



Acupuncture & Nutrition Specialists
of Wisconsin, S.C.

List of Food Allergies and Nutrient Sources

Food Lists for Allergies

Gluten

Is a protein group found in wheat, rye, barley and oat flours that forms the structure of bread dough. Gluten holds the carbon dioxide (CO₂) produced by the yeast and expands during fermentation, and provides the elasticity and stretch in bread dough.

- **Beverages** - Ovaltine, malted milk, ale, beer, gin, whiskey, flavored coffee, herbal tea with malted barley
- **Milk** - Malted milk, some commercial chocolate milk, some nondairy creamers
- **Meat, Fish, Poultry** - Prepared meat containing wheat, rye, oats, or barley; tuna canned in vegetable broth
- **Cheese** - Any cheese product containing oat gum, some veined cheeses (bleu, stilton, roquefort, gorgonzola)
- **Potato or Other Starch** - Regular noodles, spaghetti, macaroni, most packaged rice mixes, semolina, spinach noodles, frozen potato products with wheat flour added
- **Cereals** - All cereals containing wheat, rye, oats, or barley; bran; graham; wheat germ; durum; bulgar; millet; triticale; spelt; kamut
- **Breads** - All breads containing wheat, rye, oat, or barley flours and grains listed above
- **Flours and Thickening Agents** - Wheat germ, bran, wheat starch; all flours containing wheat, rye, oats, or barley; spelt; kamut
- **Vegetables** - Creamed vegetables, vegetables canned in sauce, some canned baked beans, commercially prepared vegetables and salads
- **Fruits** - Thickened or prepared fruits; some pie fillings; raisins and dried dates that have been dusted with flour
- **Fats** - Some commercial salad dressings, wheat germ oil, nondairy cream substitutes, most commercial gravies and sauces
- **Soups** - Most canned soups and soup mixes, bouillon and bouillon cubes with hydrolyzed vegetable protein
- **Desserts** - Commercial cakes, cookies; pies made with wheat, rye, oats, or barley; millet, amaranth, buckwheat, spelt, teff, quinoa, kamut; prepared mixes; puddings; ice cream cones; Jell-O instant pudding; cream fillings; products made with brown rice syrup
- **Sweets** - Commercial candies dusted with wheat flour, butterscotch chips; flavored syrups; sweets containing malt/malt flavorings; some brown rice syrup; some corn syrup
- **Miscellaneous** - Curry powder, dry seasonings mixes, gravy extracts, meat sauces, catsup, mustard, horseradish, chip dips, most soy sauce, some distilled white vinegar, instant dry baking yeast, some cinnamon, condiments made with wheat-derived distilled vinegars, communion wafers/bread, some alcohol-based flavoring extracts

Gluten-free cereal products

Naturally gluten-free cereal products that can be enjoyed include:

- Amaranth
- Arrowroot
- Buckwheat*
- Cornflour
- Cornmeal
- Corn tortillas
- Lentil flour
- Malt-free rice & corn breakfast cereals
- Millet meal
- Polenta
- Potato flour
- Psyllium
- Quinoa
- Rice (any kind)
- Rice bran
- Most rice crackers
- Rice flour
- Rice vermicelli
- Sago
- Soya flour
- Soy-based lecithin
- Taco shells
- Tapioca

**Despite its name, buckwheat is not wheat and is not officially a grain—it is an edible seed that originated in Asia. Kasha is roasted/toasted Buckwheat.*

Sulfites

Used in foods and medications, and occur naturally in foods, including:

- Sulfur dioxide
- Sulfurous acid
- Sodium and potassium metabisulfite
- Sodium and potassium bisulfite
- Sodium and potassium sulfite

List of common foods that contain sulfur dioxide:

- Dried fruits (Except dark raisins and prunes)
- Dried potatoes
- Fruit toppings
- Grape juice (White, sparkling white, pink sparkling, red sparkling)
- Gravies and sauces
- Lemon or Lime juice (Unfrozen)
- Maraschino cherries
- Molasses
- Sauerkraut juice
- Wine

Nightshade Vegetables

Potatoes, the common potato sources include baked, mashed, scalloped, chips, fries, knishes, pierogies, plus potato water in breads, biscuits, matzo, soups and stews and vodka. Beware that potato is also included in these ingredients: hydrolyzed vegetable protein, modified vegetable protein, or modified food starch hidden in packaged meats, cold cuts and seafood and other processed foods. Sweet potatoes are ok -- they are from a different family.

Tomatoes and their sauces (like barbecue and brown sauces), seasonings, condiments like ketchup and steak sauce, prepared meats (like meatloaf), baked beans, gravies and salad dressings containing them.

Peppers include red, green, orange, yellow, jalapeno, chili, cayenne, curry, pimentos, and paprika. These are hidden in salads, cold cuts, pastas, sausage and deli meats, seasoning mixes, crackers, dips and spreads.

What's Left?

Flaxseed and olive oils, vegetables, including sweet potatoes, and many other spices like black pepper (not the same family), garlic, ginger, basil, rosemary and more. All fresh unprocessed meats, fowl and sea foods, wines and fruits, nuts, beans, cheeses, grains and herbs are not in the nightshade family.

