



# SHOPPING SAFELY AND DELICIOUSLY

with a **FOOD ALLERGY, INTOLERANCE** or **SENSITIVITY**

From peanut allergies to celiac disease and lactose intolerance, food allergies, intolerances and sensitivities are being diagnosed more and more frequently. While all involve an abnormal reaction to food, there are important differences between them.

	FOOD ALLERGY	FOOD INTOLERANCE OR SENSITIVITY
REACTION	<i>Immune system</i> has an abnormal response to a food	<i>Digestive system</i> cannot properly digest a particular food or ingredient
SYMPTOMS	Difficulty breathing, throat tightness, hoarseness, coughing, vomiting, abdominal pain, hives, swelling	Nausea, gas, cramps, abdominal pain, diarrhea, irritability, nervousness, headaches
EXAMPLE	Egg allergy, milk allergy, peanut allergy	Lactose intolerance, non-celiac gluten sensitivity

## WHAT ABOUT CELIAC DISEASE?

Celiac disease is an autoimmune disorder that affects the digestive system and occurs when the ingestion of gluten leads to damage in the small intestine. Adherence to a gluten-free diet is essential for treating this condition.

## TIPS TO AVOID TROUBLESOME FOODS OR INGREDIENTS

An FDA-regulated food product that contains any of the eight major allergens (milk, egg, wheat, soy, peanut, tree nut, fish and shellfish) is required to disclose this on the product label. While this makes it easier to identify allergens in food, there are several reasons you should always read the labels on food packages before purchasing:

- Ingredients in products can change at any time, without notice, so allergenic ingredients can appear in a product that has previously been safe.
- There is a rise in food allergies outside the big eight, such as corn. Food manufacturers do not have to disclose these lesser-known allergens on the label.
- An allergen can be hidden under another name, which can make it difficult to spot. Become familiar with unexpected sources of allergens, such as those listed in this guide.
- Currently, there are no labeling regulations for food intolerances or sensitivities. Reading the ingredients list is the only way to determine if a product contains an ingredient that should be avoided.

## HILARY'S: WORRY-FREE EATING MADE EASY

Hilary's makes delicious, nourishing foods that are free from common allergens, but full of flavor. This means you can shop safely and confidently, despite having a food allergy, intolerance, or sensitivity. Hilary's products are: plant-based, corn free, dairy free, egg free, gluten free, wheat free, nut free, and soy free.

Enjoy a variety of Hilary's products today!

- Hilary's Meatless Burgers: World's Best Veggie Burger, Adzuki Bean Burger, Hemp & Greens Burger, Root Veggie Burger, Black Rice Burger, Kimchi Burger, Spicy Thai Burger, Curry Burger
- Hilary's Veggie Bites: Original Veggie Bites, Mediterranean Bites, Broccoli Casserole Bites, Spicy Mesquite Bites
- Hilary's Dressings: Ranch Chia Dressing, Remoulade Dressing, Apple Fennel Dressing, Balsamic Thyme Dressing

Visit [hilaryseatwell.com](http://hilaryseatwell.com) for delicious recipes and meal plans, showing how easy it can be to eat deliciously while managing a food allergy!



### MILK ALLERGY AVOIDANCE LIST

#### CONTAINS MILK

- Butter: *Artificial butter, butter, butter extract, butter fat, butter flavored oil, butter solids, natural butter flavor*
- Buttermilk
- Casein
- Caseinates
- Cheese: *cheese, cheese flavor, cheese food, cottage cheese, cream cheese, imitation cheese*
- Cream
- Curds
- Custard
- Dairy product solids
- Diacetyl
- Galactose
- Ghee
- Half-and-half
- Hydrolysates
- Ice cream, ice milk, sherbet
- Lactalbumin
- Lactoferrin
- Lactate solids
- Lactitol monohydrate
- Lactoglobulin
- Lactose
- Lactulose
- Lactic yeast, lactic acid yeast
- Milk, milk fat, milk solids
- Nisin, nisin preparation
- Nougat
- Pudding
- Quark
- Recaldent®
- Rennet
- Simplese
- Sour cream, imitation sour cream
- Tagatose
- Whey, whey hydrolysate, whey isolate
- Whipped cream
- Yogurt

#### MAY CONTAIN MILK

- Caramel
- Chocolate
- Flavoring: *artificial flavoring, caramel flavoring, flavoring, natural flavoring*
- Lactic acid starter culture and other bacterial cultures
- "Non-dairy products" (casein)
- Soy cheese or rice cheese (casein)

**Important Note:** People who are allergic to cow's milk should avoid milk from other animals (i.e., goat's milk), as well.



