

Food Allergy Information For Managers & Staff

**How to Handle Food
Allergies**

**What to Avoid:
Egg & Milk Allergies**

**What to Avoid: Peanut
Allergy**

**What to Avoid: Tree Nut
Allergy**

**What to Avoid: Wheat
& Gluten Allergies**

Information for Parents

Allergies can be a serious problem. It is important that you and your staff are aware of students' allergies and the symptoms associated with their allergies. It is very important to work closely with the school nurse and principal. There should also be a good communication level between you and students' parents. If a child with allergies will be eating at school on certain days, these days should be discussed with the child's parents and your staff.

Important Information:

- A photo of the child with a list of allergies and symptoms should be posted in a confidential area for food service staff to become familiar with the child.
- If there are cafeteria mothers, they will also need to be informed who the child is, and their food allergy.
- You should have an allergy-free table, or two, in your cafeterias. These tables need to be permanently marked, so that there is no chance of mixing them with other tables. A laminated sign on the table and one on the wall establishing this as an allergy-free area. Example: Peanut-Free Area
- Janitors and after school program directors need to be aware of these tables, so they are not used.
- Hand sanitizing should be available for students after lunch. You may want to talk to the PTO/PTA and see if they can supply hand sanitizing wipes for students.
- A separate wash bucket should be used by staff and well marked. Disposable cloths should also be used.
- Food preparation areas and utensils need to be well sanitized before preparing a meal for students with allergies. This will help eliminate cross-contamination.

Remember this is a school-wide concern, and should be discussed with the nurse and principal. It is important that good communication and a well planned approach is taken.



Egg Allergies:

Check the labels of food products for the following ingredients: egg, egg white and dried albumin.

Avoid these products:

- Cakes and cookies, unless homemade with egg-free recipes, using commercially available egg replacements
- Chocolates, marshmallows and fondants
- Soups containing egg noodles (including alphabet soup), or any other soup made with eggs
- Mayonnaise
- Custards, puddings, ice cream, filling for pies
- French toast, fritters and pancakes
- Muffins, rolls, bagels, doughnuts, or any bread that contains egg. Most breads contain eggs
- Meatloaf and other meat, chicken or fish dishes made with egg or dipped in batter containing eggs
- Meringues
- Pretzels
- Egg substitutes
- Sauces and salad dressings containing eggs: hollandaise sauces, and mayonnaise based dressings

Milk Allergies

Check labels carefully for the following ingredients: whey, dried milk solids, casein, lactalbumin, sodium caseinate, potassium caseinate, calcium caseinate, butter, cheese, margarine and curds.

Avoid these products:

- Milk
- Cream
- Yogurt
- Lactaid
- Acidophilus milk
- Ice cream and ice milk
- Sherbet made with milk or yogurt
- Cream sauces and soup, white sauces
- Butter or margarine
- Mashed potatoes and other vegetables prepared with milk, cheese, butter or cream
- Instant cocoa, breakfast mixes and cereals containing dried milk

Peanut Allergy:

Check labels to be sure the following items are not listed as ingredients: peanuts, pressed peanut oil, peanut oil, ground nuts, mixed nuts, peanut butter, peanut flour, peanut starch, arachis, gianduja, goober peas, mandalona (this is a nut substitute derived from peanut meal).

Peanut can be found in many foods in different forms, as an emulsifier or thickening agent. Prepared foods, fried foods and battered foods may contain peanut oil. Hydrolyzed vegetable protein and hydrogenated vegetable oil may be a combination of oils and may contain peanut oil.

Avoid these products:

- Asian foods
- Baked goods, some breads, muffins, pastries and cookies
- Baking mixes
- Some cereals
- Granola
- Some crackers
- Some snack mix
- Trail mix
- Chili
- Ice cream
- Mortadella
- Nut butters
- Sauces (peanuts often used as a thickener)
- Soups (mostly dried)
- Salad dressing
- Condiments (like barbecue sauce and worcestershire sauce)
- Egg rolls
- Vegetarian burgers
- Marzipan
- Nougat
- Chocolate/Chocolate ice cream
- Flavoring
- Seasoning



Tree Nut Allergy:

Check labels to be sure the following items are not listed as ingredients: natural nut extract, artificial nuts, nut meal, caponata, nut meat, nut oil, nut paste, gianduja (a nut mixture in some chocolate), pesto, mandelonas, marzipan, nan-gai, nougat, pralines, pinon, nut butters, all tree nuts: cashews, pecans, macadamia nuts, almonds, pistachios, brazil nuts, pine nuts, hazlenuts, walnuts and hickory nuts.

