

**Ask the expert: What are some great substitutions for each of the priority allergens in Canada?**

Content provided by Linda Kirste, Registered Dietitian

Food allergen	Substitutes	
	Similar nutritional profile	For cooking and baking
Milk	<p><b>Adults &amp; children over 2 years of age:</b></p> <ul style="list-style-type: none"> <li>Fortified soy beverages <i>Look for a product fortified with calcium and the vitamins A, B12, D and riboflavin.</i></li> <li>Fortified rice, coconut, hemp or almond beverages <i>Look for a product fortified with calcium and the vitamins A, B12, D and riboflavin.</i></li> </ul> <p>Since these beverages are lower in protein than milk, aim for an additional daily serving from the “Meat and Alternatives” group. See <a href="#">Canada’s Food Guide</a> for examples and serving sizes.</p> <p><b>Children under 2 years of age:</b></p> <ul style="list-style-type: none"> <li>Specialized infant formula selected together with your child’s health professional.</li> </ul>	<p><b>Vegan cheeses:</b></p> <ul style="list-style-type: none"> <li>A range of products are available, made either from pea protein, coconut, sunflower seeds, cashew, or walnut.</li> </ul> <p><b>Vegan yogurts and frozen desserts:</b></p> <ul style="list-style-type: none"> <li>Available in a dazzling array of flavours. Main ingredients range from fruit puree, to coconut, soy and cashew.</li> </ul> <p>While they add flavour to your dishes, milk-free cheeses and yogurts are not necessarily sources of protein, calcium, and vitamin B12.</p>

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	<p><b>Recipe ideas:</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>Vegan, nut-free pesto sauce</b></p> <ul style="list-style-type: none"> <li>• An internet search using the terms “nut-free pesto recipe” and “nut-free vegan parmesan recipe” will likely return a number of ideas</li> <li>• Substitute the parmesan called for in the pesto recipe with a vegan parmesan recipe.</li> </ul> <p>Serve on pasta alongside poultry, beans, meat or fish.</p> </div> <div style="width: 45%;"> <p><b>Fruit with iced coconut cream</b></p> <ul style="list-style-type: none"> <li>• Serve up fresh or poached fruit with a spoon of non-dairy coconut frozen dessert. Garnish with a sprinkle of toasted coconut shreds or sunflower seeds, cocoa nibs or the works!</li> </ul> <p>Try an assembly style line up of toppings. Kids love to help themselves.</p> </div> </div>	
<b>Egg</b>	<p><b>Meats, poultry, beans (legumes), seeds and fish:</b></p> <ul style="list-style-type: none"> <li>• Meats, poultry and fish are sources of protein, iron and vitamin B12.</li> <li>• Beans and seeds are sources of protein, iron, potassium and magnesium.</li> </ul>	<p><b>Alternatives for baking:</b></p> <p>Make-at-home options that are each equal to one egg in a recipe.</p> <ul style="list-style-type: none"> <li>• 15 mL (1 tablespoon) chia seed plus 45 mL water. Allow to gel for 15 minutes before adding to recipe.</li> <li>• 15 mL ground flax seed, plus 15 mL water. Allow to gel for 15 minutes before adding to recipe.</li> <li>• 50 mL (1/4 cup) banana</li> <li>• 50 mL sweet potato</li> <li>• Commercial “egg replacer”</li> <li>• 45 mL (3 tablespoons) Aquafaba*</li> </ul> <p>* Aquafaba is the liquid from canned chickpeas. One can also make aquafaba at home from dried chickpeas, e.g. soak 250 mL (1 cup) chickpeas in plenty of water overnight (in the refrigerator). Drain then cook in about 1 Litre (4 cups) of fresh water, until chickpeas are tender (about 2 hours). While the liquid from canned chickpeas contains salt, the addition of salt to homemade aquafaba is optional.)</p>

