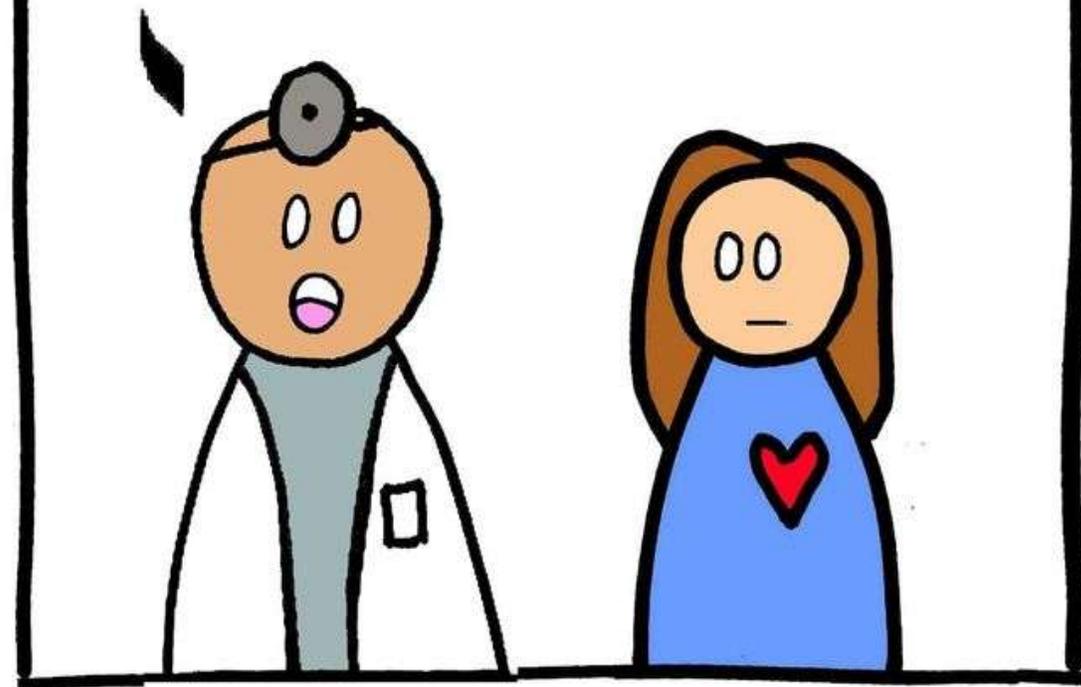


# Food Allergy Fun

Food Allergy side effects may include healthier eating habits, improved baking skills, and an increased number of meals together at the dinner table .



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# Intro to food allergies

## TOP 8 FOOD ALLERGENS

Milk, Soy, Eggs, Wheat, Peanut, Tree Nuts, Fish, Shellfish

The job of immune system cells is to find foreign substances such as viruses and bacteria and get rid of them. Normally, this response protects us from dangerous diseases. People with food allergies have super-sensitive immune systems that react to harmless substances found in food and drink. These substances are called allergens. When people have an allergy, there are antibodies to the allergens in their blood and throughout their body. When that person eats a food to which they are allergic, the food allergens react to antibodies on cells releasing chemicals.

Milk is one of the most common food allergens in children. Studies in several countries around the world show a prevalence of milk allergy in children in the first year of life of around 2% to 5%. Many children lose their hypersensitivity to milk by age 3, but some children remain allergic for a lifetime.

**Milk allergy** should not be confused with lactose intolerance. A food allergy is an **overreaction of the immune system** to a specific food **protein**. When the food protein is ingested, it can trigger an allergic reaction that may include a range of symptoms from mild symptoms (rashes, hives, itching, swelling, etc.) to severe symptoms (trouble breathing, wheezing, loss of consciousness, etc.). A food allergy can be potentially fatal.

Unlike food allergies, **food intolerances do not involve the immune system**. People who are lactose intolerant are missing the enzyme lactase, which breaks down lactose, a sugar found in milk and dairy products. As a result, lactose-intolerant patients are unable to digest these foods, and may experience symptoms such as nausea, cramps, gas, bloating and diarrhea. While lactose intolerance can cause great discomfort, it is not life-threatening.

