

Peanut-Free Diet

Avoid foods that contain any of these ingredients and always check the manufacturer's label for more details. Consult your physician for more information.

- Cold pressed, expelled, or expressed peanut oil
- Beer nuts
- Ground nuts
- Mixed nuts
- Nu-nuts flavored nuts
- Peanut, Peanut butter, Peanut flour

Foods that may contain peanut protein:

- African, Chinese, Thai dishes
- Baked goods such as pastries, cookies, etc.
- Chili
- Egg rolls
- Hydrolyzed plant protein
- Marzipan
- Nougat



Tree Nut Allergy

Avoid foods that contain any of these ingredients and always check the manufacturer's label for more details. Consult your physician for more information.

- Almonds
- Brazil nuts
- Cashews
- Filbert/Hazelnuts
- Hickory nuts
- Macadamia nuts
- Marzipan/almond paste
- Natural extracts (i.e. pure almond extract) - use imitation/artificial flavored extracts instead
- Nougat



Wheat-Free Diet

Avoid foods that contain any of these ingredients and always check the manufacturer's label for more details. Consult your physician for more information.

- Bran
- Bread crumbs
- Bulgur
- Cereal extract
- Couscous
- Cracker meal
- Durum, durum flour
- High gluten flour
- High protein flour
- Seitan
- Semolina
- Soft wheat flour
- Spelt
- Vital gluten
- Wheat (bran, germ, gluten, malt, starch)
- Whole wheat berries
- Whole wheat flour



Wheat-Free Diet Continued

Label ingredients that may indicate the presence of wheat protein and always check the manufacturer's label for more details or consult with a physician.

- Gelatinized starch
- Hydrolyzed vegetable protein
- Modified food starch
- Natural flavoring
- Soy sauce
- Starch
- Vegetable gum
- Vegetable starch



Milk-Free Diet

Avoid foods that contain any of these ingredients and always check the manufacturer's label for more details or consult with a physician.

- Artificial butter flavor
- Butter, butter fat buttermilk, butter oil
- Casein
- Caseinates (ammonium, calcium, magnesium, potassium, sodium)
- Cheese
- Cream
- Cottage cheese
- Custard
- Ghee
- Half & Half
- Hydrolysates (casein, milk protein, whey, whey protein)
- Lactalbumin, lactalbumin, phosphate
- Lactoglobulin
- Lactose
- Lactulose
- Lactulose



Milk-Free Diet Continued

Avoid foods that contain any of these ingredients and always check the manufacturer's label for more details or consult with a physician.

- Milk (derivative, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, skimmed, and goats milk)
- Nougat
- Pudding
- Rennet casein
- Sour cream, sour cream solids, sour milk solids
- Whey (delactosed, demineralized, protein concentrate)
- Yogurt

Label ingredients that may indicate the presence of milk protein:

- Flavorings including caramel, Bavarian cream, coconut cream, butter, natural
- Chocolate
- High protein flour
- Margarine
- Simplese

A "D" on the front of a product label next to a "K" or "U" in a circle indicates the presences of milk protein. Some non-dairy products contain casein & can cause a reaction.

