

## ALLERGY-FRIENDLY SHOPPING LIST

| MAY contain<br>Gluten | Gluten-Free<br>Grains | Grains<br>NOT allowed | MAY contain<br>Casein/Dairy | Casein/Dairy<br>Free<br>Foods |
|-----------------------|-----------------------|-----------------------|-----------------------------|-------------------------------|
| Ale, beer, lager      | Amaranth              | Barley                | Artificial flavor           | Almond milk<br>(some)         |
| Breading              | Arrowroot             | Durum                 | Butter                      | Coconut butter                |
| Coatings              | Bean                  | Faro                  | Cheese, yogurt              | Coconut milk                  |
| Dressings             | Buckwheat             | Graham                | Cosmetics                   | Ghee (some)                   |
| Energy bars           | Coconut               | Kamut                 | Cream                       | Hazelnut milk<br>(some)       |
| Flours, cereal        | Corn                  | Rye                   | Custard                     | Hemp milk                     |
| Gravies, sauces       | Flax                  | Semolina              | Dairy-free<br>cheese        | Italian ices                  |
| Imitation seafood     | Garfava               | Spelt                 | Half & half                 | Kosher parve<br>products      |
| Lunch meats           | Millet                | Triticale             | Hot dogs                    | Pea-based<br>milk powder      |
| Marinades             | Montina               |                       | Ice cream                   | Potato milk                   |
| Medicines             | Nut flours            |                       | Lunch meats                 | Rice milk                     |
| Processed foods       | Potato                |                       | Margarine                   | Sorbet                        |
| Soy sauce             | Quinoa                |                       | Milk chocolate              | Soy milk                      |
| Soup, soup base       | Rice                  |                       | Puddings                    |                               |
| Supplements           | Sorghum               |                       | Semi-sweet<br>chocolate     |                               |
| Thickeners            | Soy                   |                       | Sausages                    |                               |
| Vitamins              | Tapioca               |                       | Sherbet                     |                               |
|                       | Teff                  |                       |                             |                               |
|                       | Wild rice             |                       |                             |                               |

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|-------------------------------|-------------------------------|-------------------------------|-------------------------------------|--|
|                               |                               |                               |                                     |  |