



Nutritious Swaps For Select Top Allergens

For those with food allergies, avoiding the allergen is key! These are some ways to make nutritious swaps when a food allergy is present.

1. **Cow's Milk**--> use soy or pea milk instead.
2. **Eggs**--> Avoid in recipes, make flax egg when possible. (1 Flax egg= 1 tbsp. ground flax mixed with 3 tbsp. water.)
3. **Fish/Shellfish**-->replace with chicken or beef in recipes.
4. **Peanuts/Tree nuts**--> If only allergic to one, use the other or use seed butters (like sunflower.)
5. **Wheat**--> look for gluten free alternatives/recipes.
6. **Soybeans**--> Avoid soy products, use coconut aminos in place of soy sauce.



ALLERGY AWARENESS MONTH

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May is allergy awareness month and it is the perfect time to talk about food allergies and learn more about how they impact children and families. In the US, about 6% of children have some form of food allergy.

About 90 percent of allergic food reactions are caused by 9 different foods, the "top allergens."

- Milk
- Eggs
- Fish
- Shellfish
- Peanuts
- Tree Nuts
- Wheat
- Soybeans
- Sesame

For people with food allergies, their body produces an immune response to the food and that response can lead to a serious reaction, illness, and even death if not treated quickly. The only way to avoid the reaction is to avoid the food completely.

Luckily, in the US all food products containing more than 2 ingredients are required by federal regulation to include the source of all major food allergens used to make the food.

Learning to read and understand the basics of a food label is key to keeping children with food allergies safe. At Chefables, we take food allergens seriously and provide alternatives when needed.

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