Cow's milk contains at least 20 protein components that may provoke an antibody response. The milk proteins, **casein and whey** are to blame. Caseins give milk its "milky" appearance and the whey makes up the remainder of the milk substance. Most commercial sources of whey are contaminated with casein proteins, and vice versa, so it can be hard to find truly "milk-free" foods.

<http://www.foodallergy.org/allergens/milk-allergy>

<http://www.aafa.org/display.cfm?id=9&sub=20&cont=516>

# AVOIDING MILK

<http://www.foodallergy.org/allergens/milk-allergy>

The federal Food Allergen Labeling and Consumer Protection Act (FALCPA) requires that all packaged food products sold in the U.S. that contain milk as an ingredient must list the word “**Milk**” on the label.

Read all product labels carefully before purchasing and consuming any item.

**Ingredients in packaged food products may change without warning**, so check ingredient statements carefully every time you shop. If you have questions, call the manufacturer.

As of this time, the use of advisory labels (such as “May Contain”) on packaged foods is voluntary, and there are no guidelines for their use. However, the FDA has begun to develop a long-term strategy to help manufacturers use these statements in a clear and consistent manner, so that consumers with food allergies and their caregivers can be informed as to the potential presence of the eight major allergens.

## **Avoid foods that contain milk or any of these ingredients:**

- Butter, butter fat, butter oil, butter acid, butter ester(s)
- Buttermilk
- Casein
- Casein hydrolysate
- Caseinates (in all forms)
- Cheese
- Cottage cheese
- Cream
- Curds
- Custard
- Diacetyl
- Ghee
- Half-and-half
- Lactalbumin, lactalbumin phosphate
- Lactoferrin
- Lactose
- Lactulose
- Milk (in all forms, including condensed, derivative, dry, evaporated, goat’s milk and milk from other animals, lowfat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole)
- Milk protein hydrolysate
- Pudding
- Recaldent (found in some chewing gums)
- Rennet casein
- Sour cream, sour cream solids
- Sour milk solids
- Tagatose
- Whey (in all forms)
- Whey protein hydrolysate
- Yogurt

## **Milk is sometimes found in the following:**

- Artificial butter flavor
- Baked goods
- Caramel candies
- Chocolate
- Lactic acid starter culture and other bacterial cultures
- Luncheon meat, hot dogs, sausages
- Margarine
- Nisin
- Nondairy products
- Nougat

## **Some Unexpected Sources of Milk\***

- Deli meat slicers are frequently used for both meat and cheese products.
- Some brands of canned tuna fish contain casein, a milk protein.
- Many non-dairy products contain casein (a milk derivative), listed on the ingredient labels.
- Some specialty products made with milk substitutes (i.e., soy-, nut- or rice-based dairy products) are manufactured on equipment shared with milk.
- Some meats may contain casein as a binder. Check all labels carefully.
- Shellfish is sometimes dipped in milk to reduce the fishy odor. Ask questions about the risk of milk contact when purchasing shellfish.
- Many restaurants put butter on steaks after they have been grilled to add extra flavor. The butter is not visible after it melts.
- Some medications contain milk protein.

*\*Note: This list highlights examples of where milk has been unexpectedly found (e.g., on a food label for a specific product, in a restaurant meal, in creative cookery). This list does not imply that milk is always present in these foods; it is intended to serve as a reminder **to always read the label and ask questions about ingredients before eating** a food that you have not prepared yourself.*

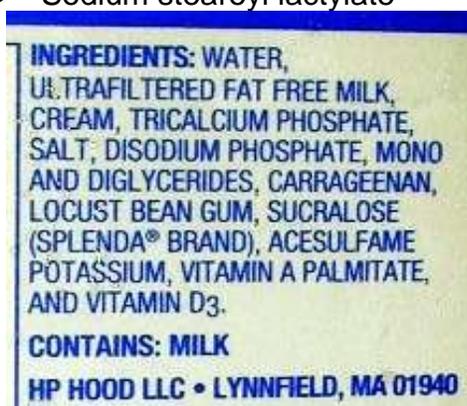
## Keep in mind the following:

- 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.
- Kosher Dairy: A "D" or the word "dairy" following the circled K or U on a product label indicates the presence of milk protein or a risk that the product is contaminated with milk protein. These products should be avoided.
- Kosher Pareve: A product labeled "pareve" is considered milk-free under kosher dietary law. However, a food product may be considered pareve even if it contains a very small amount of milk protein – potentially enough to cause an allergic reaction in susceptible individuals. Do not assume that pareve-labeled products will always be safe.

