ENJOYING LIFE *and* EATING SAFELY

Your survival guide to enjoying life without gluten
and the most common allergens.

OUR MISSION

At Enjoy Life Foods, our mission is to create and share great tasting, Free-From food products that everyone loves. All Enjoy Life products are certified gluten free and free from 14 common allergens.

OUR PRODUCTS ARE *free from*

GLUTEN AND...

WHEAT · DAIRY · SOY · ADDED SULFITES · LUPIN · FISH · CRUSTACEANS
PEANUT · TREE NUTS · CASEIN · EGG · SEASAME · MUSTARD · SHELLFISH

OUR PRODUCTS ARE MADE IN A DEDICATED NUT-FREE FACILITY

NON GMO Project VERIFIED nongmoproject.org · CERTIFIED GLUTEN FREE GFCO.ORG · VEGAN

SAFE FOR SCHOOLS

JUST THE FACTS

Food Allergies and Food Intolerances

- Researchers estimate that up to 85 million Americans are impacted by food allergies and food intolerances.[1]
- In the U.S., 1 in 13 children have food allergies.[2]
- The number of food-allergic children has doubled since 1997, outpacing the population growth. The number of children with peanut allergies has almost tripled.[1]
- Prevalence of food allergies in the US is higher in adults vs. children as prevalence in children has increased, adult prevalence is increasing as well.[1]
- More than 40 percent of children with food allergies have experienced a severe allergic reaction such as anaphylaxis.[2]
- Emergency department visit incidence for food induced anaphylaxis, has more than tripled in the last 10 years.[1]
- Food allergy reactions typically involve foods that are believed to be safe. Allergic reactions can result from mislabeling or cross-contact during food preparation.[2]

1 Neilsen IQ and FARE October 2021
2 Food Allergy Research & Education

GLUTEN AND COMMON ALLERGENS

Gluten

Gluten is found in the following grains:

- Barley (Malt)
- Rye
- Wheat

Wheat is considered a common allergen in the U.S., therefore, must be clearly declared on packaged food labels. However, gluten is not considered a common allergen and, therefore, is not required to be declared.

Wheat-free does not necessarily mean that a food is gluten-free. It may contain other sources of gluten such as barley or rye.

Malt flavoring and malt vinegar may be derived from barley and should be avoided on a gluten-free diet. Some cereals use barley malt as a flavoring so be sure to read labels carefully.

Opinions vary about the safety of consuming oats on a gluten-free diet. Several brands of certified gluten-free oats are now commercially available. Consult with your doctor prior to consuming.

Wheat

These terms/ingredients indicate the presence of wheat:

- Bread crumbs
- Bulgur
- Cereal extract
- Couscous
- Durum (durum flour, durum wheat)
- Einkorn
- Emmer
- Farina
- Flour (all-purpose, cake, enriched, graham, high protein, high gluten, pastry)
- Kamut
- Semolina
- Spelt
- Sprouted wheat
- Triticale
- Vital wheat gluten
- Wheat (brand, germ, gluten, grass, malt, starch)
- Whole wheat berries

Wheat-free products may contain barley or rye meaning that they are not gluten-free.

If you have severe wheat allergies, look for products made in a certified gluten-free facility to minimize the risk of cross-contamination from airborne wheat particles.

Common foods such as soy sauce, cold cuts, communion wafers, soups, sauces, gravies, hair care and some skin care products contain wheat.

Milk/Dairy

These terms/ingredients indicate the presence of milk/dairy:

- Milk, milk solids, non-fat milk solids, milk powder
- Yogurt, kefir
- Whey
- Cream, sour cream, whipped cream
- Lactose, lactalbumin, lactoglobulin, hydrolysates
- Cheese, cream cheese, cottage cheese
- Butter, artificial butter flavor, butterfat, ghee
- Buttermilk, buttermilk solids
- Casein, caseinate, sodium caseinate, rennet casein, hydrolyzed casein

There are a lot of great non-dairy milk alternatives including soy, rice, almond, hemp and oat milk. Always read labels before consuming.

Casein is the protein found in milk. A gluten-free, casein-free (GFCF) diet is dairy-free.

Tree Nuts

The term "tree nut" encompasses all of the following commonly known nuts:

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Filberts/hazelnuts
- Macadamia nuts
- Pecans
- Pine nuts, pinoli, pignoli, piñon
- Pistachios
- Walnuts

Pesto sauce typically contains pine nuts and should be avoided by anyone with a tree nut allergy.

Avoid locations or situations where cross-contamination from nuts may occur (i.e. bulk bins in grocery stores, ice cream parlors, salad bars, coffee grinders).

Look for products made in a nut-free facility for the highest assurance of safety.

The FDA recognizes coconut as a tree nut, even though coconut is not a botanical nut. Therefore, it is best for coconut-allergic people to inquire specifically about the presence of coconut prior to consuming any foods.

Eggs

These terms/ingredients indicate the presence of eggs:

- Albumin
- Egg (protein, white, dried, powdered, yolk)
- Globulin
- Lecithin
- Livetin, lysozyme
- Mayonnaise
- Meringue
- Ovalbumin
- Ovomucoid
- Ovomucin
- Vitellin, ovovitellin

Many sauces such as hollandaise and béarnaise, and creamy dressings/spreads (Caesar, mayonnaise, tartar) use eggs as a base.

Egg washes are often used on baked goods to make them look shiny.

Some vaccines may be unsafe for people with egg allergies. Talk to your healthcare provider to review any potential risks.