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	<p><b>Recipe idea:</b></p> <p><b>Egg-free omelette</b></p> <ul style="list-style-type: none"> <li>• 275 mL chickpea flour</li> <li>• 250 mL water</li> <li>• 1 mL turmeric</li> <li>• 1 mL baking soda</li> <li>• 10 mL or 1 package quick rising yeast</li> <li>• 45 mL water</li> <li>• 5 mL sugar</li> <li>• ½ green pepper chopped</li> <li>• 5 white mushrooms sliced</li> <li>• 1 small onion diced</li> <li>• ½ tomato sliced</li> </ul> <ul style="list-style-type: none"> <li>• Salt and pepper to taste</li> <li>• Oil for frying</li> </ul> <p>Dissolve sugar and yeast in 45 mL portion of water. Sauté vegetables in oil, adding salt and pepper to taste. Remove from pan into a separate bowl. Mix chickpea flour water, turmeric and baking soda together in a separate bowl. Add yeast mixture. Heat the remaining oil in a hot fry pan on medium heat and then pour in the chickpea flour mixture. Distribute vegetables on top. When edge is lightly browned cut into quarters and flip. Fry until fully cooked.</p>	
Peanut, tree nuts	<p><b>Seeds, raw or home toasted:</b></p> <ul style="list-style-type: none"> <li>• Pumpkin, sunflower and flax seeds are sources of protein, healthy oils, iron, potassium and magnesium.</li> </ul>	<p><b>Seed butters:</b></p> <ul style="list-style-type: none"> <li>• Pumpkin, sunflower and pea butters serve as spreads on toast and crackers.</li> <li>• An internet search using the words “pumpkin seed butter recipe” is likely to return a few recipes.</li> <li>• Roasted seeds substitute for tree nuts in cookie and muffin recipes.</li> </ul>
	<p><b>Recipe idea:</b></p> <p><b>Sunflower seed butter roll-ups</b></p> <ul style="list-style-type: none"> <li>• Spread sunflower seed butter on a soft corn tortilla</li> <li>• Top with an assortment of grilled vegetables, such as red pepper, eggplant, caramelized onions and mushrooms</li> <li>• Sprinkle with salt and pepper to taste</li> <li>• Roll</li> </ul> <p>Children love to help in the kitchen with anything “rollable”!</p>	

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Wheat	<p><b>Brown rice, quinoa, corn, wheat free (gluten free) oats, buckwheat, millet, amaranth and chia</b></p> <ul style="list-style-type: none"> <li>• Try to add a few different grains that you tolerate to your weekly food choices as each one has a slightly different nutritional profile.</li> <li>• In general, whole grains are sources of carbohydrate, dietary fibre, a number of B vitamins (including thiamin, niacin, riboflavin, folate), and minerals (including iron and zinc).</li> </ul>	<p><b>Flour for baking:</b></p> <ul style="list-style-type: none"> <li>• Non-wheat flours perform best when blended. Try a blend that calls for a legume flour.</li> <li>• An internet search using the words “wheat-free flour blend recipe” is likely to return a few recipes.</li> </ul>
	<p><b>Recipe idea:</b></p> <p><b>Warm breakfast cereal</b></p> <ul style="list-style-type: none"> <li>• 60 mL brown rice</li> <li>• 60 mL quinoa</li> <li>• 60 mL pure (wheat-free or gluten-free) steel cut oats</li> <li>• 360 mL water</li> <li>• 2 mL cinnamon</li> <li>• Ground flax seed</li> </ul>	<p>Combine cereals, water, and cinnamon in a sauce pan. Bring to a boil, then simmer covered for 15 to 20 minutes until all water is absorbed. Makes about four ½ cup (125 mL) portions. Sprinkle with ground flax seed. Top with your favourite beverage or yogurt.</p>

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Soy	<p><b>Other legumes:</b></p> <ul style="list-style-type: none"> <li>• Lentils and beans, including chickpeas and kidney, pinto and black beans.</li> <li>• Lentils and beans, like soy beans, are rich in protein, iron, potassium and magnesium.</li> </ul>	<p>The food industry has many uses for soy. Consequently, soy and soy products can be found in a number of convenience foods from canned soups, sauces and condiments.</p> <ul style="list-style-type: none"> <li>• Substitutes include home prepared soups, sauces and condiments made from fresh ingredients.</li> </ul>
	<p><b>Recipe idea:</b></p> <p><b>Soy-free “soy” sauce</b></p> <ul style="list-style-type: none"> <li>• 3 mL beef bouillon base and 15 mL hot water or 15 to 30 mL reserved roast beef drippings</li> <li>• 15 mL balsamic vinegar</li> <li>• 15 mL <i>ume</i> plum vinegar*</li> <li>• 3 mL molasses</li> <li>• pinch ground ginger</li> <li>• pinch ground pepper</li> <li>• pinch garlic powder</li> <li>• pinch onion powder</li> </ul> <p>Blend ingredients together. Use in place of soy sauce in stir fry or other recipe.</p> <p>*ume is a type of plum common in Japan. Ume plum vinegar is made from pickled ume plums.</p>	
Sesame	<p><b>Other seeds:</b></p> <ul style="list-style-type: none"> <li>• Flax, pumpkin, sunflower and chia also offer protein, dietary fibre, minerals and of a range of different healthy fats.</li> <li>• Comparable oils include canola, olive and sunflower seed oils; canola and sunflower oils perform best when frying.</li> </ul>	<p><b>For crusting home baked breads, buns, and muffins:</b></p> <ul style="list-style-type: none"> <li>• Poppy seeds</li> <li>• Toasted, coarsely ground pumpkin or sunflower seeds</li> <li>• In place of tahini when making hummus, try adding extra olive oil, along with roasted red peppers or a dash of ground cumin or replace the lemon with balsamic vinegar for a refreshingly different taste altogether.</li> </ul>

