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NUTRITIONAL ISSUES FOR FOOD ALLERGY

- Depending upon the specific foods eliminated from your child's diet, substitutions may be needed to provide sufficient nutrients
- In some cases, a supplemental "complete" formula is needed
- Talk to your doctor/dietitian about your child's specific needs

The following information may serve as a basic guide* when working with your doctor/dietitian:

- Serve a variety of foods from each food group daily.
- When you child is avoiding one food in a food group, look for alternatives in the same group to meet nutritional needs

Food Group	Recommended Daily Servings	Portion Size by Age		
		1-3 years	4-8 years	>8 years
Grain Group	<i>6 or more servings</i>			
	Bread	¼- ½ slice	¾ slice	1 slice
	Crackers	2-3	4-6	6
	Dry or cooked cereal	¼- 1/3 C	½ C	½ C
	Rice or Pasta	¼- 1/3 C	½ C	½ C
Fruit/Vegetable Group	<i>5 or more servings</i>			
	Chopped: cooked, canned or raw	¼ cup	½ C	½ C
	Whole	¼- ½ piece	½ -1	½-1
	Juice	¼ cup	½ C	½ C
Milk or Milk-Substitute Group	<i>3 - 4 servings</i>			
	Milk (cow, rice, soy) yogurt	½ cup	¾ cup	1 cup
	Cheese	½ oz	¾ oz	1 oz
	Infant or toddler formula	¾ cup	1 cup	1 cup
Meat Group	<i>2-3 servings</i>			
	Lean meat, poultry, fish	1 ounce	2 oz	3 oz
	Beans and peas, tofu	2-4 Tbsp	4-6 Tbsp	½ C
	Egg	1	1	1
Fat Group	<i>3-4 servings (depends on calorie needs)</i>			
	Margarine, butter, oil	1 tsp	1 tsp	1 tsp

*Adapted from the Pediatric Manual of Clinical Dietetics

Please see reverse for examples of the variety of foods in each food group.



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Use the following food group as a guide for the servings described on the reverse side of this information sheet. Choose those allowed and approved by your allergist.

Grain:

Wheat	Corn
Rye	Amaranth
Barley	Quinoa
Rice	Buckwheat
Oat	

Fruit:

Apple	Kiwi
Apricot	Mango
Banana	Nectarine
Blueberry	Orange
Cantaloupe	Papaya
Cherries	Peach
Grapefruit	Pear
Guava	Raspberry
Grapes	Strawberries
Honeydew	Watermelon

Vegetables:

Asparagus	Cucumbers
Beets	Greens-
Bell pepper	(Spinach, Kale, Collard)
Broccoli	Green Beans
Brussels sprouts	Lettuce (Romaine, iceberg)
Butternut squash	Potato
Carrots	Sweet potato
Celery	Tomato
Corn	Zucchini

Milk and Milk substitutes:

Cow's milk, cheese and yogurts
 Enriched Soy milk
 Enriched Rice milk- lower in fat and protein- please talk to your doctor to determine if this milk substitute is right for your child
 Complete infant or toddler formula

Meat or Meat substitutes

Lean meat (beef, lamb or pork), poultry, fish
 Beans, peas, tofu
 Nuts or seeds
 Eggs

RESOURCES

-This program has additional information sheets that you may find helpful.
 -Explore additional educational materials, for example, from Food Allergy Research & Education (www.foodallergy.org).

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