## Do These Ingredients Contain Milk?

People allergic to milk often have questions about the following ingredients. These ingredients do not contain milk protein and need not be restricted by someone avoiding milk:

- Calcium lactate
- Calcium stearoyl lactylate
- Cocoa butter
- Cream of tartar
- Lactic acid (however, lactic acid starter culture may contain milk)
- Oleoresin
- Sodium lactate
- Sodium stearoyl lactylate



## Dairy Allergy vs. Intolerance Symptoms in Infants

**Milk allergy:** With a milk allergy in infants, a baby's immune system reacts negatively to the proteins in cow's milk. If the baby is breastfed, he's reacting to the dairy his mother has eaten (the milk proteins pass through breast milk), and if the baby is formula-fed, he's reacting to the cow's milk proteins in the formula. In either case, the immune system sees the cow's milk proteins as foreign substances, and in its efforts to fend off the invaders, the body releases histamine and other chemicals, which cause allergic symptoms in the body. Symptoms of milk allergies in babies include:

- Frequent spitting up
- Vomiting
- Signs of abdominal pain, or colic-like symptoms, such as excessive crying and irritability (especially after feedings)
- Diarrhea
- Blood in stool
- Lack of weight gain
- Hives
- A scaly skin rash
- Coughing or wheezing
- Watery eyes and stuffy nose
- Trouble breathing and swelling (especially of mouth and throat), or even anaphylaxis (which is a life-threatening allergic reaction)

**Milk intolerance:** Milk intolerance, on the other hand, has nothing to do with cow's milk proteins or the immune system. Instead, it involves the digestive system, and it occurs when a formula-fed or breastfed baby can't digest the sugar in milk (called lactose). That's why milk intolerance is also called lactose intolerance. Congenital lactose intolerance (milk intolerance in babies from birth) is an extremely rare metabolic condition. Lactose intolerance more commonly develops in older kids and adults. The few babies with lactose intolerance will usually fare much better on a formula with little or no lactose. Symptoms of lactose intolerance in babies include:

- Gas
- Diarrhea
- Bloating stomach
- Spitting up
- Infant eczema
- Irritability, crying, or other colic symptoms
- Failure to thrive and gain weight

## Diagnosing a Milk Allergy in Infants

If your baby has symptoms of either a milk allergy or milk intolerance, see your pediatrician, who will probably check for both by completing a physical exam and an examination of your baby's stool, discussing your family's history of allergies, and/or maybe even performing a skin-prick test. If your doc rules out milk intolerance, then you'll probably be asked to eliminate milk from your diet (if you're breastfeeding) or switch to a different formula (more on that below) to see whether your newborn's symptoms improve. After your baby has been cow's-milk-free for about a week, the doctor may have you reintroduce cow's milk to see whether any reaction results.

## Treating a Milk Allergy in Infants

If it turns out that your newborn is one of the two to three percent of babies who has a milk allergy, don't despair. The good news is that many children outgrow a milk allergy by the time they are a year or so, and the majority of babies with milk allergies outgrow the condition by about age three. In the meantime:

**If your baby is formula fed**, your pediatrician will suggest switching to a different formula. Because many babies with milk allergies are also allergic to soy (and to goat's milk), the doctor may suggest a hydrolysate formula, in which the milk proteins are partly broken down, so it's less likely to cause a reaction.