Tree nuts can be very dangerous because they are hidden in so many places where you might not expect to find them. Many people wonder if coconut, nutmeg, lychee nuts and water chestnuts are nuts. The coconut is in the palm family, and while it is possible to be allergic to coconut, it doesn't cross react with tree nuts. Nutmeg, lychee nuts and water chestnuts are not considered nuts.

Common Sources:

- Baked goods
- Granola bars
- Cereal bars
- Cookies
- Doughnuts
- Cakes
- Muffins
- Muesli
- Dressings
- Gravies
- Chinese food
- Ice cream
- Chocolate
- Natural flavorings and extracts
- Nut butter
- Sauces (barbecue, pest and worcestershire)
- Spreads (cheese, chocolate and nougat)
- Trail mixes





Wheat Allergy:

Check labels to be sure that even small amounts of wheat are not present in the list of ingredients. Look for these words: wheat, flour, wheat germ, starch, bran, modified food starch, graham flour, farina, spelt and semolina.

Avoid these foods:

- Bread, crackers and other baked goods, except those made without wheat; rye and cornbread usually contain wheat
- Most cereals
- All pasta and noodles made from wheat
- Fried chicken and other foods dipped in bread crumbs, cracker crumbs or flour
- Meatloaf and other foods containing bread crumbs, cracker crumbs, cereal or all forms of wheat. This includes most sausages, hotdogs, and some cold cuts.
- Sauces and gravies thickened with flour
- Prepared salad dressings thickened with flour or other forms of wheat
- Pancakes, waffles and fritters

Gluten Sensitivity:

Check labels for all items listed above. Gluten proteins are present in wheat, barley and rye grains, and small amounts are in oats.

Avoid these products:

- All of the wheat-containing food items listed above under wheat allergy
- Barley and barley malt
- Malt vinegar
- Rye
- Non-dairy creamer
- Some brands of mustard and ketchup
- Some tomato sauces
- Some yogurts and specific brands of ice cream
- Hot cocoa mixes
- Hotdogs and some sausage products
- Certain processed canned meats or processed lunch meats
- Canned soup, bouillon cubes and soup mixes
- Spreadable processed foods (peanut butter, cheese spreads, chip dips or dressings that contain thickeners)



Newsletters
Helpful Tips
Additional Resources

Wellness Corner

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The Incredible Inedible Egg

Does managing your child's egg allergy have you feeling stressed out? Read on for valuable tips, advice, and insight into your child's egg allergy.

Why do egg allergies occur? In allergic individuals, their immune system considers the protein in eggs to be an unwelcome invader and sparks a chain reaction of events leading to an inflammation in one or more organs of the body. When many organs are involved, this type of allergic reaction is known as *anaphylaxis* and may be deadly if the allergic individual does not seek immediate treatment.

Will my child outgrow his or her egg allergy? As children age, their intestines can become less open to large molecules, such as proteins, that may lead to your child being less sensitive to egg proteins over time. However, it is unlikely that your child will outgrow their allergy entirely and some people remain severely allergic to eggs throughout their entire lives. Never assume that

your child has outgrown his or her allergy and keep a good relationship with your doctor and/or allergist who can discuss your child's level of sensitivity with you.

How should I handle the allergy? The best way to handle a egg allergy is to avoid exposure to egg proteins and be prepared in case an exposure occurs. Have your child carry emergency medication (usually a shot of epinephrine) on him or her and get them an emergency bracelet or necklace. Below is a list of tips for avoiding life-threatening allergic reactions in your child.

Will my baked goods still taste good without eggs? If your recipe calls for 1-3 eggs, replacing them with a substitute should work just as well. Try the following egg replacements: 1) 1 tsp. baking powder, 1 T. liquid, 1 T. vinegar; 2) 1 tsp. yeast dissolved in 1/4 cup warm water; 3) 1 1/2 T. water, 1 1/2 T oil, 1 tsp baking powder; 4) 1 packet gelatin, 2 T. warm water (do not mix until ready to use).