## EGG ALLERGY AVOIDANCE LIST

### CONTAINS EGG

- Albumin
- Apovitellin
- Egg: Egg, egg white, egg yolk, egg solids, dried egg, powdered egg
- Egg substitute
- Eggnog
- Globulin
- Livetin
- Lysozyme
- Mayonnaise
- Meringue
- Ovalbumin
- Ovoglobulin
- Ovomucin
- Ovomuroid
- Ovotransferrin
- Ovovitelia
- Ovovitellin
- Silici albuminate
- Simplesse
- Surimi
- Tartar Sauce
- Trailblazer
- Vitellin

### MAY CONTAIN EGG

- Artificial flavoring, natural flavoring
- Baked goods
- Breaded foods
- Lecithin
- Marzipan
- Marshmallows
- Nougat
- Pastas

**Important Note:** People with egg allergies should avoid chicken, duck, goose, quail and turkey eggs.



## WHEAT ALLERGY AVOIDANCE LIST

### CONTAINS WHEAT

- Wheat: *Wheat, wheat berries, wheat bran, wheat bran hydrolysate, wheat flour, wheat germ, wheat germ oil, wheat grass, wheat protein isolate, hydrolyzed wheat protein, wheat starch, wheat sprouts, sprouted wheat, whole wheat*
- Bread (made with white flour or wheat flour), bread crumbs
- Bulgur
- Couscous
- Cereal extract
- Cracker meal
- Einkorn
- Emmer (faro)
- Farina
- Flour: *All-purpose, atta, bleached, bread, bromated, cake, club, common, durum, enriched, graham, high gluten, high protein, instant, maida, pastry, self-rising, soft wheat, steel ground, stone ground, white, whole wheat, unbleached*
- Fu
- Gluten
- Kamut®
- Malt, malt extract
- Matzo (matzoh, matzah, matza)
- Pasta
- Seitan
- Semolina
- Spelt
- Tabbouleh
- Triticale
- Triticum
- Udon (wheat noodles)

### MAY CONTAIN WHEAT

- Artificial flavoring, natural flavoring
- Caramel color
- Dextrin
- Glucose Syrup
- Hydrolyzed vegetable protein (HVP)
- Maltodextrin
- Monosodium glutamate (MSG)
- Oats
- Soy sauce
- Starch: *Food starch, gelatinized starch, modified starch, modified food starch, vegetable starch*
- Surimi
- Tamari
- Teriyaki sauce
- Textured vegetable protein
- Vegetable gum

**Important Note:** People with celiac disease or gluten sensitivity must avoid wheat.



## GLUTEN AVOIDANCE LIST (CELIAC DISEASE)

### CONTAINS GLUTEN

- Barley
- Beer\*
- Brewer's yeast
- Cereal binding
- Cereal extract
- Edible starch
- Gluten, glutenin
- Malt: *Malt, malt extract, malt flavoring, malted barley flour, malted milk, malt syrup, malt vinegar, rice malt*
- Oats, oat bran
- Orzo
- Rye
- Suet
- Triticale
- Wheat (includes all foods on the Wheat Avoidance List)

### MAY CONTAIN GLUTEN

- Blue cheese
- Brown rice syrup
- Caramel color
- Flavoring, artificial flavoring
- Dextrins
- Flavored coffee
- Hydrolyzed plant protein (HPP)
- Hydrolyzed vegetable protein (HVP)
- Maltodextrin, dextrimaltose
- Processed luncheon meats
- Prescription drugs or dietary supplements
- Rice syrup
- Soy sauce
- Starch: *Food starch, modified starch, modified food starch*
- Stock/bouillon cubes
- Surimi (imitation seafood)
- Teriyaki sauce
- Textured vegetable protein (TVP)

**Important Note:** "Wheat-free" does not always mean gluten-free. These foods may still contain gluten from other sources.

\*unless marked "gluten-free"



## CORN ALLERGY AVOIDANCE LIST

### CONTAINS CORN

- Baking powder
- Caramel
- Cellulose
- Cerelease
- Citric acid
- Corn: *corn, corn alcohol, corn bran, corn flour, corn meal, corn oil, corn starch, corn sweetener, corn syrup solids, corn tortillas/chips*
- Dextrin
- Dextrose
- Food starch
- Grits
- High-fructose corn syrup
- Hominy
- Inositol
- Maize
- Malt
- Maltodextrin
- Margarine
- Masa
- Maizena®
- Modified gum starch
- Monosodium glutamate (MSG)
- Popcorn
- Puretose
- Semolina
- Sodium erythorbate
- Sorbitol
- Starch
- Sweetose
- Vanilla extract
- Vegetable gum
- Vegetable oil
- Vegetable protein
- Vegetable starch
- Vinegar
- Xanthan gum
- Xylitol

### MAY CONTAIN CORN

- Powdered sugar



## PEANUT ALLERGY AVOIDANCE LIST

### CONTAINS PEANUTS

- Arachic oil
- Arachis, arachis hypogaea
- Artificial nuts
- Beer nuts
- Crushed nuts
- Earth nuts
- Goober peas, goobers
- Ground nuts
- Hypogaic acid
- Mandelonas
- Mixed nuts
- Monkey nuts
- Nu-Nuts® flavored nuts
- Nut pieces
- Nutmeat
- Peanuts: *Peanuts, peanut butter, peanut flour, peanut paste, peanut protein hydrolysate, hydrolyzed peanut protein, peanut sauce, peanut syrup, Spanish peanuts, Virginia peanuts*

### MAY CONTAIN PEANUTS

- Artificial flavoring, flavoring, natural flavoring
- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Nougat

**Important Note:** Many people with peanut allergies can safely consume highly refined peanut oil (not cold pressed, expeller pressed or extruded peanut oil). Consult with your dietitian or doctor before consuming peanut oil.



