

Milk/Dairy products	Egg & Egg Products	Wheat & Wheat Products	Fish Products
Milk & Milk solids Non-fat, Skim milk Buttermilk Butter / Butter fat Evaporated milk Cottage cheese Cream / Cream cheese Cheese / Cheese powder Cheese sauce Curds & Whey Powdered milk Sour cream Yogurts Foods containing milk/milk products: Au gratin foods Chocolate & Cream candy Coffee creamers Creamed / Scalloped foods Custard Nougat Ice cream Malted milk Margarines (check label) Many puddings White sauces Ingredients to look for: Artificial butter flavor Casein / Sodium caseinate Lactalbumin / Lactalbumin phosphate Lactoglobulin Lactose (milk sugar) Whey products Diet Tip: Substitute soy, rice or almond milk. Many "non-dairy" products are now available including some margarines (check the label), ice creams, chocolates, cheeses and yogurts. Check label for ingredients.	Eggs, egg whites, egg yolks Dried eggs or egg powder Foods containing eggs: Eggnog Bavarian creams Cake Candy (some) Cookies Creamed foods Cream pies & puffs Custard Doughnuts Egg rolls Egg noodles Frosting Hollandaise sauce Ice cream Mayonnaise Marshmallows Meat or fish in batter Meringue Muffins Pretzels Pudding Simplese (fat substitute) Soufflés Tartar sauce Waffles Ingredients to look for: Albumin Apovitellenin Globulin Livetin Ovalbumin Ovomucin Ovomuciod Ovovitellin Phosvitin Diet Tip: Be sure to read labels carefully. For example, some egg substitutes contain egg white.	Whole wheat / Enriched flour Bran Farina Bulgur Durum Graham flour High Gluten flour High Protein flour Semolina Starch / Modified starch Wheat malt Wheat starch Foods made with wheat: Acker meal Breads / Cookies / Cakes Baked goods w/wheat flour Bread crumbs Crackers Cereals Couscous Cracker meal Pasta Spelt Ingredients to look for: Gluten Gelatinized starch Hydrolyzed vegetable protein Vital gluten Wheat bran / Wheat germ Wheat gluten Vegetable gum / Vegetable starch Diet Tip: Many processed foods (e.g. ice cream & catsup) may contain wheat flour. Substitute flours oats, rice, rye, barley or corn.	The proteins in different species of fish can be biosimilar, so you may need to avoid all fishes, unless your allergist can determine which species trigger your allergies. Examples of foods containing fish: Caesar salad Caviar Imitation seafood Roe (fish eggs) Worcestershire sauce Diet Tip: Avoid seafood restaurants. Non-fish meals be contaminated with fish proteins from a spatula, cooking oil or grill exposed to fish. Restaurants frequently use the same cooking oils for different dishes.
			Shellfish Allergies Different species may have similar proteins. Avoid all types of shellfish, unless your allergist is able to determine which species triggers your allergies. Examples of shellfish: Abalone / Clams Cockle / Sea urchin Crab / Lobster Crawfish / Crayfish Mussels / Oysters Scallops / Shrimp Diet Tip: Many restaurants use the same oil to fry Shrimp, Chicken and French fries. Imitation shellfish still may use shellfish for flavoring, read the label to be sure.