Tips to Avoid Allergic Reactions

- Talk to the foodservice director at your school with questions or concerns. Bring in a picture of your child, discuss the severity of his or her allergy, and ask what measures are being taken to prevent cross-contamination.
- Have a plan. Managing your child's allergy while he or she is at school should be a collaboration involving the principal, teachers, school nurse, foodservice staff, and coaches. Visit <http://www.foodallergy.org/actionplan.pdf> to download an emergency plan that you can fill out and distribute.
- Be aware of hiding places for eggs. Eggs may be used to glaze pretzels or bagels and are often used as foaming agents for cappuccinos, and lattes. Additionally, eggs may be found in non-food sources such as medicines, makeup, or shampoo.
- Teach your child not to accept foods from others. When your child is old enough, teach him or her to read food labels.
- Always know what your child is eating or drinking.
- Try to have your child pack lunch, but also review the lunch menu with him or her and discuss which foods are allowed.

The Following Foods May Contain Eggs

-Breads & Starches: commercially prepared pancakes, waffles, donuts, and muffins; soda crackers, bread crumbs, and pretzels; egg noodles or pasta; baking mixes, or batter-fried foods; French toast; fried rice

-Vegetables: vegetable souffle, batter-fried vegetables, vegetables served with hollandaise sauce

-Fruits: custard sauce, fruit whips

-Meats: souffles; commercially breaded meat, fish, or poultry; meatballs, meat loaf, croquettes, some sausages

-Milk & Milk products: coco malt, eggnog, malted beverages, boiled custard, Ovaltine, protein drinks; pudding, custard, or ice cream

-Sweets: cakes, cookies, cream-filled pies, meringues, whips, custard, pudding, ice cream, sherbet

-Any of the following ingredients: albumin, egg whites, egg yolk, dried egg, egg powder, egg solids, egg substitutes, eggnog, globulin, livetin, lysozyme, mayonnaise, meringue, ovalbumin, ovomucin, ovomucoid, ovomitin, Simplese

Additional Resources:

-For a listing of ways your child might describe a reaction, visit: <http://www.foodallergy.org/school/childdescribe.pdf>

-Visit *The Food Allergy and Anaphylaxis Network* website site for teacher discussion guides, airplane tips, school bus guidelines, and tips for dealing with school officials

-For additional information on egg allergies, visit:

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Mastering Your Child's Milk Allergy... Tips for Maintaining Good Nutrition On a Milk-Free Diet

Caring for a child with a milk allergy can be a worrisome matter, given the ever present potential for a life-threatening allergic reaction and concerns over the nutritional quality of a milk-free diet. Fortunately, the following article contains tips for avoiding allergic reactions and ensuring proper nutrition in your child that may alleviate some of your fears.

Avoiding allergic reactions involves not only reading food labels, but preventing the transfer of foods containing milk protein to other milk-free foods that your child may be eating. This inadvertent transfer of food is known as cross-contamination. Protect your child from cross-contamination at home by laying down parchment paper on any surface where you will be working with milk-based ingredients and always wash your hands afterward. Additionally, use separate serving utensils and cutting boards for foods containing milk proteins.

When milk is not allowed in your child's diet, it is important that you replace some of the key nutrients normally provided by milk and dairy products with other milk-free food sources. The key nutrients provided by milk are calcium, Vitamin D, and riboflavin.

Calcium and Vitamin D work together to build strong, healthy bones. Calcium may be found in non-dairy sources such as broccoli, tofu, and sardines. It is recommended that you supplement a milk-free diet with foods that are fortified with

calcium, such as orange juice, rice milk, soy milk, and ready-to-eat cereals. To verify that a food has been fortified with calcium, check the food label; it should provide 30% of the DV (daily value) for calcium.

Vitamin D is also known as the sunshine vitamin because, given enough time in the sun, our bodies can produce the amount of Vitamin D needed for bones to grow. In fact, a recent study found that 5 to 10 minutes of sun exposure, two or three times per week, provided up to 90% of the Vitamin D requirement in adolescents. If sunlight exposure is not possible for your child, Vitamin D can also be found in non-dairy sources such as eggs, meat, cereals, and fatty fish.

Riboflavin helps our bodies metabolize the energy provided by the foods we eat. Riboflavin may be found in dark, leafy greens and enriched grain products.

