

Client Name _____ Date _____

RDN/NDTR _____

Email _____ Phone _____

Multiple Food Allergies Nutrition Therapy

If you have multiple food allergies, you must follow a multiple food avoidance diet. You 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 the 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 food 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 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.

Foods Recommended

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

Food Group	Foods Recommended
Milk and Milk Products	None
Meat and Other Protein Foods	All fresh, frozen or canned meats (beef, veal, pork, lamb) or poultry without indicated allergenic ingredients All dried beans and peas—except peanut and soy Processed meats and luncheon meats without indicated allergenic ingredients
Grains	All alternative grains products, such as breads, other baked goods, cereals, crackers, noodles, pancakes, pasta, pretzels, rice, and tortillas made without wheat or other indicated allergenic ingredients 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: <ul style="list-style-type: none">• Arrowroot• Barley• Buckwheat• Chickpea flour

Food Group	Foods Recommended
	<ul style="list-style-type: none"> • Corn • Fava bean flour • Flaxseed meal • Millet • Oat • Potato starch • Quinoa • Rice • Rye • Sorghum • Tapioca • Teff
Vegetables	All fresh, frozen or canned vegetables prepared without indicated allergenic ingredients 100% vegetable juices
Fruits	All fresh, frozen or canned fruits prepared without indicated allergenic ingredients 100% fruit juices
Fats and Oils	Margarine without milk, soy, or other allergenic ingredients Highly processed vegetable oils (including soy oil) Soy lecithin Vegetable oil spray, gravies, sauces, and salad dressings, if made without indicated allergenic ingredients
Beverages	Alternative enriched “milk” beverages (for example, beverages made from rice, oat, hemp, or potato)
Other	Cocoa butter Calcium lactate Oleoresin Cream of tartar Lactic acid (note: lactic acid starter culture may contain milk) Pepper and salt Herbs and spices Mustard Ketchup Relish Soups and casseroles made without indicated allergenic ingredients Gelatin Honey Jam, jelly, marmalade, preserves Sugar Maple syrup

Foods Not Recommended

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

Food Group	Foods to Avoid
Milk and Milk Products	<p>All types of milk (including whole, reduced-fat, low-fat, fat-free, powdered, condensed, evaporated)</p> <p>Butter, butter fat, butter solids</p> <p>Buttermilk</p> <p>Cheese (all forms) and cheese flavor</p> <p>Cream (heavy, light, sour, whipping, whipped)</p> <p>Half-and-half</p> <p>Custard</p> <p>Ghee</p> <p>Ice cream</p> <p>Pudding</p> <p>Yogurt</p> <p>Milk ingredients:</p> <ul style="list-style-type: none"> • Casein • Caseinates (all forms) • Curds • Hydrolysates (casein, milk protein, protein, whey, whey protein) • Lactalbumin, lactalbumin phosphate, lactoglobulin, lactoferrin • Milk derivative, milk powder, milk protein, milk solids, nonfat milk solids, nonfat dry milk • 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	<p>All fresh or frozen meats (beef, veal, pork, lamb) or poultry prepared with an indicated allergenic ingredient</p> <p>Processed meats and luncheon meats with allergenic ingredients</p> <p>Fresh, frozen, or canned fish or shellfish</p> <p>Eggs</p> <p>Egg substitutes that contain egg protein ingredients, egg powder, egg white, or egg yolk</p> <p>Egg ingredients:</p> <ul style="list-style-type: none"> • Albumin • Apovitellin • Avidin • Globulin • Livetin • Lysozyme • Ovalbumin • Ovoglobulin

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Food Group	Foods to Avoid
	<ul style="list-style-type: none"> • 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 <p>Peanuts</p> <ul style="list-style-type: none"> • Tree nuts: • Almond • Beech nut • Brazil nut • Butter nut • Cashew • Chestnut • Chinquapin • Coconut • Filbert/hazelnut • Ginkgo • Hickory • Lychee nut • 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, multigrain, potato, rye) • Other baked goods (brownies, cakes, cookies, muffins) • Bread crumbs • Cereals • Couscous • Pancakes and waffles

Food Group	Foods to Avoid
	<ul style="list-style-type: none"> • Pasta • Flour tortillas <p>Wheat ingredients:</p> <ul style="list-style-type: none"> • Bulgur • Cereal extract • Durum flour, durum wheat • Emmer • Einkorn • Farina • Farro • Flour (all-purpose, bread, cake, enriched, graham, high-gluten, high-protein, pastry, and wheat) • Kamut • Semolina • Spelt • Sprouted wheat • Triticale • Vital gluten, wheat (bran, germ, gluten, malt, starch) • Wheat berries
Vegetables	All fresh, frozen, or canned vegetables prepared with indicated allergenic ingredients
Fruits	All fresh, frozen, or canned fruits prepared with indicated allergenic ingredients
Fats and Oils	<p>Butter</p> <p>Margarines with milk, soy, or other indicated allergenic ingredients</p> <p>Gravies, sauces or salad dressings made with indicated allergenic ingredients</p> <p>Fish oils</p> <p>Nut oils (such as hazelnut, walnut, or almond oil)</p> <p>Cold-pressed, expressed, or expeller pressed soy oil</p> <p>Arachis oil</p> <p>Cold-pressed, expressed, expelled, or extruded peanut oils</p> <p>Béarnaise sauce</p> <p>Hollandaise sauce</p> <p>Mayonnaise</p>
Beverages	<p>All forms of cow's milk</p> <p>Alternative milk beverages made from soy</p> <p>Almond, hazelnut, or other nut-based milks</p> <p>Nut-flavored coffees (made with natural nut extracts)</p> <p>Nut-flavored alcoholic beverages</p> <p>Clam juice</p> <p>Beverages with added fish oils</p>
Other	<p>Goat's milk</p> <p>Sheep's milk</p>

Food Group	Foods to Avoid
	<p>Other mammalian milks and their products</p> <p>Recaldent (an ingredient in whitening chewing gum)</p> <p>Simplese (a fat substitute)</p> <p>Natural extracts such as almond or hazelnut extract</p> <p>Custard</p> <p>Meringue</p> <p>Marzipan</p> <p>Nougat</p> <p>Artificial nuts</p> <p>Pesto</p> <p>Nut meal</p> <p>Gianduja</p> <p>Marinades and condiments with indicated allergenic ingredients</p> <p>Worcestershire sauce</p> <p>Soy sauce</p> <p>Tamari sauce</p> <p>Caesar salad and caesar salad dressings</p> <p>Surimi; “sea legs,” or artificial crab</p>

Multiple Food Allergies Sample 1-Day Menu

Breakfast	1 cup oatmeal 1/2 cup fresh blueberries 2 turkey sausage links 1/2 cup orange juice 1 cup rice milk
Lunch	1/2 cup corn pasta 3 ounces grilled chicken 5 cherry tomatoes for pasta salad 1 chopped carrot for pasta salad 2 tablespoons homemade vinaigrette for pasta salad 1 homemade oatmeal cookie 1 cup rice milk
Afternoon Snack	10 tortilla chips 2 tablespoons white bean dip
Evening Meal	3 ounces pork tenderloin 1/4 roasted onion 1/2 roasted apple 1/2 cup brown rice 1 teaspoon allowed margarine 1/2 cup green beans 1/2 cup fresh strawberries 1 cup rice milk
Evening Snack	1 cup rice milk 1 banana for smoothie 2 teaspoons cocoa powder (milk-free) for smoothie

Notes: