

ALLERGEN FRIENDLY FOOD MANUFACTURERS

When a family member has a food allergy, preparing meals and finding alternatives can be challenging. The brands below manufacture or sell products that may be helpful for your family.

The “**Allergens Specified**” column lists the allergens that are omitted for certain products in the larger brand, sometimes manufacturers may only have one “milk free” or other such allergen free designated product, and not all listed products are free of all the corresponding listed allergens (e.g. some products are free of dairy, while some products are free of peanuts). Please note that this does not guarantee that the items are produced in a factory or environment without cross-contamination – always avoid a product when in doubt and discuss with your Allergist further if you are unclear on your child’s allergy.

“**Gluten Free**” does not equal “**Wheat Free**”. This is because if a product is gluten free, it ***may or may not*** be wheat free. For a wheat allergy, check that the ingredients label is also free of wheat.

As the information shared here is for your convenience only; it is not an endorsement or guarantee of the product's safety. Always read the ingredient label and contact the manufacturer if needed to confirm the safety of a product.

MANUFACTURER/BRAND	ALLERGENS SPECIFIED	PRODUCTS
Amanda's Own	Certain products are free of dairy, peanuts, tree nuts, eggs and gluten	Holiday-themed candy
Amande	Certain products are free of dairy, gluten, soy	Almond milk yogurt
Amy's Kitchen	Certain products are free of soy, dairy, tree nut and gluten	Soup, salsa, sauces, pie, pizza, chili, cake, burrito, tamales and beans
Andean Dream	Certain products are free of gluten, corn, soy, dairy and nuts	Quinoa dry pasta, soups and cookies
Annie's	Certain products are free of dairy, wheat and gluten	Gluten and wheat free pastas, Dairy free mac and cheese, other snacks and condiments
Applegate Farms	Certain products are free of milk, wheat and gluten	Meat and meat products (deli meat, bacon and sausage)
Arrowhead Mills	Certain products are free of wheat and gluten	Baking mixes, grains and flours
Betty Crocker	Certain products are free of wheat, gluten and dairy	Baking mixes for cakes, frostings
Birkett Mills	Certain products are free of wheat and gluten	Buckwheat products, including cream of buckwheat and flours
Bob's Red Mill	Certain products are free of wheat and gluten	Baking products (cookie and pizza mixes), flours, cereals, grains and seeds
Chebe	Certain products are free of wheat and gluten	Dry bread mix, pizza mix and frozen dough
Cherry Brook Kitchen	Certain products are free of wheat, gluten, peanuts, nuts and eggs	Baking mixes, frostings and cookies; vegan (and dairy free) options available
Craving's Place	Certain products are free of gluten, wheat, dairy, casein, egg, nut, bean	Cake, cookie and quick bread baking mixes
Divvies	Certain products are free of nuts, egg and dairy	Cookies, cookie sandwiches, chocolate, cupcakes and popcorn; vegan options available
Daiya	Certain products are free of dairy	Cheese products
Earth Balance	Certain products are free of soy, egg, dairy, wheat and gluten	Mayonnaise and margarine

Eden Foods	Certain products are free of wheat and gluten	Grains and 100% buckwheat noodles
Edward & Sons	Certain products are free of dairy, wheat and gluten	Organic, vegetarian products, including rice crackers, macaroni and cheese, and sauces
Ener-G Foods	Certain products are free of wheat, gluten, dairy and nuts	Cooking mixes, egg substitute, baked goods and pasta
Enjoy Life Foods	Certain products are free of wheat, gluten, dairy, peanut, tree-nut, egg, soy, fish and shellfish	Bagels, snack bars, “chips”, cookies, cereals, granola, trail mix, chocolate bars and baking mixes
Follow Your Heart	Certain products are free of egg, dairy and gluten	Cheeses, dressings and sauces, egg-free and soy-free mayonnaise; most other products contains soy
Food For Life	Certain products are free of wheat and gluten	Breads and tortillas
Galaxy Nutritional Foods (Go Veggie)	Certain products are free of dairy and soy	Cheese products
Glutino	Certain products are free of gluten and dairy	Baking mixes, breads and bread products
Ian’s Natural Foods	Certain products are free of wheat, gluten, milk, casein, egg, nuts and soy	Frozen meals and snacks
King Arthur Flour	Certain products are free of wheat and gluten	Flour
Kinnikinnick Foods	Certain products are free of wheat, gluten, casein, peanut and tree nut	Breads, mixes, snacks and desserts; some products are also free of yeast
Living Harvest (Tempt)	Certain products are free of gluten, soy and dairy	Beverages and tofu
Lucy’s	Certain products are free of gluten, peanut and tree nut	Cookies
Lundberg	Certain products are free of wheat	Rice-based products including rice cakes, chips, flour, pasta, risotto and syrup; some products contain milk
Namaste Foods	Certain products are free of wheat, gluten, corn, soy, potato, dairy, peanut, tree nut	Baking mixes and pasta meals
Nature’s Path	Certain products are free of gluten and wheat	Granola, oatmeal, waffles and rice bars
Newman’s Own	Certain products are free of wheat and dairy	Cookie and fig newton; contains soy
NoNuttin’ Foods Inc.	Certain products are free of peanut, tree nut, dairy, egg, wheat, gluten, fish, shellfish and mustard	Granola bars and snack mixes; some products may contain soy lecithin
Orgran	Certain products are free of dairy, yeast, egg, soy, tree nut, peanut, wheat and gluten	Pasta, bread, cereals, pancake mix and snack items; vegan options available
Pacific Foods	Certain products are free of dairy	Non-dairy beverages, soups, broth
Pascha	Certain products are free of peanuts, dairy, egg, gluten, nuts, soy and wheat	Chocolate and baking chips
Sensitive Sweets	Certain products are free of gluten, dairy, egg, soy, and nuts	Cookies, cupcakes, muffins, breads and custom cakes; vegan options available
So Delicious Dairy Free	Certain products are free of dairy	Ice cream, sorbet, beverages, yogurt and creamer
Sun Butter	Certain products are free of gluten, peanut and tree nut	Sunflower seed spread

Sun Cups	Certain products are free of gluten and nuts	Candy cups and bars
Sweet Debbie's	Certain products are free of gluten, dairy, egg, soy and nuts	Organic cupcakes
Taste the Dream	Certain products are free of dairy	Beverages and ice cream
Tasterie	Certain products are free of wheat, milk, soy, egg, fish, shellfish, peanut, tree nut	Monthly subscription box service, can choose products/variety per allergen
Tinkyada	Certain products are free of wheat and gluten	Rice pasta
Trader Joe's	Certain products are free of wheat, gluten, milk	Baking mixes, cereals, breads, yogurt, etc
Udis	Certain products are free of wheat and gluten	Bagels, bread, pizza dough, cookies and muffins; most products contain egg
Vance Foods (Dari-Free)	Certain products are free of gluten and casein	Beverages
Yummy Earth	Certain products are free of gluten, wheat, egg, casein, dairy and soy	Organic lollipops

HYPOALLERGENIC PEDIATRIC MULTIVITAMIN MANUFACTURERS

The manufacturers below make multivitamin and mineral supplements for children with food allergies. Ages and doses vary, learn more about their products on their websites and ask your physician for further information and recommendation.

- Freeda Vitamin
- Kirkman
- Nutricia
- Rainbow Light
- Solace Nutrition

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