**If you're breastfeeding**, your pediatrician will likely recommend that you ditch dairy in your diet to see whether that makes a difference to your baby. Of course making a major change to your diet is probably the last thing you want to think about when dealing with a fussy newborn, but it may very well resolve the issue. If you do eliminate dairy, be sure to talk with your doctor about how to make sure you're still getting enough calcium and other nutrients in your diet (after all, you're still eating for two!).

<http://www.whattoexpect.com/first-year/feeding-your-baby/milk-allergy-in-infants.aspx>

## Dairy Allergy Symptoms in Children and Adults

An allergic reaction to food can affect the skin, the gastrointestinal tract, the respiratory tract, and, in the most serious cases, the cardiovascular system. Reactions can range from mild to severe, including the potentially life-threatening condition known as anaphylaxis. In the U.S., food allergy symptoms send someone to the emergency room every three minutes.

Symptoms typically appear within minutes to several hours after eating the food to which you are allergic. Keep in mind that children may communicate their symptoms in a different manner than adults (see below).

### **Mild symptoms may include one or more of the following:**

- Hives (reddish, swollen, itchy areas on the skin)
- Eczema (a persistent dry, itchy rash)
- Redness of the skin or around the eyes
- Itchy mouth or ear canal
- Nausea or vomiting
- Diarrhea
- Stomach pain
- Nasal congestion or a runny nose
- Sneezing
- Slight, dry cough
- Odd taste in mouth
- Uterine contractions

### **Severe symptoms may include one or more of the following:**

- Obstructive swelling of the lips, tongue, and/or throat
- Trouble swallowing
- Shortness of breath or wheezing
- Turning blue
- Drop in blood pressure (feeling faint, confused, weak, passing out)
- Loss of consciousness
- Chest pain
- A weak or “thread” pulse
- Sense of “impending doom”

Severe symptoms, alone or in combination with milder symptoms, may be signs of **anaphylaxis** and require immediate treatment.

<http://www.foodallergy.org/symptoms>

## How a Child Might Describe a Reaction

Children have unique ways of describing their experiences and perceptions, and allergic reactions are no exception. Precious time is lost when adults do not immediately recognize that a reaction is occurring or don't understand what a child is telling them.

Some children, especially very young ones, put their hands in their mouths or pull or scratch at their tongues in response to a reaction. Also, children's voices may change (e.g., become hoarse or squeaky), and they may slur their words.

**The following are examples of the words a child might use to describe a reaction:**

"This food is too spicy."

"My tongue is hot [or burning]."

"It feels like something's poking my tongue."

"My tongue [or mouth] is tingling [or burning]."

"My tongue [or mouth] itches."

"It [my tongue] feels like there is hair on it."

"My mouth feels funny."

"There's a frog in my throat."

"There's something stuck in my throat."

"My tongue feels full [or heavy]."

"My lips feel tight."

"It feels like there are bugs in there." (to describe itchy ears)

"It [my throat] feels thick."

"It feels like a bump is on the back of my tongue [throat]."

**If you suspect that your child is having an allergic reaction, follow your doctor's instructions and treat the reaction quickly.**

<http://www.foodallergy.org/symptoms#howachild>

# DINING OUT

Carry a Chef Card with you that outlines your particular allergies

[www.foodallergy.org/document.doc?id=219](http://www.foodallergy.org/document.doc?id=219)

I like to search “Allergen Information” before dining at any chain restaurant.

**Hand Sanitizer DOES NOT remove allergens** so be sure to wash your hands with soap and water before eating.

**Wet Ones** are great for cleaning allergens off of your eating area (table and chairs).

## At the Restaurant

- Talk to everyone. The restaurant manager and wait staff should know about your food allergy. Remind a manager or the head waiter about your allergies before you are seated. Present your chef card and ask that it be shown to the chef. Chef cards can be downloaded in English and nine foreign languages.
- Ask what is in your dish and how it’s prepared. Make sure your server understands what you are allergic to, and explain that cross-contact must be avoided. You may want to speak to the manager and the chef, just to be sure. Know what procedures a restaurant should follow to keep your food safe.
- Never be embarrassed if you feel you’re not communicating effectively. If the wait staff doesn’t seem to understand your situation, always trust your gut and seek out another staff member or manager. Sometimes, the safest choice is to avoid eating, enjoy the company of your friends, and find a safe meal somewhere else afterwards.
- If you have a good experience at a restaurant, tell the staff about it and go back. Reward excellent service and build a relationship.