Cooking without eggs can be a challenge. In recipes, try substituting the following for each egg required: whisk together 1 Tbsp flax meal with 3 Tbsp water for 2-3 minutes until frothy; add mixture to recipe per directions.

Soy

These terms/ingredients indicate the presence of soy:

- Edamame
- Hydrolyzed soy protein
- Miso (fermented soy)
- Natto
- Shoyu
- Soy fiber, flour, grits, nuts, powder
- Soy butter, cheese, ice cream, milk, yogurt
- Soy protein isolate
- Soy sauce
- Tamari
- Tempeh
- Textured soy flour (TSF), textured soy protein (TSP), textured vegetable protein (TVP) Tofu (silken, firm, dried)
- Soy lecithin

Many popular energy bars and cereals contain soy powder for added protein.

Soy is often found in processed deli meats in the form of hydrolyzed soy protein, a flavor enhancer.

Many meat alternative products are made from soy protein.

Soy lecithin is widely used in foods as an emulsifier, stabilizer, and antioxidant.

Soybean oil is commonly used in sauces and salad dressings.

Fish

The term "fish" encompasses all "finned" fish including (but not limited to):

- Anchovies
- Bass
- Catfish
- Flounder
- Grouper
- Haddock
- Halibut
- Herring
- Mahi Mahi
- Perch
- Pike
- Pollock
- Salmon
- Sole
- Snapper
- Swordfish
- Tilapia
- Trout
- Tuna
- Cod

Worcestershire sauce, Caesar salad and Caesar dressing typically include anchovies.

Some Asian cuisines, including Thai, Vietnamese and Filipino, use fish sauce as a flavoring ingredient and there is risk of cross-contamination. People with fish/ shellfish allergies should be cautious when eating fried foods in restaurants since equipment is often shared.

Imitation crab (surimi) is made from white fish. It may be safe for those with shellfish allergies, but should be avoided by those with fish allergies.

Shellfish

The term "shellfish" include the following:

Crustaceans
- Crab
- Crawfish, crayfish,
- ecrevisse
- Lobster, langouste,
- langoustine, scampo, coral, tamalley
- Shrimp, prawns, crevettes

Mollusks
- Abalone
- Clam
- Cockle
- Mussel
- Octopus
- Oyster
- Scallop
- Snail, escargot
- Squid, calamari

Seafood - along with peanuts and tree nuts - are the most common triggers of anaphylaxis, a potentially life-threatening allergic reaction.

In general, "shellfish" can be used to describe both crustacean shellfish AND molluscan shellfish.

According to U.S. food labeling regulations, crustacean shellfish is a major allergen and, therefore, must be declared on food labels. However, molluscan shellfish is NOT considered a major allergen and is NOT required to be declared on food labels.

Peanuts

These terms/ingredients indicate the presence of peanuts:

- Arachic oil
- Arachis
- Arachis hypogaea
- Artificial nuts
- Beer nuts
- Cold pressed, extruded or expelled peanut oil
- Earth nuts
- Goober peas
- Hydrolyzed peanut protein
- Mandelonas
- Monkey nuts
- Peanut flour
- Peanut sauce, peanut syrup
- Peanut Oil

Peanuts - along with seafood and tree nuts - are the most common triggers of anaphylaxis, a potentially life-threatening allergic reaction.

Most peanut-allergic people are able to safely consume highly refined peanut oil (with approval of an allergist), but cold-pressed, expelled or extruded peanut oils should be avoided as they may still contain small amounts of peanut protein.

It is best to avoid lupin if you have a peanut allergy as it has a similar protein structure and cross-reacts with peanuts at a high rate.

In restaurants, frying equipment is used to cook various food items which poses a risk for cross contamination with peanuts.

Peanuts are often found in baked goods, trail mix, granola, flavorings, glazes, and sauces.

Sesame

These terms/ingredients indicate the presence of sesame:

- Benne/benne seed/ benniseed
- Gingelly/gingelly oil
- Gomasio
- Halvah
- Sesame Oil
- Sesamol
- Sesamum Indicum
- Sesemolina
- Sim sim
- Tahini, Tahina, Tehina
- Til

Sesame oil should be avoided by sesame-allergic people as it is not highly refined and may still contain small amounts of sesame protein.

Sesame is often found in Asian foods, baked goods, dipping sauces, and dressings.

Sesame can also be found in non-food items, such as cosmetics, medications, and perfumes, labeled as its scientific name, Sesamum Indicum.

HELPFUL RESOURCES

At first, it may seem overwhelming to learn how to choose foods and enjoy life while following a special diet or lifestyle change. The good news is that there are many helpful resources about living with special dietary needs.

This list is only a start; there are hundreds of informative websites, blogs, online communities, reference books, cookbooks and support groups to help you and your family stay healthy and happy.

Celiac Disease

Celiac Disease Foundation (CDF)	www.celiac.org
National Celiac Association (NCA)	www.nationalceliac.org
Gluten Intolerance Group (GIG)	www.gluten.org
Beyond Celiac	www.beyondceliac.org

Food Allergies/Intolerances

Food Allergy Research and Education (FARE)	www.foodallergy.org
Kids with Food Allergies (KFA)	www.kidswithfoodallergies.org
Snack Safely	www.snacksafely.com
Allergic Living	www.allergicliving.com
Spokin	www.spokin.com

JOIN OUR COMMUNITY

Enjoy Life has a phenomenal online presence with many other resources for you to explore!

facebook.com/enjoylifefoods

instagram.com/enjoylifefoods

enjoylifefoods.com