

SAFE ALLERGY SUBSTITUTES

ASPIRE
NUTRITION .

Peanuts/
Tree nuts

If only allergic to peanuts: Almonds, cashews, walnuts, pine nuts, and seeds.

If only allergic to tree nuts: peanut butter, peanuts, and seeds.

If allergic to both: sunflower seeds, pumpkin seeds, chickpeas, sunflower butter, and soy butter.

Milk

Soy based milk substitutes contain nutrients most similar to dairy milk. Other alternatives include: coconut, almond, and rice milk.

Eggs

In baking: commercial egg substitutes can be used. One egg is also equal to: 1/4 cup of applesauce, half of a mashed banana, 1 tbsp of chia seeds in 3 tbsp of water.

Wheat

Cooking with or picking foods with tapioca, rice, oat and almond flour.

Shellfish

Can replace with other lean proteins or mushrooms. When purchasing prepared foods, kosher foods should not contain shellfish.

Soybean

Chickpea, lima beans, fava beans.
Quinoa is a good replacement for soy based meat substitutes in vegan/vegetarians.