

REPLACEMENTS

A quick look at how to avoid and replace the nutrients in common allergens:

Food	Words to look for on the food label	Nutrients to replace in the diet
Milk	Milk Non-fat milk solids Cheese Yogurt Casein or caseinates Whey Lactose	Protein, calcium, vitamin D, vitamin A
Egg	Eggs Egg albumin Egg yolk Lecithin	Protein, iron, vitamin A
Wheat	Wheat Wheat bran	Carbohydrates, fiber, vitamin B
Gluten	Wheat Wheat bran Barley Rye Triticale Malt Oats or oat bran Cornflour	Carbohydrates, fiber, vitamin B
Soy	Soybeans Hydrolyzed vegetable protein Soy protein isolate Soy lecithin	Protein
Salicylates	Strawberries Tomatoes	Vitamin C