

Simple Foods for Kids with Food Allergies

	Milk	Soy	Egg	Wheat	Peanut
Fresh or frozen fruit					
Raw or cooked vegetables					
No salt added canned vegetables					
Meat: <ul style="list-style-type: none"> Read labels carefully when adding spice mixes or choosing processed meats 					
Sticky cooked rice					
Corn tortillas					
Cooked pasta				X	
Milk-free graham crackers				X	
Toast (milk-free, egg-free) <ul style="list-style-type: none"> Wheat-free toast 				X	
Dry cereal (milk-free) <ul style="list-style-type: none"> Rice Krispies/Rice Chex Cheerios 				X	
Rice Cakes, plain					
Legumes: <ul style="list-style-type: none"> Pinto beans, black beans Chick peas 					
Hummus					
Sliced black olives					
Tofu chunks		X			
Soy cheese, soy yogurt, soy pudding Note: These often will contain casein (ingredient that is made from milk). Read labels carefully.		X			

- This is a list of suggestions. You must still read labels carefully, every time you buy a food product.
 - Avoid foods that contain an 'X' in your allergen column.
- Pay attention to choking hazards for young children (<4 yrs). Offer soft fruits, well cooked vegetables, and tender meats.
- Allergen Free Margarines – (no milk, soy, wheat, eggs, peanuts, tree nuts, fish, or shellfish):
 - Fleishmann's Unsalted Stick margarine (works well for baking)
 - Earth Balance brand: Original, Soy Free, Olive Oil, and Omega-3 Buttery Spreads
 - Look at your store for other brands of allergen-free margarine

*Always check the label. Ingredients can change!