
Egg/Milk/Soy/Peanut/Wheat-Free Diet Sheet

Please use this diet sheet under the supervision of a registered dietitian

Foods Allowed

Milk and Dairy: No milk or milk products are allowed.

The following can be seen as substitutes for milk:

Coconut milk
Rice milk
Oats milk
Goat milk (if not cross-reactive)
Sheep milk (if not cross-reactive)
Nut milk (containing no peanut)
Milk-free margarine
Carob "chocolate"

Bread and Cereal: Flour, grains and starches:

Amaranth
Arrowroot
Buckwheat
Carob
Corn
Lentil Flour
Maize
Pea Flour
Kasha
Nut meal and flour
Quinoa
Non-enhanced rice
Oats
Potato Flour
Rice
Sago
Seed meal and flour
Tapioca
Popcorn
Sorghum
Flax
Wild rice

Breads made from substitute flours and starches:

Rice bread
Waffles and cakes made with allowed grains

Crackers and snacks:

Corn Chips
Corn nachos
Corn taco chips
Potato chips
Rice cakes (plain or with allowed seeds and grains)
Rice crackers

Cereals:

Corn
Corn flakes
Oats
Maize porridge
Puffed rice
Puffed millet
Puffed Amaranth

Pasta:
Buckwheat pasta
Mung bean pasta
Rice noodles and pasta
Brown rice pasta
Wild rice pasta
Corn pasta

Vegetables: All vegetables and their juice extracts are allowed unless prepared or combined with egg, milk, soy, peanut or wheat

Starches allowed:
Corn
Tapioca
Potato
Arrowroot
Sweet potato

Legumes: All pure legumes other than peanuts unless prepared or combined with egg, milk, soy or wheat

Plain legumes
Beans
Fava Beans
Garbanzo Beans
Lentils
Peas

Fruit: All fresh, frozen or canned fruit and their juice extracts are allowed unless prepared or combined with egg, milk, soy, peanut or wheat.

Meat, Poultry and Fish: All fresh, frozen or canned meat, poultry and fish unless prepared or combined with egg, milk, soy, peanut or wheat.

Kosher (parve/pareve) processed meats
Fish canned in broth, water or non-peanut oils.

Nuts and Seeds: All plain nut and seeds and their butters, except peanuts.

Popcorn
Almond
Chestnut
Acom
Hazelnut
Walnuts
Brazil nuts
Cashews
Water chestnuts
Sunflower seeds
Mustard seeds
Sesame seeds
Safflower
Coconut
Poppy
Alfalfa
Tahini
Sesame butter
Tahini butter

Almond butter
Almond paste
Cashew butter

Fats and Oils: Pure vegetable oils, except peanut and soy oil
Pure seed oil
Pure fish oil
Pure seed butter
Milk-free margarine
Shortening
Lard & meat drippings
Gravy (milk and wheat-free)
Pure olive oil or sunflower spray

Spices and Herbs All pure herbs and spices and blends of herbs and spices without added oils, except those listed under restricted.

Miscellaneous: Tea, herbal tea, coffee
Carbonated beverages
All artificial sweeteners except those containing lactose
Carob chocolate
Plain sugar
Honey
Molasses
Maple syrup
Corn syrup
Cocoa
Pure jam and jellies
Homemade cookies and candies with ingredients revealed.

General Foods Restricted

Milk and Dairy: All milk and milk products.
Acidophilus milk
Artificial butter
Cheese food and cheese flavour
Cream, ghee
Cultured milk
Feta Cheese
Milk fat, milk protein
Yoghurt powder
Buttermilk solids
Nonfat milk solids, milk solid paste.
Instant cocoa, chocolate mixes, malted milk.
Cheese sauces, spreads and foods containing wheat.

Specific foods

Amasi
Bologna
Butter (dairy)
Buttermilk
Cheese - Cottage, creamed
Cheese Spread
Cheese Spread - Reduced fat
Chocolate
Chocolate confectionery
Chocolate products
Cocoa and milk
Dessert (milk)
Dessert (powdered, milk)
Drinks (chocolate, powder)

Ice cream
Ice cream cone / Comet
Infant formula / Infant milk / Hydrolysate
Malted milk powder
Milk - alpha lactalbumin
Milk - beta-lactoglobulin
Milk - boiled
Milk - cow's (processed)
Milk - cow's milk formula
Milk - curds
Milk - dried
Milk - powder (Alfare, Nestle)
Milk - whey
Milk (condensed)
Milk (dried, vending machines)
Milk (evaporated)
Milk (fermented)
Milk (flavoured)
Milk (powdered)
Milk (skim)
Milk (solids)
Milk / Cream substitute
Milk products
Milkshake
Yoghurt / Yogurt / Joghurt