## Meal Selection

- Keep it simple. If you have to ask a lot of complicated questions about the items on a menu, ordering more simple fare—like a baked potato, broiled chicken or steamed vegetables—may be the safest way to go.
- Avoid fried foods. Both the grill and the frying oil are ripe for cross-contact; it’s best to avoid fried foods unless you know for sure that they are prepared safely.
- Be especially careful when ordering desserts, which are often a source of hidden allergens. Since many restaurants order their desserts from specialty shops, the staff may not be able to provide a complete list of ingredients. If in doubt, wait and have a safe dessert at home.

<http://www.foodallergy.org/managing-food-allergies-at/dining-out/at-the-restaurant>

# HOW TO SUBSTITUTE DAIRY

Pinterest and Google are your new best friend!

We use **unsweetened** Soy Milk for any dinner recipe that calls for milk.  
Earth balance butter  
So Delicious yogurt, ice cream, and whipped cream





# dairy-free

## conversion chart

Dairy Milk Substitutions: (DMS)	1 C buttermilk	1 TBS butter	1 C butter	1 stick butter
	1 C DMS + 1 TBS vinegar or TBS lemon juice	2 1/2 tsp olive oil or 1 TBS coconut oil	1 1/2 C olive oil or 1 C coconut oil	6 TBS apple sauce + 2 TBS coconut oil
almond milk coconut milk hemp milk	Stir & use	Just use	Just use	Mix & use
1 C sour cream	1 C sweet cream	1 C yogurt	1 C thick cream	1 C whip cream
1 C coconut milk + 2 drops lemon juice + 1/16 tsp tapioca starch	1/2 C cashews + 1/2 C coconut cream concentrate	1/2 C coconut milk + 1/2 C apple sauce	+ 1 C cashews + 2 tsp ACV or lemon juice + dash salt	1 C coconut milk + orange zest + honey (optional)
Whisk & use	Process & use	Mix & use	Process & use	Mix & drizzle

Avoid using olive oil at temperatures higher than 200° F.

© www.toxicfreechallenge.com

### 30 Tips For When You (or your Child) are Newly Diagnosed With Food Allergies:

1. **Be kind to yourself.** You will make mistakes. Forgive yourself. Every mistake will be an incredible (and perhaps, scary and memorable) learning opportunity.
2. **Be patient.** You will not master how to handle everything overnight. But every day you will learn more than the day before.
3. If anaphylactic, **NEVER EVER GO ANYWHERE WITHOUT YOUR EPI PEN!!!** (this should actually be #1 on the list)
4. **Read labels on everything, every time.** Even if you know a product well, they can change their ingredient formulations without notice.
5. Become a food detective. Make it fun. Go on a hunt for those hidden allergens.
6. **Educate your family and friends.** I cannot stress this one enough. They will not understand the seriousness unless you tell them. You may need to do this multiple times before some really get it. Trust me on this one...
7. **Be your (or your child's) BEST advocate.**
8. Look for local in-person or online communities. Having the support of others going through the same thing will be a huge comfort as you share emotions, ideas, recipes, and friendship.
9. **Spend a lot of time on Pinterest** and follow me there. There are great Food Allergy Boards there that are packed with awesome ideas and recipes from incredible Food Allergy bloggers to get you through ANY occasion.
10. **Branch out and try to cook new things.** You may surprise yourself. See #9 for a good spot to find these new recipes.
11. **Do not be afraid to ask for help. Reach out for support.**
12. Eat Clean and Unprocessed foods like those on this list of 70+Allergy-Friendly Super Foods. There are no labels to read. No cross-contamination to worry about.
13. **Focus on all of the things that you CAN eat...**do not focus on what you cannot! See #12 for that reminder list of how many things are left.
14. Remind yourself about how much healthier you and your family will be by focusing on all of these whole, pure Allergy Friendly foods! Remember that list from #12???
15. Get some fun transportable lunchboxes and food containers.
16. **Always Always keep easy to travel snacks with you wherever you go.** You never know if there may be something safe to eat when you are out on the road. See #15 for how to carry your stash...
17. Speaking of stashes, keep one with your favorite Allergy Friendly cupcakes and cookies in the freezer. You'll be all set to pull them out whenever you have a birthday party or special occasion to go to.