If you feel that you cannot regularly expose your child to sunlight and/or cannot provide milk-free sources of calcium and riboflavin, then talk to your healthcare provider regarding the need for a dietary supplement. Always ensure the safety of your child by making sure that he or she carries a shot of epinephrine and wears a medical alert bracelet. Refer to the side bar for additional resources that can help you master your child's milk allergy.

For a listing of ways your child might describe a reaction, visit: <http://www.foodallergy.org/school/>

Off to School

What about school lunches? Packing your child's lunch may be the safest way to make certain that your child is not exposed to milk proteins. You can also teach your child not to accept foods from others, and, when your child is old enough, teach him or her to read food

labels. If you allow your child to buy lunch, review the lunch menu with him or her and discuss which foods are allowed. Bring in a picture of your child to show the school food service director and ask him or her what measures are being taken to prevent cross-contamination.

Read food labels carefully!

Avoiding milk can be as simple as not eating that cheesy pizza or ice cream, right? Wrong! Milk proteins are often hidden in not-so-obvious foods, such as canned tuna, processed meats, and veggie cheese.

The good news is that reading food labels will be much easier thanks to the Food Allergen Labeling and Consumer Protection Act of 2004, which requires companies to state the word "milk" on the label of a food item that contains milk protein after January 1st, 2006.

Unfortunately, many products with labels made before January 1, 2006 are still out on the shelves. Therefore, it is important to continue reading food labels for ingredient containing milk protein.

For a complete listing of foods to avoid, including milk-based ingredients and foods that might contain milk, visit: <http://www.kidshealth.org>

Additional Resources

- Managing your child's allergy while he or she is at school should be a collaboration involving the principal, teachers, school nurse, foodservice staff, and coaches. Visit <http://www.foodallergy.org/actionplan.pdf> to download an emergency plan that you can fill out and distribute.
- Visit *The Food Allergy and Anaphylaxis Network* website site for teacher discussion guides, airplane tips, school bus guidelines, and tips for dealing with school officials

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When Nuts Are Not So Nice... Advice for Dealing With Your Child's Peanut Allergy

Dealing with a peanut allergy can be a stressful and frightening matter, particularly if it is a life or death issue for your child. It helps to understand the background behind food allergies and to have a plan for handling the peanut allergy when the school year starts.

Why do peanut allergies occur? In allergic individuals, their immune system considers the protein in peanuts to be an unwelcome invader and sparks a chain reaction of events leading to an inflammation in one or more organs of the body. When many organs are involved, this type of allergic reaction is known as *anaphylaxis* and may be deadly if the allergic individual does not seek immediate treatment.

Will my child outgrow his or her peanut allergy? As children age, their intestines can become less open to large molecules, such as proteins, that may lead to your child being less sensitive to

peanut proteins over time. However, it is unlikely that your child will outgrow their allergy entirely and some people remain severely allergic to peanuts throughout their entire lives. Never assume that your child has outgrown his or her allergy and keep a good relationship with your doctor and/or allergist who can discuss your child's level of sensitivity with you.

How should I handle the allergy? The best way to handle a peanut allergy is to avoid exposure to peanut or nut proteins and be prepared in case an exposure occurs. Have your child carry emergency medication (usually a shot of epinephrine) on him or her and get them an emergency bracelet or necklace. Below is a list of tips for avoiding life-threatening allergic reactions in your child.

Tips to Avoid Allergic Reactions

- Have a plan. Managing your child's allergy while he or she is at school should be a collaboration involving the principal, teachers, school nurse, foodservice staff, and coaches. Visit <http://www.foodallergy.org/actionplan.pdf> to download an emergency plan that you can fill out and distribute.
- Talk to the foodservice director at your school with questions or concerns. Bring in a picture of your child, discuss the severity of his or her allergy, and ask what measures are being taken to prevent cross-contamination.
- If your child suffers an allergic reaction to smelling or touching peanuts, ensure that he or she sits at a peanut-free table in school and do not allow her in a room where peanut flour or peanut oil spray is being used.
- Teach your child not to accept foods from others. When your child is old enough, teach him or her to read food labels.
- Always know what your child is eating or drinking.
- Try to have your child pack lunch, but also review the lunch menu with him or her and discuss which foods are allowed.

