

# Hypoallergenic Diet Guide

A general reference for identifying and avoiding common food allergens and asthma-related dietary triggers. Portion and substitution examples are general guidance, not a prescription - consult your allergist, pulmonologist, or a registered dietitian for advice specific to you.

## Milk & Dairy (Major Allergen)

| What to Avoid                                                                                    | Preferred                                                                           |
|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Cow's milk, cheese, butter, yogurt, ice cream, and foods listing casein or whey as an ingredient | Oat milk, almond milk, soy milk, coconut yogurt, and dairy-free cheese alternatives |

## Eggs (Major Allergen)

| What to Avoid                                                                     | Preferred                                                                                                      |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| Eggs and foods containing egg - mayonnaise, meringue, many baked goods and pastas | Commercial egg replacers, mashed banana, or a flax/chia "egg" (1 tbsp ground seed with 3 tbsp water) in baking |

## Peanuts & Tree Nuts (Major Allergens)

| What to Avoid                                                                                              | Preferred                                                                                               |
|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| Peanuts, peanut butter, almonds, walnuts, cashews, pistachios, and foods processed in facilities with nuts | Sunflower seed butter, pumpkin seeds, and seed-based snacks (check labels for shared-facility warnings) |

## Soy (Major Allergen)

| What to Avoid                                                                                  | Preferred                                                                     |
|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| Soybeans, tofu, edamame, soy sauce, and processed foods containing soy protein or soy lecithin | Coconut aminos in place of soy sauce; chickpea- or pea-protein-based products |

## Wheat & Gluten-Containing Grains (Major Allergen)

| What to Avoid                                                                                  | Preferred                                                              |
|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| Wheat bread, pasta, and most baked goods, plus hidden wheat in some sauces, soups, and gravies | Rice, corn, quinoa, and certified gluten-free oats, breads, and pastas |

## Fish & Shellfish (Major Allergens)

| What to Avoid                                                                                     | Preferred                                                                                  |
|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| Finfish (salmon, tuna, cod) and shellfish (shrimp, crab, lobster), plus foods fried in shared oil | Poultry, lean meat, eggs (if tolerated), or plant-based proteins such as beans and lentils |

## Sesame (Major Allergen, added 2023)

| What to Avoid                                                                  | Preferred                                                                      |
|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Sesame seeds, tahini, sesame oil, and hummus or falafel made with sesame paste | Sunflower seed spreads and other seed or vegetable oils in place of sesame oil |

## Pollen-Cross-Reactive Fruits & Vegetables (Oral Allergy Syndrome)

| What to Avoid                                                                                                                                       | Preferred                                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| If sensitized to birch, ragweed, or grass pollen: raw apples, peaches, cherries, carrots, celery, melons, and bananas, especially raw and in-season | The same fruits and vegetables well-cooked or canned, since heat breaks down the cross-reactive proteins; or choosing produce outside your specific pollen-reactive group |

| Asthma-Trigger Food Additives                                                                                                 |                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| What to Avoid                                                                                                                 | Preferred                                                                                                              |
| Foods with added sulfites - dried fruit, wine, processed potatoes, and some packaged guacamole or shrimp                      | Fresh or frozen fruits and vegetables without added preservatives                                                      |
| Monosodium glutamate (MSG) in individuals who notice sensitivity to it                                                        | Freshly prepared foods seasoned with herbs, garlic, and citrus instead of packaged flavor enhancers                    |
| Histamine-Rich & Fermented Foods (for histamine sensitivity)                                                                  |                                                                                                                        |
| What to Avoid                                                                                                                 | Preferred                                                                                                              |
| Aged cheese, cured or processed meats, fermented foods (sauerkraut, kombucha), and leftover or aged fish                      | Fresh meats, freshly cooked meals, and fresh fruits and vegetables eaten soon after preparation                        |
| Reading Labels & Cross-Contact                                                                                                |                                                                                                                        |
| What to Avoid                                                                                                                 | Preferred                                                                                                              |
| Products with vague terms like "natural flavors" or "spices" that may hide an allergen source                                 | Products with a clear allergen statement (e.g., "Contains: milk, wheat") and, where relevant, "may contain" advisories |
| Mustard & Celery (EU-Recognized Major Allergens)                                                                              |                                                                                                                        |
| What to Avoid                                                                                                                 | Preferred                                                                                                              |
| Prepared mustard, mustard seed/powder, and celery or celery salt in soups, stocks, and spice blends                           | Herb-only seasoning blends and dressings made with vinegar, citrus, and oil instead of mustard                         |
| Corn & Corn-Derived Ingredients                                                                                               |                                                                                                                        |
| What to Avoid                                                                                                                 | Preferred                                                                                                              |
| Corn on the cob, corn syrup, corn starch, and processed foods listing corn-derived fillers, for those with a corn sensitivity | Rice, potatoes, quinoa, and other grains or starches as a base for meals and thickening sauces                         |
| Food Dyes & Preservatives (asthma-sensitive individuals)                                                                      |                                                                                                                        |
| What to Avoid                                                                                                                 | Preferred                                                                                                              |
| Artificial food dyes (e.g., tartrazine/Yellow 5) and benzoate preservatives in some sensitive individuals                     | Foods colored naturally or left uncolored, and fresh foods without added preservatives                                 |
|                                                                                                                               | Reading ingredient labels for dye and preservative names if a prior reaction has been noted                            |
| Alcohol & Fermented Beverages                                                                                                 |                                                                                                                        |
| What to Avoid                                                                                                                 | Preferred                                                                                                              |
| Beer, wine, and cider - common sources of both sulfites and histamine that can trigger symptoms in sensitive individuals      | Water, herbal tea, and freshly made non-alcoholic beverages without added sulfites                                     |

**References**

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2. Kato Y, Morikawa T, Fujieda S. Comprehensive review of pollen-food allergy syndrome: pathogenesis, epidemiology, and treatment approaches. Allergol Int. 2025;74(1):42-50. doi:10.1016/j.alit.2024.08.007

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