

# Sample Meal Plan (6-24 months)

Types of Allergen	Some common possible sources of allergen	
	Food item	Food label on packaged foods
Cow's milk	<ul style="list-style-type: none"> <li>Milk (derivative, protein, solids, malted, condensed, evaporated, dry, whole, low fat, non-fat, skim)</li> <li>Butter, butter fat, buttermilk</li> <li>Cheese</li> <li>Cream</li> <li>Milk powders</li> <li>Yoghurt</li> <li>Sour cream, sour cream solids</li> <li>Sour milk solids</li> <li>Foods brushed or glazed with milk</li> <li>Powdered soups and sauces</li> <li>Custards</li> <li>Nougat</li> <li>Pudding</li> <li>Curd</li> </ul>	<ul style="list-style-type: none"> <li>Casein</li> <li>Rennet casein</li> <li>Caseinates (ammonia, calcium, magnesium, potassium, sodium)</li> <li>Hydrolysates (casein, milk protein, protein, whey, whey protein)</li> <li>Lactalbumin, lactalbumin phosphate</li> <li>Lactoglobulin</li> <li>Lactose</li> <li>Whey (delactosed, demineralized, protein concentrate)</li> <li>Always read label warnings of cross contamination with possible allergen</li> </ul>
Eggs	<ul style="list-style-type: none"> <li>Egg (white, yolk, dried, powdered, solids)</li> <li>Most cakes</li> <li>Some meat products</li> <li>Mayonnaise</li> <li>Mousses</li> <li>Pasta</li> <li>Quiche</li> <li>Sauces</li> <li>Pastries or foods brushed or glazed with egg</li> <li>Meringue</li> </ul>	<ul style="list-style-type: none"> <li>Albumin</li> <li>Egg substitutes</li> <li>Eggnog</li> <li>Globulin</li> <li>Lysozyme</li> <li>Ovalbumin</li> <li>Ovomucin</li> <li>Ovomucoid</li> <li>Ovovitellin</li> <li>Simplese</li> </ul>
Peanuts	<ul style="list-style-type: none"> <li>Peanuts (fresh, dried, crushed)</li> <li>Peanut butter</li> <li>Certain curries</li> <li>Groundnut/peanut oil</li> <li>Peanut flour foods</li> <li>Ground nuts mixed nut</li> <li>Candy</li> <li>Egg rolls</li> <li>Certain baked goods (pastries, cookies, cakes)</li> <li>Sauces such as satay sauce</li> <li>Nougat</li> <li>Marzipan</li> </ul>	<ul style="list-style-type: none"> <li>Nu-Nuts artificial nuts</li> <li>Hydrolyzed plant protein</li> <li>Hydrolyzed vegetable protein</li> </ul>

Tree Nuts	<ul style="list-style-type: none"> <li>Almonds</li> <li>Brazil nuts</li> <li>Cashews</li> <li>Chestnuts</li> <li>Hazelnuts</li> <li>Macadamia nuts</li> <li>Pecans</li> <li>Pine Nuts</li> <li>Pistachios</li> <li>Walnuts</li> <li>Nut paste</li> <li>Marzipan/almond paste</li> <li>Nougat</li> <li>Nut butters ie cashew butter</li> <li>Nut Oil</li> <li>Nut powders (often founds in Asian curries)</li> <li>Certain baked goods (breads, biscuits, crackers)</li> <li>Certain desserts like ice cream</li> <li>Certain stir-fried dishes and sauces</li> </ul>	<ul style="list-style-type: none"> <li>Nu-Nuts artificial nuts</li> </ul>
Soya	<ul style="list-style-type: none"> <li>Soy (flour, grits, nuts, milk, tofu soy bean sprouts)</li> <li>Soybean (granules, bean curd)</li> <li>Soy protein (concentrate, isolate)</li> <li>Tofu</li> <li>Edamame beans</li> <li>Miso Paste</li> <li>Soy sauce</li> <li>Shoyu sauce</li> <li>Vegetable broth</li> </ul>	<ul style="list-style-type: none"> <li>Textured soya/vegetable protein</li> <li>Certain flavourings</li> <li>Hydrolyzed plant protein</li> <li>Hydrolyzed soy protein</li> <li>Hydrolyzed vegetable protein</li> <li>Certain natural flavouring</li> </ul>
Wheat	<ul style="list-style-type: none"> <li>Bread crumbs</li> <li>Bran</li> <li>Whole wheat flour</li> <li>Oats</li> <li>Barley</li> <li>Enriched flour</li> <li>Semolina durham, found in pasta</li> <li>Wheat bran</li> <li>Certain natural flavouring</li> <li>Soy sauce</li> <li>Starch</li> </ul>	<ul style="list-style-type: none"> <li>Gluten</li> <li>High gluten flour</li> <li>High protein flour</li> <li>Vital gluten</li> <li>Wheat gluten</li> <li>Cereal extract</li> <li>Wheat starch</li> <li>Gelatinized starch</li> <li>Hydrolyzed vegetable protein</li> <li>Modified food starch</li> <li>Vegetable gum</li> <li>Vegetable starch</li> </ul>