The Following Foods May Contain Peanuts

-Baked goods: baking mixes, breads, cakes and pastries with unknown ingredients

-Breakfast foods: muesli, breakfast cereals, breakfast bars

-Main dishes: Asian foods, chili, vegetarian dishes

-Salad dressings and sauces: gravy, nut and peanut oils, pesto, prepared sauces, salad dressings, and condiments

-Soups: bouillon, soups that use nuts as a thickening agents

-Sweets: chocolate candies, desserts, ice cream, mandelonas, marzipan, nougat, pralines

-Artificial nuts

-Any of the following ingredients: arachis, bouillon, emulsified ingredients, food additive #332, hydrolyzed vegetable protein, lecithins, mandelonas

Additional Resources:

-For a listing of ways your child might describe a reaction, visit: <http://www.foodallergy.org/school/childdescribe.pdf>

-Visit *The Food Allergy and Anaphylaxis Network* website site for teacher discussion guides, airplane tips, school bus guidelines, and tips for dealing with school officials

-Also check out: <http://www.mayoclinic.com>

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When Nuts Are Not So Nice... Advice for Dealing With Your Child's Tree Nut Allergy

Dealing with a tree nut allergy can be a stressful and frightening matter, particularly if it is a life or death issue for your child. It helps to understand the background behind food allergies and to have a plan for handling the tree nut allergy when the school year starts.

Why do tree nut allergies occur? In allergic individuals, their immune system considers the protein in tree nuts to be an unwelcome invader and sparks a chain reaction of events leading to an inflammation in one or more organs of the body. When many organs are involved, this type of allergic reaction is known as *anaphylaxis* and may be deadly if the allergic individual does not seek immediate treatment.

Will my child outgrow his or her tree nut allergy? As children age, their intestines can become less open to large molecules, such as proteins, that may lead to your child being less sensitive to

tree nut proteins over time. However, it is unlikely that your child will outgrow their allergy entirely and some people remain severely allergic to tree nuts throughout their entire lives. Never assume that your child has outgrown his or her allergy and keep a good relationship with your doctor and/or allergist who can discuss your child's level of sensitivity with you.

How should I handle the allergy? The best way to handle a tree nut allergy is to avoid exposure to tree nut proteins and be prepared in case an exposure occurs. Have your child carry emergency medication (usually a shot of epinephrine) on him or her and get them an emergency bracelet or necklace. Below is a list of tips for avoiding life-threatening allergic reactions in your child.

Tips to Avoid Allergic Reactions

- Have a plan. Managing your child's allergy while he or she is at school should be a collaboration involving the principal, teachers, school nurse, foodservice staff, and coaches. Visit <http://www.foodallergy.org/actionplan.pdf> to download an emergency plan that you can fill out and distribute.
- If your child suffers an allergic reaction to smelling or touching tree nuts, ensure that he or she sits at a nut-free table in school. Also, be aware of non-food sources of tree nuts such as: hacky sacks, pet food, cosmetics, hair care products, and lotions
- Talk to the foodservice director at your school with questions or concerns. Bring in a picture of your child, discuss the severity of his or her allergy, and ask what measures are being taken to prevent cross-contamination.
- Teach your child not to accept foods from others. When your child is old enough, teach him or her to read food labels.
- Try to have your child pack lunch, but also review the lunch menu with him or her and discuss which foods are allowed.

The Following Foods May Contain Tree Nuts

-Natural extracts, such as pure almond extract and natural wintergreen extract

-Imitation or artificially flavored extracts

-Cereals, crackers, ice creams, trail mixes, salads (waldorf, curried chicken)

-Sauces, gravies, and spreads (Nutella, cheese, nougat)

-Cross-contamination is possible in certain types of foods that often use nuts, such as ethnic foods, baked goods, and candy

Avoid foods that contain any of the following ingredients:

Almonds, brazil nuts, cashews, chestnuts, filberts, hazelnuts, gianduja, hickory nuts, macadamia nuts, marzipan/almond paste, nougat, Nu-Nuts, nut butters, nut oil, nut paste, pecans, pine nuts, pistachios, walnuts

Additional Resources:

-For a listing of ways your child might describe a reaction, visit: <http://www.foodallergy.org/school/childdescribe.pdf>

-Visit *The Food Allergy and Anaphylaxis Network* website site for teacher discussion guides, school bus guidelines, and tips for dealing with school officials

-For additional information on tree nut allergies, visit: <http://www.foodallergyinitiative.org>

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Celiac Disease: Advice for Managing Your Child's Gluten Intolerance

If your child has celiac disease (also known as celiac sprue, nontropical sprue, and gluten-sensitive enteropathy), you may often worry about what your child will eat, particularly when he or she is in school. It helps to first understand the background of the disease and to have a plan when the school year starts.