Bread and Cereal: All commercial or homemade baked goods made with wheat, egg, soy, milk or peanut

Specific foods

Baked goods
Biscuits / Cookies
Bran
Bread
Bread (buns)
Bread (rolls)
Bread (seeds, spice, health)
Bread (white)
Breakfast cereal / Porridge / Cereals (enriched)
Bulgur wheat / Bulghur wheat
Cereal Mixes
Chocolate biscuits
Couscous
Drinks (fermented malt)
Durum wheat
Einkorn wheat
Farina
Flour
Flour products
Graham flour
Indian chappatis / Chapati
Kamut

Macaroni
Muffins
Noodles
Pasta
Pasta products
Pastry / Pastries
Pretzels
Rye bread
Scones
Semolina
Spagetti
Spelt
Tortilla
Udon
Wheat berries
Wheatburger
Wheatgerm / Wheat germ

Vegetables: Fresh, frozen or canned vegetables and their juice extracts made with egg, milk, soy, peanut or wheat.

Peanut sprouts
Soya sprouts
Mixed sprouts
Vegetable dishes made with or combined with peanuts, peanut oil or peanut sauces.
Specific foods
Battered vegetables
Breaded vegetables
Burger (vegetable)
Creamed vegetables
Mashed vegetables
Potato (croquette, frozen)
Potato (instant, mashed)
Scalloped Vegetables
Textured vegetable

Legumes: Legume dishes prepared with egg, milk, soy, peanut or wheat.
Edamame, Shoyu sauce, Soya cheese, Soya milk, Soya nut butter, Soya sprouts, Soya yoghurt, Terripeh, Tereyaki sauce.
Sprouted wheat.

Specific foods
Natto
Peanut butter
Soy milk / Soya milk
Soya (Tofu) / Soya Bean Curd
Soya bean paste / Miso (fermented)
Soya condiments
Soya oil / Soy oil
Soya sauce / Soysauce / Soy sauce
Soya sausage
Soybean lecithin
Textured vegetable protein / TVP (soya)

Fruit: No fruit are restricted, unless they are prepared or combined with egg, milk,

soy, peanut or wheat.
Lemon curd.
Fruit dishes made with oil or shortening or nuts and peanuts or nuts of unknown origin.

Specific foods

Fruit (spreads)

Meat, Poultry and Fish: Meat, poultry and fish prepared or combined with egg, milk, soy, peanut or wheat.

Check labels on processed meat.

Specific foods

Battered meat, poultry and fish

Breaded meat, poultry and fish

Cold cuts

Creamed meat, poultry and fish

Egg - ovomucoid

Egg - white

Egg - yolk

Egg (processed / extender)

Egg (scrambled mix)

Egg products

Egg roll

Eggnog

Meat (canned)

Meat (hamburger patties)

Meat (lunch meat)

Meat (manufactured)

Meat (paste)

Meat (pate)

Meat (processed)

Meat (salami sausage)

Meat (sausage)

Meat loaf

Scotch eggs

Shrimp - cooked (Crustacea)

Wieners

Nuts and Seeds:

Peanuts

Peanut butter

Peanut oil

Nuts of undisclosed origin

Snack nuts and seeds (containing HVP* HPP* or MSG* or malt* or restricted grain products).

Specific foods

Almond icing

Nuts

Nuts (reflavoured)

Fat and Oils:

Soy oil

Peanut oil

Real mayonnaise

Fat substitutes

Butter

Margarine unless source of oil is revealed to be soya free

Margarine containing milk

Salad dressings containing milk or egg

Salad dressings with unrevealed oil source
Vegetable fat
Vegetable oil
Shortening
Vegetable oil sprays besides olive oil spray

Specific foods

Almond icing
Nuts
Nuts (reflavored)

Spice and Herbs: Seasoning packets with oils that are not specified
Sauces containing soya
BBQ
Oriental
Worcestershire sauce
Seasoning mixes containing HVP* HPP* or MSG* or malt* e.g. Aromat.

Specific foods

Black pepper powder

Miscellaneous: Bearnaise sauce
Binders
Bouillon
Eggnog
Hollandaise Sauce
Marshmallows
Protein powder
Provitamin A
Souffles
Ammonium caseinate
Potassium caseinate
Sodium caseinate
Magnesium caseinate
Whey protein hydrolysate
Casein hydrolysate
Milk protein hydrolysate
All chocolate, marzipan, cookies and candies containing egg, milk, soy, peanut or wheat
African dishes (unless ingredients are identified)
Chinese dishes (unless ingredients are identified)
Thai dishes (unless ingredients are identified)
Vietnamese dishes (unless ingredients are identified)

