



Pediatric Clinic

FOOD ALLERGY RESOURCES

Food Allergy Information from Colorado Springs Mosaic
www.csmosaic.org

- 1 out of 13 children in the US, and on average about 2 children in every classroom has a food allergy
- Studies show the number of children with peanut allergy appears to have tripled between 1997 and 2008. About 20% outgrow peanut allergies.
- Cow's milk, egg and soy allergies typically begin in childhood and eventually may be outgrown by school age. A recent study conducted by researchers at Johns Hopkins University School of Medicine indicated that children are taking longer to outgrow milk and egg allergy. Fortunately, most are allergy-free by age 16.
- Fish and shellfish allergies also tend to be lifelong.
- You may download a Food Allergy and Anaphylaxis Plan at www.foodallergy.org.

FOOD Allergy-Free Shopping List (not a comprehensive list)

Local Businesses

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| Ft. Carson Commissary: Sunbutter, Quinoa Pasta | Walmart: Rice Dream (dairy section); Sunbutter, Schar pasta, Chex cereal, Earth Balance dairy & soy free butter, Hershey's cocoa powder |
| King Soopers: Allergaroo (spaghetti and chili mac); milk, egg, nut, soy, and gluten free; Oreos, teddy grahams, belvita cookies, Pillsbury crescent rolls, pizza crust, crusty French loaf (all milk, egg, nut free!) | Whole Foods: Enjoy life products, wheat free flours and pastas, dairy free milk, tofutti sour supreme sour cream, Ener-G egg replacer, tapioca, pretzels, Daiya cheese, Ancient Quinoa Harvest flour, pasta, and mac 'n chez; Spectrum organic shortening; |
| Other places to consider: Vitamin Cottage, sprouts, Costco | |

Other Resources:

www.snacksafely.com has a safe snack guide for foods free of peanuts, tree nuts, and eggs.

ONLINE RESOURCES

www.amazon.com : Enjoy Life and GoPicnic products

www.ener-g.com : wheat, gluten, egg, dairy, soy, peanut, tree nut, fish, shellfish-free; pretzels, egg replacer.

www.navanfoods.com : search by allergens

www.cherrybrookkitchen.com : peanut, tree nut, dairy, egg-free and some gluten/wheat-free baking mixes.

www.dontgonuts.com : nut-free soy butters

www.tasterie.com : monthly boxes you can choose allergy combination

www.peanutfreeplanet.com : self-explanatory!

www.divvies.com : nut, egg, dairy-free products

www.vermontnutfree.com : self-explanatory!

www.vitacost.com : allergy-free resources/foods

www.enjoylifefoods.com : all top-8-allergen-free cookies, lentils, chocolate chips, more....

www.authenticfoods.com : gluten/wheat, nut, soy, dairy, corn-free flours; brown rice, sorghum, potato starch, tapioca starch, xanthan gum.

www.kingarthurfLOUR.com : gluten free flour, flaxseed meal, all top 8-free facility

www.glutenfreeoats.com : gluten/wheat, nut, soy-free oats, oat flour, granola.

COOKBOOKS

EGG FREE: [Bakin' Without Eggs](#), Rosemarie Emro

DAIRY free: [Go Dairy Free](#), Alisa Marie Fleming

NUT, DAIRY, EGG FREE:

- [The Food Allergy Mama's Baking Book](#), Kelly Rudnicki
- [The Food Allergy Mama's Easy, Fast Family Meals](#), Kelly Rudnicki
- [Divvies Bakery Cookbook](#)

GLUTEN, DAIRY, EGG FREE

- [Great Gluten Free Vegan Eats](#), Allison Kramer

- **Great Gluten Free Vegan Eats from Around the World, Allison Kramer**

GLUTEN, TOP 8 FREE (peanut, tree nut, wheat, egg, dairy, soy, fish, & shellfish)

- **Simply Allergy Free, Elizabeth Gordon**
- **The Complete Allergy-free Comfort Foods Cookbook, Elizabeth Gordon**
- **Allergy-Free Desserts, Elizabeth Gordon**
- **Learning to Bake Allergen Free, Collette Martin**
- **The Allergen-Free Baker's handbook, Cybele Pascal**
- **Allergy-Free and Easy Cooking, Cybele Pascal**

WEBSITES

www.allergicchild.com

www.allergicliving.com

www.nut-freemom.blogspot.com

www.egglesscooking.com

www.godairyfree.org

www.manifestvegan.com

www.glutenfreegoddess.blogspot.com

www.thecinnamonquill.com/blog/tag/vegan

www.freeeatsfood.com

www.cybelepascal.com