



getting THE RIGHT NUTRIENTS

Avoiding certain foods or entire food groups can be necessary for people with allergies and intolerances. Because these foods provide important nutrients for growth, development and overall health, eliminating them from the diet can put a person at risk for nutrient deficiencies. Thankfully, regardless of the allergy or intolerance, there are alternate food sources that provide the nutrients you need.

Included are some common allergens and delicious ideas on how to manage through diet. For additional ideas, talk with your healthcare professional or a registered dietitian.

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IF YOU HAVE AN ALLERGY/INTOLERANCE TO THE FOOD BELOW, SUBSTITUTE THESE ALTERNATE FOOD SOURCES WHICH HAVE SIMILAR KEY NUTRIENTS.

*This is list is not all-inclusive; it focuses on the top nutrients provided by this food group.



MILK/DAIRY

NUTRIENTS*	ALTERNATE FOOD SOURCES (IF NOT ALLERGIC)	IDEAS
Calcium	Fortified dairy alternative, beans, dark leafy greens, broccoli, figs, chia seeds, flaxseeds, fortified cereal	<ul style="list-style-type: none"> • Enjoy cereal with fortified oat milk • Toss spinach into fruit smoothies
Vitamin D	Fortified dairy alternative, mushrooms	<ul style="list-style-type: none"> • Add mushrooms to a veggie stir-fry • Pair a glass of rice milk with Enjoy Life Foods Cookies
Potassium	Potatoes, tomatoes, cantaloupe, bananas, beans, lentils, oranges, spinach, prunes, peaches	<ul style="list-style-type: none"> • Munch on cherry tomatoes and dairy free string cheese • Enjoy potassium-rich fruits for dessert
Protein	Beef, pork, poultry, beans, seeds, Enjoy Life Foods Grain & Seed Bars , Protein Bites or Seed & Fruit Mix	<ul style="list-style-type: none"> • Add chia seeds to dairy free yogurt • Snack on an Enjoy Life Foods Grain & Seed Bar



GRAIN & SEED

- ✓ FREE FROM 14 ALLERGENS
- ✓ HIGH IN PROTEIN (4-8 G)
- ✓ ALL-NATURAL INGREDIENTS
- ✓ PALM OIL FREE
- ✓ VEGAN
- ✓ PURITY PROTOCOL CERTIFIED GLUTEN FREE ROLLED OATS



EGGS

NUTRIENTS*	ALTERNATE FOOD SOURCES (IF NOT ALLERGIC)	IDEAS
B Vitamins (Riboflavin, Folic Acid, B12)	Fortified gluten free cereals, beef, poultry, dark green vegetables, beans, lentils	<ul style="list-style-type: none"> • Make trail mix with cereal, seeds, dried fruit and Enjoy LifeFoods Dark Chocolate Morsels • Add black beans to burritos or enchiladas
Protein	Beef, pork, poultry, beans, seeds, Enjoy Life Foods Grain & Seed Bars , Protein Bites or Seed & Fruit Mix	<ul style="list-style-type: none"> • Make pork, sweet potato and red pepper hash (no eggs) • Top gluten free toast with sunflower seed butter and banana slices



PEANUTS/TREE NUTS

NUTRIENTS*	ALTERNATE FOOD SOURCES (IF NOT ALLERGIC)	IDEAS
Healthy Fats	Canola, sunflower or olive oil, avocados, olives, seeds, Enjoy Life Foods Seed & Fruit Mix	<ul style="list-style-type: none"> • Stir flaxseed into gluten free oatmeal • Top gluten free waffles with dairy free yogurt and chia seeds
Protein	Beef, pork, poultry, beans, seeds, Enjoy Life Foods Grain & Seed Bars , Protein Bites or Seed & Fruit Mix	<ul style="list-style-type: none"> • Spread sunflower seed butter on celery sticks • Snack on an Enjoy Life Foods Grain & Seed Bar and an orange
Fiber	Fruit, vegetables, beans, lentils, quinoa, brown rice, potatoes (with skin), Enjoy Life Foods Protein Bites	<ul style="list-style-type: none"> • Try roasted chickpeas for a crunchy snack • Include fruit at lunch each day



SOY

NUTRIENTS*	ALTERNATE FOOD SOURCES (IF NOT ALLERGIC)	IDEAS
B Vitamins (Thiamin, Riboflavin, B6)	Beans, lentils, fortified gluten free cereals, quinoa, potatoes, meat, green vegetables	<ul style="list-style-type: none"> • Include green veggies at dinner • Dip cucumbers in hummus
Calcium	Fortified dairy alternatives, beans, dark leafy greens, broccoli, figs, chia seeds, flaxseeds, fortified cereal	<ul style="list-style-type: none"> • Drink a fortified dairy free beverage with meals • Mix berries into fortified dairy free yogurt
Magnesium	Pumpkin seeds, fortified cereal, quinoa, brown rice, spinach, beans, artichokes	<ul style="list-style-type: none"> • Serve rice or quinoa as a side dish at dinner • Snack on pumpkin seeds
Zinc	Red meat, poultry, beans, fortified gluten free cereals	<ul style="list-style-type: none"> • Start your day with fortified cereal • Add beans to salads
Protein	Beef, pork, poultry, beans, seeds, Enjoy Life Foods Grain & Seed Bars, Protein Bites or Seed & Fruit Mix	<ul style="list-style-type: none"> • Add white beans to smoothies • Include Enjoy Life Foods Protein Bites as a snack



PROTEIN BITES

- ✓ FREE FROM 14 ALLERGENS
- ✓ PLANT-BASED PROTEIN
- ✓ ALL-NATURAL INGREDIENTS
- ✓ PALM OIL FREE
- ✓ VEGAN



WHEAT & GLUTEN

NUTRIENTS*	ALTERNATE FOOD SOURCES (IF NOT ALLERGIC)	IDEAS
B Vitamins (Thiamin, Riboflavin, Niacin, Folic Acid)	Fortified gluten free cereals, beans, lentils, beef, poultry, dark green vegetables	<ul style="list-style-type: none"> Try a lentil-based pasta in place of wheat pasta Choose fortified gluten free cereal for breakfast
Iron	Fortified gluten free cereals, beef, pumpkin seeds, beans, lentils, spinach, Enjoy Life Foods Protein Bites	<ul style="list-style-type: none"> Snack on pumpkin seeds Include Enjoy Life Foods Protein Bites as a snack
Fiber	Fruit, vegetables, beans, lentils, quinoa, brown rice, potatoes (with skin), Enjoy Life Foods Protein Bites	<ul style="list-style-type: none"> Have carrots and hummus for a snack Top a sweet potato with black beans, salsa and dairy free sour cream



FISH/SHELLFISH

NUTRIENTS*	ALTERNATE FOOD SOURCES (IF NOT ALLERGIC)	IDEAS
B Vitamins (Niacin, B6, B12)	Turkey, chicken, beef, lamb, fortified gluten free grains	<ul style="list-style-type: none"> Create a chicken, kidney bean and rice bowl with your favorite veggies Have weekly taco night using either beef or chicken
Protein	Beef, pork, poultry, beans, seeds, Enjoy Life Foods Grain & Seed Bars, Protein Bites or Seed & Fruit Mix	<ul style="list-style-type: none"> Snack on an apple and Enjoy Life Foods Seed & Fruit Mix Make black bean and rice soup
Healthy Fats	Canola, sunflower or olive oil, avocados, olives, seeds, Enjoy Life Foods Seed & Fruit Mix	<ul style="list-style-type: none"> Roast or sauté veggies in canola oil Try guacamole and bell peppers as an appetizer