18. **Begin a recipe collection** of some of your favorite and most successful Allergy-friendly creations. Remember #9? Pinterest really is a great place to keep your favorites easily accessible. Join and make some boards of your own!
19. Keep up with and follow some of my favorite Allergy-Friendly Food bloggers and advocates out there.
20. **Use technology to your advantage** – there are so many Food Allergy apps available to help you manage your food allergies, including my Cook It Allergy Free App.
21. **Learn how to read the long words in ingredient list.** Understand the no-nos to your allergy and become very familiar with the different forms that those ingredients can show up as. There are also apps for this to help you.
22. **Look at this as an adventure.** Perhaps a somewhat wild one, but an adventure that will make you stronger, none-the-less.
23. If you need it, have someone help you shop.
24. **Keep counter wipes with you all the time** – wipe down your own counters, restaurant surfaces, school tables, etc. to avoid cross-contamination.
25. Help your kids find a food allergy buddy, if possible. As adults we can seek out online or in-person support groups, but children may feel alone if they are the ones that are dealing with the food allergies.
26. **NEVER EVER feel like you are inconveniencing anyone.** This is your health (or your child's) and there is nothing more important and is nothing you need to apologize for. Always remember #7.
27. **Seek out Allergy-friendly restaurants.** Do research. Find out how well certain restaurants handle food allergies from other food allergy families on the Allergy Eats App.
28. Take the time to call ahead to the restaurants before you go. Call in the off hours when they are hopefully not as busy and ask to speak to a manager so they are prepared before you arrive.
29. **Stock up on useful resources.** The Food Allergy Party Kit is a great tool to help you get through those different social gatherings, school parties, potlucks, etc.
30. If it is your child that has the food allergies, set an example for them. They will ALWAYS sense your stress so let them feel that you are in control and that you can handle this. They will begin to feel the same. Our children model our behavior.

# Grandparents Guide to Food Allergies

[Gina Clowes](#) Health Guide May 17, 2010

We've been told that "It takes a village" to raise a child and that certainly is the case for a child with food allergies. As a grandparent, you naturally want the best for your grandchildren, yet the notion of a life-threatening allergy to an innocent food can be hard to grasp.

If your grandchild has been diagnosed with food allergies, you must take this medical diagnosis very seriously. Even if he or she is one of the lucky ones who will eventually outgrow the allergy, it is crucial that you err on the side of caution.

Leading pediatric allergist [Dr. Robert Wood of Johns Hopkins](#) explained that "One of the most common causes of reactions in allergic children is related to food being provided by the grandparents who never really understood or believed the notion that their grandchild had this severe food allergy."

The good news is that studies have shown that when caregivers are trained in avoiding, recognizing and treating allergic reactions, the frequency and severity of these reactions decreases. The following tips can help you to ease the burden on your loved ones and will enable you to become a more reliable caregiver.

- 1. Abide by their rules—even if you don't understand them.** Since the day their child was diagnosed, your son or daughter has been learning a new way of life with severe food allergies. There are a lot of ambiguities and there is a lot of stress. Assume that the parents know best. You won't get a chance for a "do-over" if your grandchild has a reaction.
- 2. Doctor's orders** Let your grandchild's physician handle his or her medical care. Allergy parents are bombarded with hokey tips and media stories of treatments and cures involving everything from worms, to herbs, to acupuncture. Some of this research is very promising but for now, assume your grandchild is in good hands with his current physician.
- 3. Engage but don't overstep.** I read once that grandparents are like pinch hitters. They need to sit on the bench until they're called up. Allergy parents (especially after a recent reaction or diagnosis) often have a lot of anxiety over their child's condition. If you are asked and are able to help, fantastic. But unless you truly believe your grandchild is in danger, don't suggest alternative ways of managing allergies.
- 4. Pick your battles!** Holidays are one of the most challenging times for allergy families. Prioritize. What is the most important thing about the holidays? As Suze Orman says "People first." Yes, you want to make your traditional nut braid and thumb print cookies, but believe me, you can have a festive and loving holiday without cookies, candy, mashed potatoes, even pumpkin pie. But you can't have a glorious family holiday if one family is missing. So think and think again about what's most important.