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Mustard		<p>Minced shallot, minced jalapeno or serrano pepper, or a pinch of cayenne adds zing to recipes that call for mustard.</p> <p>To emulsify salad dressing (blend the oil and vinegar) try one or more of onion powder, garlic powder, finely ground herbs and tomato paste. If your dressing recipe already calls for these ingredients, try adding more for extra emulsifying power.</p>
	<p><b>Recipe idea:</b></p> <p><b>Balsamic vinaigrette</b></p> <ul style="list-style-type: none"> <li>• 75 mL balsamic vinegar</li> <li>• 1 or 2 mL salt</li> <li>• 30 mL honey</li> <li>• 2 garlic cloves minced</li> <li>• 10 mL very finely minced shallot</li> <li>• ground black pepper</li> <li>• 15 or 30 mL dried oregano</li> <li>• 75 mL cold pressed olive oil</li> </ul> <p>Combine all ingredients except olive oil until well combined. Drizzle in olive oil while constantly whisking mixture.</p> <p>Shake as needed just before serving.</p> <p>Offer your dressing to children as a dip for raw veggies.</p>	

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Fish	<p><b>Meats, poultry, beans (legumes) and seeds:</b></p> <ul style="list-style-type: none"> <li>Meats, poultry and egg offer similar nutrients including protein, iron and vitamin B12.</li> </ul> <p>Fish stands out however as a unique source of the omega 3 fats EPA (eicosapentaenoic acid) and DHA (docosahexanoic acid).</p> <p><i>The human body can convert some ALA (alpha linolenic acid) into EPA and DHA.</i></p> <ul style="list-style-type: none"> <li>Sources of ALA include canola oil and ground flax.</li> <li>Sources of EPA and DHA include seaweeds, enriched eggs and fortified margarines.</li> </ul>	<p>For a seafood inspired dish, try substituting the seafood with chicken in a recipe that calls for an “Old Bay” spice blend. The Old Bay blend is available commercially.</p> <ul style="list-style-type: none"> <li>To avoid mustard, an internet search using the words; “homemade, old bay spice” should offer up a variety of spice blends. Substitute the mustard with shallot, jalapeno or serrano pepper, or a pinch of cayenne.</li> <li>Chicken can be substituted for scallops, shrimp and white fish; try an internet search for words such as “old bay sautéed shrimp”.</li> <li>To add a source of omega 3 fats use canola oil for cooking.</li> </ul>
	<p><b>Recipe idea:</b></p> <p><b>Sushi</b></p> <ul style="list-style-type: none"> <li>Internet search using the terms “how to make sushi” and “egg-free mayonnaise recipe”</li> <li>For mustard-free mayonnaise substitute shallot, jalapeno or serrano pepper, or a pinch of cayenne.</li> <li>Fillings</li> <li>Avocado</li> <li>Cucumber</li> <li>Chopped barbeque or rotisserie chicken dressed with egg-free mayonnaise</li> </ul> <p>Children love to help in the kitchen, depending on their age, they can help with mixing, assembling and rolling.</p>	

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Shellfish	<p>Skinless chicken and turkey and beans</p> <ul style="list-style-type: none"> <li>• Skinless roasted chicken and turkey are equally rich in protein, iron and vitamin B12 and are almost as lean.</li> <li>• Beans are also sources of protein and iron.</li> </ul>	<p>Often served with citrus, shellfish is popular as an appetizer and in salads.</p> <p>Salsas are similarly fresh to the palate and an internet search will return many recipes.</p>
	<p><b>Recipe idea:</b></p> <p><b>Bean salsa</b></p> <ul style="list-style-type: none"> <li>• 5 ripe plum tomatoes (seeds and pulp removed)</li> <li>• 300 mL white navy or black beans (drained)</li> <li>• 125 mL fresh cilantro sprigs, chopped</li> <li>• ½ small white onion</li> <li>• 1 fresh serrano pepper, minced with seeds removed</li> <li>• 15 mL garlic, minced</li> <li>• 30 mL fresh lime juice</li> <li>• 5 mL sugar</li> <li>• Salt and pepper to taste</li> </ul>	