

Nutrition Therapy for Children with Multiple Food Allergies

Your child must follow a multiple food avoidance diet. Your child should avoid milk, egg, wheat, soy, peanuts, tree nuts, fish and shellfish.

Milk, egg, wheat, soy, peanut, tree nut, fish and crustacean shellfish are considered major allergens. All food products regulated by the Food and Drug Administration (FDA) that contain these ingredients must disclose these ingredients on a product label.

Mollusks (such as abalone, clam, cockle, mussel, oyster, octopus, scallop, snail/escargot and squid) are shellfish that are **not** legally considered to be major allergens. Therefore, these ingredients may not be fully identified on labels.

If a product (such as a marinade) has a vague ingredient term, such as “natural flavoring,” you may need to call the manufacturer to ask whether any of your child’s allergens are ingredients in the product.

Before you buy any food product, always read the entire food label to make sure the product is safe. Remember that manufacturers may change ingredients and food preparation methods at any time.

| FOOD GROUP | RECOMMENDED FOODS |
|-------------------------------------|--|
| Milk and Milk Foods | NONE |
| Meat and Other Protein Foods | <ul style="list-style-type: none"> • All fresh, frozen or canned meats (beef, veal, pork, lamb) or poultry without indicated allergenic ingredients • Processed meats and luncheon meats without indicated allergenic ingredients • All dried beans and peas except peanut and soy. |
| Grains | <p>All alternative grain products, such as breads, other baked goods, cereals, crackers, noodles, pancakes, pasta, pretzels, rice and tortillas made without wheat or other indicated allergenic ingredients.</p> <p>The following wheat-free grains, legumes, vegetables or seeds are available as flours for home baking or cooking and in many wheat-free commercial foods:</p> <ul style="list-style-type: none"> • Arrowroot • Barley • Buckwheat • Chickpea flour • Corn • Fava bean flour • Flaxseed meal • Millet • Oat • Potato starch • Quinoa • Rice • Rye • Sorghum • Tapioca • Teff |

| FOOD GROUP | RECOMMENDED FOODS | | |
|---------------------|---|--|--|
| Vegetables | <ul style="list-style-type: none"> All fresh, frozen or canned vegetables prepared without indicated allergenic ingredients | <ul style="list-style-type: none"> 100% vegetable juices | |
| Fruits | <ul style="list-style-type: none"> All fresh, frozen or canned fruit prepared without indicated allergenic ingredients | <ul style="list-style-type: none"> 100% fruit juices | |
| Fat and Oils | <ul style="list-style-type: none"> Margarine without milk, soy, or other allergenic ingredients Highly processed vegetable oils (including soy oil) | <ul style="list-style-type: none"> Vegetable oil spray, gravies, sauces and salad dressings, if made without indicated allergenic ingredients | <ul style="list-style-type: none"> Soy lecithin |
| Beverages | <ul style="list-style-type: none"> Alternative enriched "milk" beverages (for example, beverages made from rice, oat, hemp, or potato) | <ul style="list-style-type: none"> Commercial hypoallergenic formulas such as Alimentum, Elecare, Elecare Vanilla, EO28 Splash, Neocate, Neocate +1, Neocate Junior, Nutramigen, Pregestimil | |
| Other | <ul style="list-style-type: none"> Cocoa butter Calcium lactate Oleoresin Cream of tartar Lactic acid (note: lactic acid starter culture may contain milk) | <ul style="list-style-type: none"> Pepper and salt Herbs and spices Mustard, ketchup and relish Soups and casseroles made without indicated allergenic ingredients | <ul style="list-style-type: none"> Gelatin Honey Jam, jelly, marmalade, preserves Sugar Maple syrup |

Check all labels and verify safe food preparation techniques to determine safety. Any foods prepared with allergenic ingredients are **not** recommended.

| FOOD GROUP | FOODS NOT RECOMMENDED | | |
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| Milk and Milk Products | <ul style="list-style-type: none"> All types of milk (including whole, reduced-fat, low-fat, fat-free, powdered, condensed, evaporated) Butter, butter fat, butter solids Buttermilk | <ul style="list-style-type: none"> Cheese (all forms) and cheese flavor Cream (heavy, light, sour, whipped, whipping) Half and half | <ul style="list-style-type: none"> Custards Ghee Ice cream Pudding Yogurt |
| Milk Ingredients | <ul style="list-style-type: none"> Casein Caseinates (all forms) Curds Hydrolysates (casein, milk protein, protein, whey, whey protein) | <ul style="list-style-type: none"> Lactalbumin, lactalbumin phosphate, lactoglobulin, lactoferrin Milk derivative, milk powder, milk protein, milk solids, nonfat milk solids, nonfat dry milk | <ul style="list-style-type: none"> Rennet casein Whey (all forms, including cured whey, lactose-free whey, demineralized whey, sweet dairy whey, whey protein concentrate, whey powder, whey solids) |
| Meat and Other Protein Foods | <ul style="list-style-type: none"> All fresh or frozen meats (beef, veal, pork, lamb) or poultry prepared with indicated allergenic ingredients Processed meats and luncheon meats prepared with allergenic ingredients Fresh, frozen or canned fish or shellfish Eggs Egg substitutes that contain egg protein ingredients, egg powder, egg white or egg yolk | <p>Egg ingredients:</p> <ul style="list-style-type: none"> Albumin Apovitellin Avidin Globulin Livetin Lysozyme Ovalbumin Ovoglobulin Ovomucin Ovomucoid Ovovitellin Vitellin | <p>Soy-based foods:</p> <ul style="list-style-type: none"> Vegetarian and vegan products that may contain soy ingredients Edamame Miso Natto Shoyu sauce or soy sauce Soy foods (including soy cheese, fiber, flour, grits, ice cream, milk, nuts, sprouts and yogurt) Soy protein (concentrate, hydrolyzed, isolate) Tempeh Textured vegetable protein Tofu |