**5. Phone Home** Ask an allergy mom where the phone is when she takes a shower, and 99% of them will tell you that it's right outside the shower door. Most of us have gotten that call about an allergic reaction at one time or another. And when we're leaving our child with a caregiver, our fingers have a mind of their own and we need to make that call to check in. So when you are caring for your grandchildren, keep your phone within reach at all times.

**6. Serve it our way** You may have a swell idea about how to reheat little Johnny's dinner but you did not realize that they spray you just put in the pan contained dairy. You saw Alicia eating strawberry sorbet last month. You didn't realize that the brand you purchased is processed on lines with butter pecan ice cream. Daniel's noodles tasted so bland, you thought you'd add a little seasoning, not realizing that it contains wheat. Well-meaning people who are not accustomed to living with food allergies can easily make a dangerous mistake and put a child at risk. Hidden ingredients and cross-contamination have caused serious, even fatal reactions. Do yourself a favor, and serve your grandchild only the foods that his parents have approved and serve them in exactly the way they've asked.

**7. Emotions count** You may find yourself thinking that your son or daughter is going overboard with precautions or restrictions. Perhaps you believe that they could safely attend a family picnic, vacation or wedding. You may be right. But consider the family's emotional health and stress level, especially if the child was recently diagnosed. Sometimes the anxiety level in the home is so high, that it is just not worth all of the preparations and worry about an event. Sometimes it's better to decline a stressful invitation and keep the family safe and calm at home. The emotional well-being of the family members is as important as their physical health.

**8. Get support for yourself** Recently, my mother explained that a good friend of hers was a tremendous support to her after my son was diagnosed. I'm embarrassed to admit that I actually thought "Why would you need support?" And then the light bulb went off and I realized that my mother, my son's grandmother, had also gone through the myriad of emotions that follows a scary diagnosis. Once you really grasp the severity of this life-changing medical condition, it can be overwhelming. So if you find yourself feeling sad, or scared or grieving about your grandchild's condition, get the help and support that you need from friends, your spouse or a mental health professional.

These tips are not a substitute for learning about [food allergies](#), and how to avoid, recognize and treat an allergic reaction. However, if you show the willingness to become an informed caregiver, you will go a long way in alleviating the stress and allowing your son or daughter some much needed time off duty. Your concern will nurture and strengthen your relationship with the entire family. Isn't that what grandparenting is all about?

See more at: <http://www.healthcentral.com/allergy/c/48542/111832/grandparents-food/#sthash.Vbk3sbp6.dpuf>

## **Dairy, Egg, & Peanut Free Snacks**

- Rold Gold Pretzels
- Honey Maid Graham Crackers (Honey, Lowfat, Cinnamon, Chocolate + Gingerbread are all safe)
- Nabisco Barnum Animal Crackers
- Ritz Crackers
- Saltines
- Keebler Club Crackers, all varieties
- Chex Cereal
- Cheerios
- Fruit Snacks (check labels, most are safe, including Betty Crocker and Kellogg's, Target and Meijer brands)
- Kashi Cereal Bars (blackberry graham, cherry vanilla, ripe strawberry)
- Newton's Fruit Thins
- Nabisco Belvita breakfast biscuits
- Nabisco Teddy Grahams (any flavor)
- Boxed Jell-O gelatin
- Boxed Jell-O instant pudding mix (vanilla, French vanilla, chocolate, chocolate fudge)
- Motts Applesauce
- Poptarts (Strawberry, Cherry, Blueberry, Cinnamon Roll, Brown Sugar & Cinnamon)
- Hunts Snack Pack Lemon Pudding
- Oreos
- Thin Mint's Girl Scout Cookies

