

Katie Newell's Favorite Allergy-Friendly FOOD SUBSTITUTES

SUBSTITUTES

MILK - coconut, oat, almond milk

SOUR CREAM - *Follow Your Heart*

BUTTER - *Country Crock Plant Butter* with olive oil OR *Earth Balance* vegan butter

DIPS/YOGURTS/CHEESES - *Kite Hill*

YOGURT - *So Delicious* coconut milk or oat Milk

SLICED BREAD (egg-free, DF, GF): *BFree Foods*

BREAD CRUMBS - *Kinnikinnick*

PIZZA CRUSTS - *Enjoy Life*

EGGS - use *Bob's Red Mill* ground flax seed to make flax eggs for baking (recipe on bag); or use apple sauce in some recipes

CHICKEN NUGGETS - *Perdue Simply Smart Organics* gluten free frozen chicken nuggets/tenders

PANCAKE/WAFFLE MIX - *Enjoy Life*

FLOUR - cassava flour is a 1 for 1 substitute for regular white flour; or use *Bob's Red Mill* gluten free flour

MAC & CHEESE - *Annie's* gluten free vegan; *Daiya*

SHREDDED CHEESE/FROZEN PIZZA/CREAM CHEESE - *Daiya*

SNACKS

"OREOS", ANIMAL CRACKERS, GRAHAM CRACKERS - *Kinnikinnick*

BREAKFAST BARS, COOKIES - *Enjoy Life*, *Nature's Bakery* GF fig bars

POPCORN - *Orville Redenbacher* Simply Salted Popcorn; or *Skinny Pop* has a cheese flavored popcorn made with non-dairy cheese flavor

"PRINGLES" - *The Good Crisp*

PRETZELS - *Snack Factory* GF Pretzel Crisps

CHOCOLATE CHIPS - *Enjoy Life*

CANDY - *No Whey Chocolate*

NOTES

Our go-to's include chicken, applesauce, frozen fries, ground beef, hot dogs, chips and hummus, bacon, fruit, popsicles, guacamole, pretzels, and popcorn.

Be careful of prescription medications as they can contain common food allergens.

Everyone's sensitivities and allergies are different. Be sure to check food labels to ensure these foods are safe for YOU to consume.