| FOOD GROUP | FOODS NOT RECOMMENDED | | |
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| Meat and Other Protein Foods (continued) | <ul style="list-style-type: none"> • Peanuts Tree nuts: • Almond • Beech nut • Brazil nut • Butter nut • Cashew | <ul style="list-style-type: none"> • Chestnut • Chinquapin • Coconut • Filbert/hazelnut • Ginkgo • Hickory • Lychee nut | <ul style="list-style-type: none"> • Macadamia nut • Pecan Pili nut • Pine nut/pignolia nut • Pistachio • Shea nut • Walnut |
| Grains | <p>Any of the following, if made with wheat or other allergenic ingredients:</p> <ul style="list-style-type: none"> • Breads and rolls (white, whole wheat, multi-grain, potato, rye, etc.) • Bread crumbs • Cereals • Couscous • Pancakes and waffles • Pasta • Flour tortillas | <p>Wheat ingredients:</p> <ul style="list-style-type: none"> • Bulgar • Cereal extract • Durum flour, durum wheat • Emmer • Einkhorn • Farina • Farro • Flour (all-purpose, bread, cake, enriched, graham, high-gluten, high-protein, pastry and wheat) | <ul style="list-style-type: none"> • Kamut • Semolina • Spelt • Sprouted wheat • Triticale • Vital gluten, wheat (bran, germ, gluten, malt, starch) • Wheat berries |
| Vegetables | <ul style="list-style-type: none"> • All fresh, frozen or canned vegetables prepared with indicated allergenic ingredients | | |
| Fruits | <ul style="list-style-type: none"> • All fresh, frozen or canned fruits prepared with indicated allergenic ingredients | | |
| Fat and Oils | <ul style="list-style-type: none"> • Butter • Margarines with milk, soy or other indicated allergenic ingredients • Gravies, sauces or salad dressings made with indicated allergenic ingredients | <ul style="list-style-type: none"> • Fish oils • Nut oils (such as hazelnut, walnut or almond oil) • Cold-pressed, expressed, expelled or extruded peanut oils | <ul style="list-style-type: none"> • Béarnaise sauce • Hollandaise sauce • Mayonnaise |



| FOOD GROUP | FOODS NOT RECOMMENDED | | |
|------------------|---|--|--|
| Beverages | <ul style="list-style-type: none"> • All forms of cow's milk • Alternative milk beverages made from soy • Almond, hazelnut or other nut-based milks | <ul style="list-style-type: none"> • Nut-flavored coffees (made with natural nut extracts) • Nut-flavored alcoholic beverages | <ul style="list-style-type: none"> • Clam juice • Beverages with added fish oils |
| Other | <ul style="list-style-type: none"> • Goat's milk • Sheep's milk • Other mammalian milks and their products • Recaldent (an ingredient in whitening chewing gum) • Simplesse (a fat substitute) • Natural extracts such as almond or hazelnut extract • Custard | <ul style="list-style-type: none"> • Meringue • Marzipan • Nougat • Artificial nuts • Pesto • Nut meal • Gianduja • Marinades and condiments with indicated allergenic ingredients | <ul style="list-style-type: none"> • Marinades and condiments with indicated allergenic ingredients • Worcestershire sauce • Soy sauce • Tamari sauce • Caesar salad and Caesar salad dressings • Surimi: "sea legs," or artificial crab |

Sample 1-Day Menu

| FOOD GROUP | RECOMMENDED FOODS | | |
|------------------|---|--|--|
| Breakfast | <ul style="list-style-type: none"> • ½ cup oatmeal • ½ cup enriched rice milk | <ul style="list-style-type: none"> • ¼ cup fresh blueberries • 1 turkey sausage link | <ul style="list-style-type: none"> • ½ cup orange juice |
| Lunch | <ul style="list-style-type: none"> • ½ cup corn pasta salad with two ounces grilled chicken, carrots and grape tomatoes served with homemade vinaigrette | <ul style="list-style-type: none"> • ½ cup enriched rice milk • 1 homemade oatmeal chocolate chip cookie | |
| Snack | <ul style="list-style-type: none"> • 5 tortilla chips with 2 Tbsp. white bean dip | <ul style="list-style-type: none"> • Water | |
| Dinner | <ul style="list-style-type: none"> • 2 ounces pork tenderloin pan roasted with onions and apples • ½ cup green beans | <ul style="list-style-type: none"> • ½ cup brown rice with 1 teaspoon allowed margarine | <ul style="list-style-type: none"> • ½ cup fresh strawberries • ½ cup enriched rice milk |
| Snack | <ul style="list-style-type: none"> • Smoothie: ½ cup enriched rice milk, ½ banana, 1 teaspoon milk-free cocoa powder | | |

1,482 kcal, 53 g protein, 204 g carbohydrate, 50 g fat