportunities for children to share experiences, learn about allergy management, and practice skills. Parent groups focus on allergy management skills and how to support children in coping with food allergies. Please email or call us if you are interested in being contacted about upcoming groups.

#### Boston Children's Hospital Food Allergy Program Facebook Page

[www.facebook.com/BCHAllergy](http://www.facebook.com/BCHAllergy)

Please visit our Facebook page for information about upcoming food allergy events and other resources.

## National Food Allergy Support Organizations

### Food Allergy Research & Education (FARE)

[www.foodallergy.org](http://www.foodallergy.org)  
800-929-4040

Food Allergy Research & Education (FARE) is a national non-profit organization dedicated to food allergy research, education advocacy and awareness. The FARE website offers educational materials and resources on topics related to managing food allergies, including resources for school/daycare, camp, restaurants, and travel. FARE runs conferences for patients/families. A Medical Advisory Board reviews FARE education materials.

### Kids with Food Allergies

[www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)  
215-230-5394

Kids with Food Allergies (KFA) is a division of the Asthma and Allergy Foundation of America (AAFA). KFA offers free tools, educational materials, webinars, videos, support forums, a searchable recipe database (by allergen) and other resources to help families and caregivers learn how to manage food allergies. A medical scientific council reviews KFA materials.

### Asthma and Allergy Foundation of America

[www.aafa.org](http://www.aafa.org)  
1-800-7-ASTHMA (1-800-727-8462)

The Asthma and Allergy Foundation of America (AAFA) is a non-profit organization for people with asthma and allergies. AAFA develops health education, organizes state and national advocacy efforts, and funds research to find better treatments and cures. Its website offers food allergy-related resources, information about research studies, and links to a national network of chapters and support groups.

### AllergyHome

[www.allergyhome.org](http://www.allergyhome.org)

AllergyHome's mission is to bring food allergy awareness and education to the community. The website offers web-based, video, and downloadable teaching tools about managing food allergies and training others to manage food allergies. There are also school and camp training modules.

### American Academy of Allergy, Asthma & Immunology

[www.aaaai.org](http://www.aaaai.org)  
414-272-6071

The AAAAI website offers tips for managing allergies and asthma, including school-related resources.

### American Partnership for Eosinophilic Disorders (APFED)

[www.apfed.org](http://www.apfed.org)  
713-493-7749

The American Partnership for Eosinophilic Disorders (APFED) is a non-profit advocacy organization for those living with eosinophilic esophagitis, eosinophilic gastroenteritis, eosinophilic colitis, hypereosinophilic syndrome, and other eosinophilic-associated disorders. APFED seeks to improve the lives of patients and families affected by eosinophilic associated diseases through education, awareness, research support and advocacy.

### The FPIES Foundation

[www.fpiesfoundation.org](http://www.fpiesfoundation.org)

The FPIES foundation is a non-profit organization dedicated to helping families overcome the challenges of FPIES (Food Protein Induced Enterocolitis Syndrome) by offering tools for education, support and advocacy to empower families and the medical community.

### The International FPIES Association

[www.fpies.org](http://www.fpies.org)

The international FPIES Association is a non-profit corporation and organization that provides education, support and advocacy for people with FPIES and their families.

## Support Groups

### Asthma and Allergy Foundation of America, New England Chapter

[www.asthmaandallergies.org](http://www.asthmaandallergies.org)

1-800-7-ASTHMA (1-800-727-8462)

AAFA New England is a non-profit organization dedicated to the control and cure of asthma and allergies. AAFA New England offers educational presentations, parent support groups, and events for children in the New England area. Educational support group meetings feature speakers such as allergists, nutritionists, nurses, psychologists, and educational consultants.

### EGID Support Group of Boston

[egidboston.org](http://egidboston.org)

EGID Boston's mission is to provide support for children, teens, and adults with eosinophilic gastrointestinal diseases and their families. The group usually meets monthly during the school year. Speakers at monthly meetings often include health care professionals specializing in allergic and eosinophilic disorders. Finally, the group also works to support advocacy and research on eosinophilic gastrointestinal disorders.

### National Databases to Find a Support Group in Your Area:

- [www.foodallergy.org/education-awareness/find-a-support-group](http://www.foodallergy.org/education-awareness/find-a-support-group)
- [www.aafa.org/aafa-affiliated-asthma-allergy-support-groups](http://www.aafa.org/aafa-affiliated-asthma-allergy-support-groups)

## Resources for Managing Food Allergies in School

### Managing Life-Threatening Food Allergies in School

[doe.mass.edu/cnp/allergy.pdf](http://doe.mass.edu/cnp/allergy.pdf)

Developed by the Massachusetts Department of Elementary and Secondary Education, May 2016

### Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs

[www.cdc.gov/healthyschools/foodallergies/pdf/13\\_243135\\_A\\_Food\\_Allergy\\_Web\\_508.pdf](http://www.cdc.gov/healthyschools/foodallergies/pdf/13_243135_A_Food_Allergy_Web_508.pdf)

Developed by the Centers for Disease Control and Prevention, Food Allergy Research & Education and the National Association of School Nurses.

