

### for a Child with Food Allergies

**Always read the label before using a food product. Ingredients can change at any time.**

#### Peanut Allergy

- If your child is allergic to peanuts, talk to your allergy specialist about not eating tree nuts. They are often all processed on the same machines. This can lead to cross-contact.
- Soy nut butter can be used instead of peanut butter. It is made out of soybeans. You can also try Sunbutter. It is made out of sunflower seeds.
- Most people with peanut allergy can safely eat highly refined peanut oil. **They should not eat cold pressed, expeller pressed or extruded peanut oil.**



#### Tree Nut Allergy

- Ask your allergy specialist if your child should not eat all tree nuts. They are often all processed on the same machines. This can lead to cross-contact.
- If your child is allergic to tree nuts, these foods are okay:
  - Nutmeg (spice).
  - Water chestnuts.
  - Coconut. Ask your allergist if you have more questions about coconut.
- It is okay to use skin products with shea nut oil or shea nut butter.

#### Soy Allergy

- If your child is allergic to soybeans, soybean oil and soy lethicin are okay. Most people with soybean allergies can safely eat highly refined soy oil and soy lethicin. **They should not eat cold pressed, expeller pressed or extruded soybean oil.**

#### Egg allergy

- Do not give your child eggs from any animals. They may cause an allergic reaction.
- **What to use in place of eggs for baking:**
  - Egg replacer by Ener-G Foods.
  - You can also mix one of these recipes. Each mix is equal to one egg:
    - 1 ½ tablespoons water, 1 ½ tablespoons oil, and 1 teaspoon baking powder.
    - 1 teaspoon baking powder, 1 tablespoon water, and 1 tablespoon vinegar.
    - 1 teaspoon yeast dissolved in ¼ cup warm water.

## Milk allergy

- **Do not give goat's milk to a child with cow's milk allergy.** Goat's milk is like cow's milk. It may cause an allergic reaction. Talk to your allergy specialist before using milk from any other animal.
- If your child has a milk allergy, be sure that they are getting a milk substitute that is right for their age. Talk to your doctor or dietitian about good milk substitutes for your child.
- **There are many milk-free margarine available.** Try Fleischmann's Unsalted Stick Margarine, Earth Balance™ Soy Free Buttery Spread, or Smart Balance Light®.

## Helpful tips for all allergies

- Make a list of ingredients to avoid.
- Learn to read a food label.
- Do not eat foods with cross-contamination or cross-contact.
- Have an emergency action plan.
- Look for single ingredient foods like fruits, vegetables, meats and beans.
- Buy a medical ID bracelet.
- When in doubt, do not eat the food.



## Sesame allergy

- Sesame oil is not refined and it should be avoided by individuals with a sesame allergy.
- Sesame can be found in non-food items, such as cosmetics, medications, nutritional supplements, perfumes and pet foods. The scientific name for sesame, *Sesamum indicum*, may be on the label.

## For more information

- Visit [www.foodallergy.org](http://www.foodallergy.org) for more information about food allergies.

## For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**