Specific foods

Ale
Baby foods
Baker's asthma
Batter / Battered food
Beer
Bourbon
Cake (sponge)
Cakes
Cakes (pre-packed mix)
Chocolate substitute
Coffee whiteners / Coffee creamer
Custard
Custard icing
Custard powder (instant)
Drinks (alcoholic)

Fudge
Granola
Gravy
Halva / Halvah
Hot dogs
Hot milk puddings
Hydrolysed vegetable protein / HVP
Icing toppings
Ketchup / Tomato sauce
Lemon curd
Marshmallow
Marzipan / Almond paste
Meringue
Muesli
Nougat
Oriental cooking
Oriental food
Pancakes
Pies
Pizza
Pudding (pre-packed, sponge)
Pudding / Dessert
Pudding / Dessert mix
Sandwich spread
Satay sauce
Shoyu
Simplese
Skin cream / moisturiser
Snack food
Soap (oil part)
Sorbet
Soup
Soup (canned)
Soup (concentrates)
Soup (flavouring)
Soup (packet mix)
Starch
Stock cubes (Bouillon)
Sweets / Candy
Tamari
Toileteries
Toppings
Turkish delight
Vaccine
Vitamin supplement
Waffle
Whiskey / Whisky
White sauce
Wide range food
Wine
Worcestershire sauce

Unreferenced Sources / Other: Egg may be used as a clarifier in consommé, soft drinks or beer and wine, so it is safer to make your own stock. Check the ingredients of beverages.

Acid whey, cured whey, whey protein, whey solids, delactosed whey, hydrolyzed whey, demineralised whey, sweet dairy whey, whey concentrate
Apovitellin
Baked beans (the sauce may be made with wheat)
Bread crumbs
Cake icing
Canned fish in oil
Cheese substitutes
Cheese (especially slices, dips and spreads)
Cheese spreads
Chocolate mixes
Commercial pie fillings and jams
Commercially made fish cakes
Commercial chili
Commercial fruit products
Commercial vegetable products
Cracker meal
Croquettes (some may use egg as a binder)
Dessert mixes (unless indicates free of the restricted ingredients)
Frozen desserts (unless indicates free of the restricted ingredients)
Frozen french fries
Imitation bacon bits
Instant cocoa
Kinnoko flour
Kyodofu
Malted and chocolate drinks - read labels
Matzoh
Minced beef (check, may contain soy)
Natto
Natural flavouring
Oiled or polished fruit
Oiled or polished vegetables
Okara
Ovoglobulin
Ovotrans-ferin
Packed garlic in oil (undisclosed source)
Packed sun-dried tomatoes in oil (undisclosed source)
Processed meat (some may use egg as a binder) e.g. meat loaves, sausages
Salad dressing (containing soy)
Seasoning packets with undisclosed oils.
Soy grits, soy meal, soya albumin, soya bran, soya concentrate, soya fibre, soya formula.
Soybean granules
Supro
Tamari
Textured soy flour
Vegetable oil sources (as soya oil is often included in the blend)
Yakidofu
Yuba

Oils made from wheat, peanut and soy should be free of the respective allergens unless a poor process is used.

The following may contain wheat: HVP, natural flavouring, soya sauce, gelatinized starch.

Soybeans are often used in the manufacturing of machine oils, printers ink and stockfeed.

Soya proteins may also be found in adhesives, blankets, body lotions and creams, enamel paints, fabric finishes, fabrics, fertilizers, flouring materials, lubricants, nitroglycerine, paper and soaps.

The following may contain soya: gum arabic, margarine, mono or diglyceride, oleo, vitamin E, modified food starch.

Soy lecithin may be used in some asthma inhalers, e.g., Flovent.

Ingredient terms to avoid on labels

Albumin
Avidin
Conalbumin
Cystatin
Dried egg
Egg
Egg lecithin
Egg lysosome
Egg noodles
Egg oil
Egg powder
Egg solids
Egg white
Egg yellow
Egg yolk
Egg yolk extract
Hollandaise sauce
Lipovitellin (yolk)
Lipovitellin (yolk)
Livetin
Lysozyme
Mayonaise
Meringue
Nougat
Ovalbumin
Ovamucin
Ovamucoid
Ovoflavoprotein
Ovoglobulin
Ovoinhibitor
Ovomacroblobulin
Ovomucin
Ovomucoid
Ovotransferrin/ Conalbumin
Ovovitellin
Phosvitin
Powdered egg
Silici Albuminate
Vitellin
Whole egg

Label Alerts

CHECK LABELS ON ALL PROCESSED FOODS - if a food label is absent, unclear or vague it is best to avoid it. Read all labels, even familiar brands, as manufacturers may change suppliers or ingredients.

Many manufacturers use egg to coat the outside of food such as baked products and deli meats - this may not appear on the labels.

