

# How to Use Substitutes for Common Food Allergens

If you have a food allergy, you may have to make changes to your meals. You can replace allergens with safe ingredients. Below are some substitutes for common allergens and foods with common allergens. Always read labels and contact the food company with questions (you can find the company's phone number or email on the label or website.) Some allergen substitutions are other allergens. Be careful not to replace one allergen with another food you are allergic to.



## What should I substitute for cow's milk?

### When you cook or bake with milk:

- Rice, almond, coconut, cashew, hemp, pea, and soy milk are good replacements for cow's milk. Some, like coconut milk, have flavor and may not work for all recipes.
- Choose "enriched" or "fortified" versions. This shows they have added calcium and vitamin D.
- Do not use baby formula. High heat can destroy the nutrients and may cause a bad flavor.

### Milk substitutes are not all the same.

- Soy milk is the most nutritious option. It has almost as much protein, vitamin D, and calcium as cow's milk.
- Rice, cashew, and almond milk are low in protein and fat but can be fortified with calcium and vitamin D.

### Coconut milk drinks and canned coconut milk are not the same.

- Use cold coconut drinks in smoothies, cereal, and coffee.
- Use canned coconut milk in soups and sauces. You can also use it to make whipped cream.

## What should I substitute for butter?

To avoid milk in butter, use milk-free margarine or soy butter. For best results when you bake with margarine, choose one with low water content. Margarine sticks usually have less water than margarine in a tub.

## What should I substitute for yogurt?

### To avoid milk in yogurt, choose yogurts made with:

- Almond milk
- Cashew milk
- Coconut milk
- Oat milk
- Pea-based milk
- Soy milk

Look for yogurt that has calcium added. Soy yogurt is most like milk-based yogurt because it a good source of protein.

## What should I substitute for cheese?

To avoid milk in cheese, pick vegan or veggie cheese. Read the label and avoid brands with ingredients you may be allergic to, such as tree nuts.

## What should I substitute for eggs?

**When you bake, substitute one option below for each egg in a recipe:**

- 1/4 cup of unsweetened applesauce **plus** 1/2 teaspoon of baking powder
- 1/4 cup of mashed banana (there may be a slight banana flavor)
- 1 tablespoon of ground flax seeds **plus** 3 tablespoons of water (mix well before adding to recipe)
- 2 tablespoons of water **plus** 1 tablespoon of oil (vegetable or corn oil) **plus** 2 teaspoons of baking powder

## What should I substitute for wheat?

**Wheat-free starches include:**

- Almond
- Corn
- Millet
- Potato
- Quinoa
- Rice
- Tapioca

You can find many of these as wheat-free flours. Most say you can use the same amount as you would use for wheat flour in recipes. Check the package to make sure.

**To make your own wheat-free flour, mix:**

- 4 cups of super fine brown rice flour
- 1 1/3 cups of potato starch (**not** potato flour)
- 2/3 cup of tapioca flour (may be called tapioca starch)

## What should I substitute for peanuts?

**Instead of peanut butter, use:**

- Soy butter
- Sunflower seed butter
- Tahini (made from sesame)
- Tree nut butters like almond or cashew (only if you do not have a tree nut allergy)

Food companies may make tree nut butters on equipment that touches other tree nuts and peanuts. Contact the company if you have questions.