Milk and Dairy

- Artificial butter flavor
- Butter, butter fat, butter oil
- Buttermilk
- Casein
- Caseinates
- Cheese
- Cottage cheese
- Cream
- Curds
- Custard
- Ghee
- Half and half
- Hydrolysates*
- Lactalbumin, lactalbumin phosphate
- Lactoglobulin
- Lactose
- Lactulose
- Milk**
- Nougat
- Pudding
- Rennet casein
- Sour cream, sour cream solids
- Sour milk solids
- Whey
- Yogurt

*(Casein, milk protein, protein, whey, whey protein hydrolysate)

***(Derivative, powder, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, skimmed, goat's milk)*

NOTE: Food labeling laws allow casein or caseinates to be called additives rather than ingredients even though they are milk derivatives; therefore, foods which contain casein may legally be labeled "non-dairy".

Examples include:

- Coffee whiteners
- Whipped toppings
- Imitation cheeses
- Soft-serve ice cream
- Frozen desserts

Soybean

- Hydrolyzed soy protein
- Miso
- Shoyu sauce
- Soy (listed as soy albumin, flour, grits, nuts, milk or sprouts)
- Soy protein
- Soy sauce
- Soybean
- Tamari
- Tempeh
- Textured vegetable protein
- Tofu

The following frequently include soy as ingredients:

- Hydrolyzed vegetable protein
- Natural flavoring
- Vegetable broth
- Vegetable gum
- Vegetable starch
- Flavorings

Low Lactose Cheese

In order for a cheese to be free of or low in lactose, the manufacturer must separate and remove the whey (which contains most of the lactose) from the curd and add bacterial culture to cure the remaining lactose.

Low-lactose cheeses include the following:

- Asiago
- Blue
- Brie
- Camembert
- Edam
- Gorgonzola
- Gouda
- Limburger
- Monterey Jack
- Parmesan
- Roquefort
- Romano
- Stilton

Nutrients Sources

Quality Proteins

Proteins are required by every cell in the body, where they are used to make up your immune system, your hormones, your bones, teeth and joints and the enzymes that move all the chemical processes that keep you alive. The neurotransmitters in your brain are protein and without protein you would have no energy. The list of ways that your body uses proteins goes on and on!

Amino acids are the building blocks of protein. Science has identified 22 amino acids, nine of which are essential -- meaning your body cannot make them and you must eat them in your diet. When you consume protein, it is broken down to amino acids in your digestive tract and later re-formed by the liver into protein structures the body requires.

All natural foods are made up of amino acids, carbohydrates like starch and sugar, oils and other components like fiber, enzymes, vitamins and minerals. Although no natural food is 100% protein, a food that is predominantly rich in amino acids is classified as a protein food.

The following foods are sources of quality protein:

- Beans, sprouted (Cooked without boiling)*
- Beet leaf (A little goes a long way!)
- Chicken, (Organically grown, free-range, without the skin)
- Coconut
- Cottage cheese
- Eggs
- Feta cheese (Sheep or goat milk)
- Quality lunch meats like turkey, ham or beef
- Miso (Fermented soybean paste)

**NOTE: Boiled beans become carbohydrates*

Non-Starchy Vegetables

- Alfalfa Sprouts
- Asparagus
- Bamboo shoots
- Beet greens
- Bell peppers (Green, red & yellow)
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Chicory greens
- Collard greens
- Cucumber
- Daikon radish
- Green beans
- Greens (Dandelion, endive, escarole, kale, kohlrabi, swiss chard, turnip greens, watercress)
- Lettuce (Bib, Boston, red leaf, romaine)
- Onions
- Parsley
- Sea vegetables
- Scallions
- Spinach
- Sprouts, alfalfa
- Nuts
- Ocean fish (Cod, Dover Sole, Flounder, Grouper, Haddock; Halibut (from Alaska or Iceland), Mahi Mahi, Marlin, Red Snapper, Pacific Salmon)
- Scallops
- Sesame Tahini
- Shrimp
- Sprouts
- Tempeh
- Wild rice (Cooked without boiling)

Salad Dressings

Flax Oil Dressing

4 Tbsp Flax Oil

1 1/2 Tbsp lemon juice

1 Medium clove garlic

A pinch of natural salt to taste

Creamy Flax Oil Dressing

1/2 Cup homemade yogurt

2 Tbsp Flax oil

Juice from 1/2 lemon

1 medium clove garlic

1/4 tsp natural sea salt (to taste)

Optional: turmeric to taste

Tangy Tomato Olive Oil Dressing

1/2 cup organic tomato juice

2 Tbsp Olive Oil

2 Tbsp grated organic cheese

2 tsp fresh-squeezed lemon juice

1/4 tsp sea salt to taste

Optional: turmeric to taste

Almond or Walnut Soy Dressing

Finely chop 1/2 cup of almonds or walnuts

Add enough water to make a paste

Season with soy sauce to taste

Toss over blanched or raw vegetables