Kosher foods and vegan foods are milk free. The words "pareve" or "parve" indicate a product is milk free.

Avoid foods with vague label information and undisclosed sources of nuts and oils.

See <http://AllAllergy.net> - Food Alerts, and, <http://www.safetyalerts.com>.

Substitutes

Eggless egg replacers are available in many health food stores. These are different from the reduced-cholesterol egg products, which do contain eggs. Egg replacers are generally egg-free and are usually in a powdered form.

BAKING

Eggs in recipes can often be replaced by adding 2-3 extra tablespoons (30ml – 45ml) of water for each egg eliminated to balance the moisture content of the product.

Replace eggs in baking with a mixture of the powdered egg replacer and water according to package directions.

1 heaped tablespoon of soy flour or cornstarch plus 2 tablespoons of water per egg in a baked product.

30g (1oz) of mashed tofu per egg.

In muffins and cookies, ½ mashed banana can be used instead of an egg, though it will change the flavour of the recipe.

Equivalent to 1 egg, for baking:

1 tsp (5ml) unflavored gelatin

2 tblsp (30ml) + 1 tsp (5ml) boiling water

3 tblsp (45ml) cold water

2 tblsp (30ml) whole wheat flour + 1/2 tsp oil + 1/2 tsp baking powder + 2 tblsp liquid (water, fruit juice or milk)

BINDING

For vegetarian loaves and burgers, use any of the following to bind ingredients together: tomato paste, mashed potato, moistened breadcrumbs, rolled oats.

Arrowroot powder - 1 tblsp for 1 cup non-glutenous flour

Tapioca flour can be used as a binder for muffins or biscuits dough - 1tblsp tapioca flour per 1 cup flour in a recipe

Each of these is the replacement of 1 egg as a binder:

-½ large mashed banana

-¼ cup (62½ ml) applesauce or pureed prunes

-1 tblsp (15ml) ground flaxseed mixed with 3 tblsp (45ml) water

-1½ tblsp (22½ml) water, 1½ tblsp (22½ml) oil, and 1 tsp (5ml) baking powder

-Combine one packet of unflavored gelatin with 1 cup (250ml) boiling water - 3 tblsp (45ml) of this mixture equal one egg

-1 tblsp (15ml) apricot puree

-1/4 cup (62½ml) of soft tofu

-1/4 cup (62½ml) soymilk

LEAVENING

-2 tblsp (30ml) carbonated water and 2 tsp (10ml) baking flour

-1 tsp (5ml) baking powder, 1 tblsp (15ml) water, and 1 tblsp (15ml) vinegar (add vinegar separately at the end for rising)

-Dissolve 1 tsp (5ml) yeast in ¼ cup (62½ml) warm water

-1 heaped tblsp (15ml) of soya flour and 1 tblsp (15ml) water

-1 tblsp (15ml) bean flour and 1 tblsp (15ml) oil

-1 tblsp (15ml) of arrowroot powder mixed with 3 tblsp (45ml) water

-1 tblsp (15ml) cornstarch mixed with 3 tblsp (45ml) water

-2 tblsp (30ml) gluten flour or unbleached white flour, 1½ tsp (7½ml) corn oil, ½ tsp (2ml) baking powder, and 2 tblsp (30ml) water

WHIPPING

-¼ tsp (1ml) xanthan gum with about ¼ cup (62½ml) of water. Let stand. It thickens, and can be whipped like an egg white.

COOKING

For each egg required in cooking the following substitutes can be used:

1.) One packet of plain gelatin mixed with 2 tblsp (30ml) of warm water. Do not mix gelatin with water until you are ready to use it or it will congeal, or

2.) 1 tsp (5ml) baking powder + 1 tblsp (15ml) liquid + 1 tblsp (15ml) vinegar, or

3.) 1 tsp (5ml) yeast dissolved in ¼ cup (62½ml) warm water, or

4.) 1 tblsp (15ml) of apricot puree, or

5.) 2 tblsp (30ml) of water + 1 tblsp (15ml) vegetable oil + 1 tblsp (15ml) baking powder

CONSISTENCY

1tsp baking powder for each egg omitted

Nutritional Substitutes

Eliminating these foods from the diet all at once can lead to major nutrient deficiencies. Consult with a dietician on sufficient replacement foods and possible supplementation.

Reminders

Medic Alert

Cross-reactivity

Non-food items, e.g., shampoo, vaccinations, some fur garments, unwashed printed natural fabrics, sensitized photographic equipment.

It is important to be very aware of peanut cross contamination during food preparation especially in restaurants and preprepared foods.

Free-from Recipes and Related Information

http://allallergy.net/recipes/recipes_egg.cfm