







ALLERGENS & INTOLERANCES

 <p>FISH (TUNA)</p>	<p>Alternative Protein Sources: Chicken • Beans • Legumes • Lentils Soy Products • Nuts • Seeds</p>	<p>Standard American boxes contain fish (tuna)</p> <p>Hispanic boxes do not contain fish or whole wheat pasta, but instead have more chicken and brown rice.</p> <p>Somali boxes are vegetarian and do not contain fish or chicken, but instead have more beans and lentils.</p>
 <p>LACTOSE</p>	<p>Alternative Milks: Almond • Soy • Coconut • Oat Rice • Lactose-free • Cashew</p> <p><i>* Most milk alternatives are naturally sweeter than regular cow's milk. Choose unflavored and unsweetened milk alternatives to limit added sugars and ingredients.</i></p>	<p>Yogurt can often be tolerated much better than milk. However, there are many dairy-free yogurt alternatives on the market.</p> <p>Dairy products, such as cheese and milk, are often more tolerable when added to dishes and consumed with other foods, rather than eaten alone.</p>
 <p>NUTS</p>	<p>PEANUT ALLERGY Avoid: peanuts and all peanut products (peanut butter) Alternatives: Tree nuts, Sun Butter, Almond Butter</p> <p><i>* Peanuts are a legume, which means they are grown in the ground. Therefore, a peanut allergy is different than a tree nut allergy.</i></p> <p>The peanut butter in FOODRx boxes does not pose risk for airborne allergies.</p>	<p>TREE NUT ALLERGY Avoid: almonds, cashews, hazelnuts, pecans, pistachios and walnuts</p> <p><i>* Watch for pine nuts (found in hummus and pesto)</i></p> <p><i>* Coconut milk or coconut products may be by tolerated by some with a tree nut allergy.</i></p>
 <p>GLUTEN</p>	<p>What is gluten? A protein found in wheat, barley and rye.</p> <p>Items can be wheat-free, but still contain gluten (barley or rye). It is important to always read the ingredients list!</p> <p>Oats are not certified gluten free (GF), but someone with a gluten intolerance may be able to tolerate oats. If possible, choose Gluten Free Oats to ensure no gluten or cross-contamination, especially for those with Celiac Disease.</p>	