What is gluten? Gluten is a generic term for different types of structural proteins found in wheat, rye, barley, and possibly oats that cause damage to the small intestine in individuals with celiac disease when eaten. This damage interferes with the body's ability to absorb nutrients.

Is it alright to feed my child foods that contain gluten if he or she does not experience any symptoms? Celiac disease affects people differently— some people experience uncomfortable symptoms shortly after eating gluten such as gas, abdominal pain,

and diarrhea, while other people do not experience any symptoms. Regardless of the presence of symptoms, the gluten will still cause damage preventing your child from getting the nutrients he or she needs. As a result, your child's growth could be delayed if his or her celiac disease is not treated properly.

What is the treatment? The only treatment for celiac disease is to avoid eating foods containing gluten. A gluten-free diet can stop unpleasant symptoms and prevent any further damage. After 3-6 months, any intestinal damage already present should heal, allowing your child to absorb nutrients properly.

What if the gluten-free diet does not help? If your child does not respond to a gluten-free diet, it may be that small amounts of gluten are still present in your child's diet. A registered dietitian can help you determine if any gluten is present.

Off to School

Packing your child's lunch may be the easiest way to ensure that your child is eating gluten-free, but you should have a plan in place for days where packing is not an option or your child forgets to bring a lunch.

First, talk to your school's foodservice director with your questions and concerns. He or she can review the options that are available to you and help you develop a plan that is right for your child.

Typically, the plan will have your child notifying the school nurse in the morning of the day a lunch needs to be provided. Depending on your child's preferences, the following may be options for a gluten-free school lunch:

- If there are frozen meals that your child likes, see if the food service director will store some for you at the school, which

the food service staff can heat up at lunch time.

- Be proactive: ask if you can visit the school's cafeteria to read food labels and determine which foods may be alright for you child. If your school has a dietitian, he or she can help you.
- Ask about items that the school always has on hand that might be gluten-free, such as all-beef hot dogs, sandwich fillings like peanut butter and jelly or chicken breast, and pizza toppings. You can provide the school with the gluten-free grain products needed for the food service staff (e.g., hot dog buns, pizza crust) to serve these items to your child. These items can then be paired with other gluten-free foods, such as fruits, vegetables, and juice or milk for a complete school lunch.

Additional Resources

- Visit the Celiac Sprue Association website for a complete list of unacceptable grains and flours (http://www.csaceliacs.org/gluten_grains.php), as well as gluten-free recipes
- For gluten-free meal and snack ideas and tips for eating out, visit: <http://www.nasphan.org/assets/diseaseInfo/pdf/>

The Gluten-Free Diet:

Avoid the following gluten-containing ingredients*: wheat, rye, triticale, barley, oats, wheat germ, bran; graham, gluten, or durum flour; wheat starch, oat bran, bulgur, farina, wheat-based semolina, spelt, kamut; malt flavorings or malt extract

The following is a list of foods that may contain the gluten-containing ingredients listed above*:

Grain products

Breads, cereals, pastas, rice, crackers, etc.

Vegetables

Any creamed or breaded vegetables

Fruits

Some commercial fruit pie fillings, dried fruit

Meats, poultry, fish, beans, eggs, and nuts

Any prepared with wheat, rye, oats, barley, gluten stabilizers, fillers including frankfurters, cold cuts, sandwich spreads, sausages, canned meats; self-basting turkey; some egg substitutes; canned baked beans

Milk, yogurt, and cheese

Malted milk and some milk drinks, flavored or frozen yogurt

Fats, snacks, sweets, condiments, and beverages

Salad dressings, soups, condiments, sauces, seasonings; hot cocoa mixes, nondairy cream substitutes, flavored instant coffee, herbal tea; beer, ale malted beverages; licorice

*This list contains examples of foods that should be avoided and is not comprehensive. Please refer to a dietitian or physician specializing in celiac disease and the resources below for more information.

- For a list of gluten-free summer camps, visit: <http://www.celiac.org/kidscorner.php#camp>