### Educating for Food Allergies, LLC

[www.foodallergyed.com](http://www.foodallergyed.com)

781-982-7029

Educating for Food Allergies, LLC (EFA) was created to assist schools and families with managing food allergies at school. EFA provides one-on-one support and education to school staff and families, as well as educational workshops on food allergies and their management for school staff and parent groups. EFA also offers assistance in the development of practical accommodations for Individual Healthcare Plans (IHPs) and 504 Plans for students with food allergies.

### Book Recommendation:

*Food Allergies: A Recipe for Success at School: Information, Recommendations and Inspiration for Families and School Personnel*, by Jan Hanson (2012).

## Other Food Allergy Resources

### Downloadable Food Allergy Handbook

[www.allergyhome.org/handbook](http://www.allergyhome.org/handbook)

*Living Confidently with Food Allergy: A Guide for Parents and Families*, by Michael Pistiner, M.D., M.M.Sc. and Jennifer LeBovidge, Ph.D., in collaboration with Anaphylaxis Canada. This free, downloadable handbook provides practical strategies for managing and coping with food allergies in daily life. The handbook was reviewed by a panel of allergists and other medical professionals.

## MedicAlert

[www.medicalert.org](http://www.medicalert.org)

800-432-5378

MedicAlert sells personalized identification jewelry (bracelets, necklaces, sports bands, shoe tags, etc.) to communicate information about a person's food allergies to emergency responders and others.

## Food Allergy Travel Translation Cards

Food allergy translation cards can be used to help communicate information about allergies and diet needs in other languages when you travel.

[www.allergytranslation.com](http://www.allergytranslation.com)

[www.selectwisely.com](http://www.selectwisely.com)

## AllergyEats

[www.allergyeats.com](http://www.allergyeats.com)

AllergyEats is a peer-reviewed directory of restaurants across the United States, rated by people with food allergies, for people with food allergies. This site is intended as a guide, not as a guarantee. Peers – not allergy experts – create ratings. Always tell restaurant staff about your allergies and restrictions upfront. *\*Also available as an app for iPhone and Android phones*

## Durable Labels for Children's Belongings

Labeling children's items such as bottles, sippy-cups, and lunch boxes can be helpful. Many companies make these types of labels. A few are listed below.

[www.stickymonkeylabels.com](http://www.stickymonkeylabels.com)

[www.mabelslabels.com](http://www.mabelslabels.com)

[www.familylabels.com](http://www.familylabels.com)

## Food Allergy Music and videos for Children

### Kyle Dine

[www.kyledine.com](http://www.kyledine.com)

Kyle Dine is a songwriter who performs food allergy awareness assemblies for elementary schools across North America. He has released two CDs and an educational DVD, which can be used for teaching elementary school children about food allergies. Kyle draws on his own experiences with food allergy to engage and empower children.

## Cookbooks and Other Resources for Restricted Diets

- *Allergy-Free Baker's Handbook*, by Cybele Pascal (2009)
- *Allergy Free and Easy Cooking: 30 Minute Meals without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish and Sesame*, by Cybele Pascal (2012)
- *The Allergy-Free Pantry: Make Your Own Staples, Snacks and More without Wheat, Gluten, Dairy, Eggs, Soy or Nuts*, by Collette Martin (2014)
- *Complete Allergy-Free Comfort Foods Cookbook: Every Recipe is Free of Gluten, Dairy, Soy, Nuts and Eggs*, by Elizabeth Gordon (2013)
- *Spoon Guru (App)* [www.spoon.guru/usa](http://www.spoon.guru/usa)  
Spoon Guru is an app to help with food shopping. One can personalize diet restrictions and search for products. The app is monitored by a medical advisory board.
- *Living Without*: [www.livingwithout.com](http://www.livingwithout.com)  
A magazine about managing food allergies and intolerances.

## General Childhood Nutrition Resources

Resources below do not specifically address food allergies:

- *Feeding with Love and Good Sense: The First Two Years*, by Ellyn Satter (2014)
- *Chop Chop Magazine*
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Boston Children's websites for teens:
  - Center for Young Women's Health: [youngwomenshealth.org](http://youngwomenshealth.org)
  - Young Men's Health: [youngmenshealthsite.org](http://youngmenshealthsite.org)



### For questions or more information

Please contact your registered dietitian or primary care doctor. This nutrition family education guide does not take the place of nutrition counseling with a registered dietitian.

To make a nutrition appointment at Boston Children's Hospital, please contact us at 617-355-4677 or via email at [nutritiondept@childrens.harvard.edu](mailto:nutritiondept@childrens.harvard.edu)

Visit our website: [childrenshospital.org/nutrition](https://childrenshospital.org/nutrition)