## TREE NUT ALLERGY AVOIDANCE LIST

### CONTAINS TREE NUTS

- Almond
- Anacardium
- Artificial nuts
- Beechnut
- Brazil nut
- Bush nut
- Butternut
- Caponata
- Cashew
- Chestnut
- Chinquapin
- Filbert
- Gianduja
- Gingko nut/Ginko
- Hazelnut
- Heart nut
- Hickory nut
- Lichee (litchi/lychee)
- Macadamia nut
- Mandelonas
- Marzipan
- Mashuga Nuts®
- Nangai nut
- Nougat
- Nut: Nut meal, nut meat, nut oil (e.g. walnut oil), nut paste, nut pieces
- Nut butters (e.g., cashew butter)
- Nut extract (e.g., almond extract), Nu-Nuts®
- Nutella®
- Pecan
- Pesto
- Pili nut
- Pine nut (Indian, piñon, pinyon, pigndi, pigñolia, pignon nuts)
- Pistachio
- Praline
- Shea nut/sheanut (Karite)
- Walnut

### MAY CONTAIN TREE NUTS

- Artificial flavoring, natural flavoring
- Mortadella
- Nut distillates/alcoholic extracts

**Important Note:** While the FDA lists coconut as a tree nut, most people with tree nut allergies can safely consume coconut and coconut oil. Additionally, there is no evidence that coconut oil is allergenic. Ask your allergist if you should avoid coconut.



## FISH ALLERGY AVOIDANCE LIST

### CONTAINS FISH

- Anchovies
- Bass
- Catfish
- Cod
- Flounder
- Grouper
- Haddock
- Hake
- Halibut
- Herring
- Mahi Mahi
- Perch
- Pike
- Pollock
- Salmon
- Scrod
- Swordfish
- Sole
- Snapper
- Tilapia
- Trout

### MAY CONTAIN FISH

- Barbecue sauce
- Bouillabaisse
- Caesar dressing
- Caponata
- Caviar
- Ceviche
- Cioppino
- Eggplant relish
- Fish: *Fish flavoring, fish flour, fish fume, fish gelatin, fish oil, fish sauce, fish stew, fish stock, fishmeal*
- Fumet
- Imitation fish, artificial fish
- Kosher gelatin
- Marine gelatin
- Nam pla
- Nuoc mam
- Omega-3 supplements
- Roe
- Salad dressing
- Seafood flavoring
- Shark cartilage, shark fin
- Surimi
- Sushi, sashimi
- Worcestershire sauce



## SHELLFISH ALLERGY AVOIDANCE LIST

### CONTAINS SHELLFISH

- Barnacle
- Crab
- Crawfish (crawdada, crayfish, ecrevisse)
- Krill
- Lobster (langouste, langoustine, Moreton bay bugs, scampi, tomalley)
- Prawns
- Shrimp (crevette, scampi)

### MAY CONTAIN SHELLFISH

- Abalone
- Clams (cherrystone, geoduck, littleneck, pismo, quahog)
- Cockle
- Cuttlefish
- Limpet (lapas, opihi)
- Mussels
- Octopus
- Oysters, oyster sauce
- Periwinkle
- Scallops
- Sea cucumber
- Sea urchin
- Snails (escargot)
- Squid (calamari)
- Whelk (Turban shell)



## SOY ALLERGY AVOIDANCE LIST

### CONTAINS SOY

- Bean curd
- Edamame
- Kinnoko flour
- Kyodofu
- Miso
- Natto
- Okara isolate
- Shoyu sauce
- Soy/soybean: *Soy, soybean, soy albumin, soy bran, soy cheese, soy concentrate, soybean curd, soy fiber, soy/soybean flour, soy formula, soybean granules, soy grits, soybean granules, soy ice cream, soy lecithin, soy milk, soy nuts, soy nut butter, soy paste, soy sauce, soy sprouts, soy yogurt*
- Soy protein: Soy protein isolate, soy protein concentrate, textured soy protein
- Soya
- Tamari
- Tempeh
- Teriyaki sauce
- Textured vegetable protein (TVP)
- Tofu
- Yakidofu
- Yuba

### MAY CONTAIN SOY

- Artificial flavoring, natural flavoring
- Hydrolyzed plant protein, hydrolyzed vegetable protein
- Vegetable broth, vegetable gum, vegetable starch

**Important Note:** Many people with soy allergies can safely consume soybean oil and vegetable oil. Consult with your dietitian or doctor before consuming soybean oil.



## NEED MORE HELP?

Meet with a Registered Dietitian Nutritionist (RDN).

RDNs can help you understand which foods are safe to eat and how to avoid allergens. Additionally, they can help ensure you get the nutrition you need to stay healthy. Find a Registered Dietitian Nutritionist at [eatright.org](http://eatright.org).

Visit [HILARYSEATWELL.COM](http://HILARYSEATWELL.COM) for DELICIOUS RECIPES and MEAL IDEAS!