## **Safe Halloween Candy (not all inclusive)**

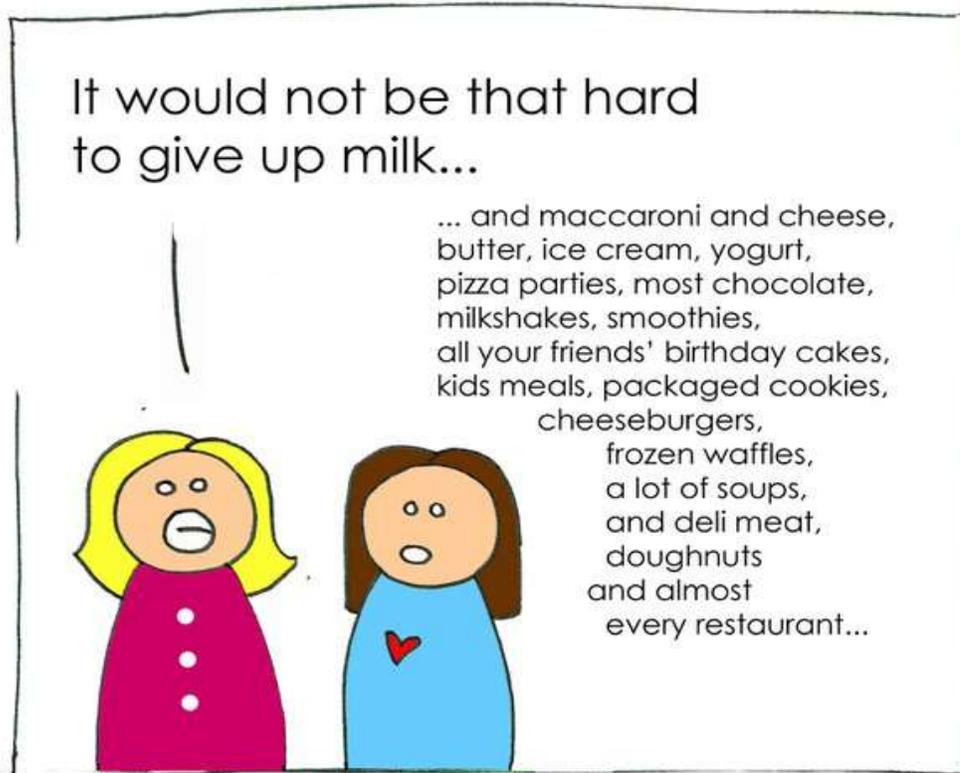
- Wonka Nerds
- Wonka Bottle Caps
- Wonka Laffy Taffy (only the small ones – not chocolate flavored)
- Wonka Sweettarts (not chewy)
- Wonka Tart N Tiny
- Wonka Pixy Stix
- Wonka Candy Canes
- Wonka Runts
- Enjoy Life Foods chocolate chips
- Enjoy Life Foods Boom Choco Boom chocolate candy bars
- Air Heads (only the small ones – not chocolate flavored)
- Skittles
- Dots
- Bubble Yum
- Jolly Ranchers
- Jolly Rancher Gummies
- Tic Tac Mints and Orange Flavor
- Baker's Semi-Sweet Chocolate Chunks
- Just Borne Jelly Beans (original fruit, berry, spiced)
- Brach's small conversation hearts
- Good & Plenty
- Mike & Ike
- Extra Classic Bubble Gum
- Surf Sweets Gummy Bears
- Twizzlers Licorice
- Dum Dum Lollipops
- Swedish Fish
- Smarties
- Life Savers
- Starburst

## MILK IN ODD PLACES

Toothpaste  
Soaps  
Shampoos  
Lotions  
Chewing Gum  
Party Balloons  
Peanuts  
Candy (especially Chocolates)  
Tuna  
Lunch Meat

**READ EVERY LABEL! Even non-food items!**

Food Allergy Fun



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

TGF 2010

## **Additional Resources**

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

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

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

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

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