

Food Allergy Substitution Chart

by FWDfuel Sports Nutrition

Eggs

Flax or Chia Egg

Wheat

Cassava, almond, rice

Dairy

Non-dairy milk, yogurt, cheese

Tree Nut

Sunflower, Pumpkin,
Watermelon Seeds/Seed Butter

Peanut

Sunflower, Pumpkin,
Watermelon Seeds/Seed Butter

Soy

Chicken, Turkey Pork Beef

Shellfish

Chicken, turkey, pork beef

Sesame

Poppy, hemp or chia seeds