



SIMPLE SWAPS FOR FOOD ALLERGENS

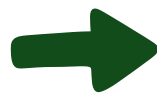
If you are allergic to these common allergens, try these simple alternatives to build a healthy and varied diet.

IF YOU ARE ALLERGIC TO THIS...

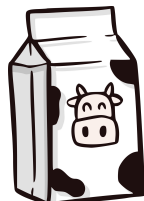
TRY THIS INSTEAD...



PEANUTS



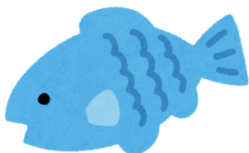
Tree nuts, sun butter or almond butter are great for snacking or spreading on sandwiches



MILK



Almond, soy, oat, coconut or lactose-free milks are delicious and nutritious



FISH



Chicken, beans, lentils, tofu, nuts or seeds pack a protein punch



TREE NUTS



Sunflower seeds or pumpkin seeds are full of healthy fats and fiber

