

# Special Allergies



## Wheat/Cow Milk/Soy/Egg/Peanut Free Diet

Foods	Allowed	Not Allowed
Breads & Cereals	<p>Ry-Krisp, rice wafers</p> <p>Pure corn, rice, arrowroot, barley, potato, or rye bread made without wheat flour or wheat products</p> <p>Cornmeal, cornstarch, soybean, flour, barley flour, oat flour, rice flour, potato starch, arrowroot flour</p> <p>Cream of rice, puffed rice, or other cereals made from pure corn, oats, or rice to which no wheat has been added</p> <p>Quinoa</p>	<p>Whole wheat, enriched, or white bread, rolls, or bread crumbs</p> <p>Graham or gluten bread</p> <p>Donuts, sweet rolls, muffins, French toast, waffles, pancakes, dumplings, bread stuffing, popovers</p> <p>Prepared mixes for pancakes, waffles, biscuits, breads, and rolls</p> <p>Cornbread, potato, or soybean bread unless made without wheat flour or wheat products</p> <p>Cereals made from farina, wheat, or those with wheat products or malt added</p> <p>Pretzels, crackers</p> <p>Semolina, spelt, or triticale</p>
Desserts	<p>Arrowroot, rice, or rye cookies made without wheat, egg, or milk products</p> <p>Water or fruit ices</p> <p>Gelatin (Jell-O)</p>	<p>Cakes, pastries, commercial frosting, icing, ice cream, sherbet, ice cream cones</p> <p>Cookies, prepared mixes, or packaged pudding containing wheat flour</p> <p>Graham crackers, donuts</p>
Eggs	None	<p>Soufflés or creamed eggs made with wheat products</p> <p>Eggs, egg products</p>
Fats	<p>Smart Balance Light Margarine</p> <p>Fleischmann's No Salt Stick Margarine</p> <p>Animal, or vegetable fats and oils</p>	<p>Any salad dressing thickened or gravy with wheat flour or products</p> <p>Butter, margarine (containing milk), cream</p>
Fruit	All fresh, canned, dried, or frozen fruits and fruit juices	Strained fruits with added cereals

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Meat, Fish, Poultry, Nuts/Seeds	Baked, broiled, boiled, roasted or fried: beef, veal, pork, ham, chicken, turkey, or lamb  "All meat" wieners or luncheon meats prepared without wheat flour fillers or wheat products or without milk ingredients	All breaded or floured meats, meats containing filler such as meatloaf, frankfurters, sausage, luncheon meats, bologna, or prepared meat patties Peanuts, peanut containing products, nuts
Milk & Milk Products	Rice Milk (Rice Dream, Pacific Rice)  Milk Substitutes (Neocate Junior, Neocate 1+, Pediatric EO28)	Malted milk, milk drink containing powdered wheat cereal or products Cottage cheese with modified starch or other wheat containing ingredients Milk, buttermilk, yogurt, cheese, some cottage cheese
Potatoes & Substitutes	White and sweet potatoes Rice Rice pasta	Scalloped potatoes Noodles, spaghetti, macaroni, and other pasta products prepared with wheat or semolina flour
Soup	Clear bouillon, consommé, or broth Homemade soups made without wheat products	Cream soups unless made without wheat flour Soups with noodles, alphabets, dumplings, or spaghetti Soup thickened with wheat flour
Sweets	Corn syrup, honey, jams, jellies, molasses, sugar	Chocolates, chocolate candy containing malt, candy with cereal extract
Vegetables	All fresh, frozen, or canned vegetables, and vegetable juices	Vegetables combined with wheat products Breaded or floured vegetables
Miscellaneous	Salt, chili powder, condiments, flavoring extracts, herbs, olives, pickles, popcorn	Malt products, Worcestershire sauce, gravies thickened with wheat flour Soy sauce