

PEDS

NUTRITION CHALLENGE



**ALLERGENS
SUBSTITUTE
LIST**



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EGGS

Chia seeds

Aquafaba/ chickpeas water

Apple puree/ banana puree

Yoghurt

Cashews

Flaxseeds

Egusi/ Bambara

Soyabeans

Spirulina

CRAYFISH

Mushroom powder/seasoning

Fish powder

Iru (fresh or dried)

Soupa delish vegan seasoning

Meat stock/Vegetable stock

NUTS

Chia seeds

Flaxseeds

Sesame seeds

Bambara nut

Sunflower seed

Tigernuts

Mamalac nature's burst

Seed butters/powders

DIARY MILK

E-book on non-diary combinations 

Bambara milk recipe 

Cashew milk recipe 

Other milk combination recipes 

Soy milk

GLUTEN

Sprouted sorghum

Cassava

Lentil

Plantain

Sweet potato

Tigernut

Maize

Gluten free Oats

Rice flour (Tuwo)

Fonio

Chickpeas

Bambara

Gluten free cereals

Tapioca

FISH

Chicken

Beef

Lamb

Pork

Liver

Gizzard

Beef bones (bone broth)

Soy based products

SOYA

Egusi

Chickpeas

Beans

Fio fio beans

Lentils

Akidi beans

Green peas

Bambara

BUTTER

Duck Ghee

Sunflower seed oil

Coconut spread

Vegan butters

Avocado spread/butter

Coconut oil

Tigernut butter



DIARY YOGHURT

Coconut yoghurt

Cashew yoghurt

Almond yoghurt

Soya yoghurt

Kefir

Fruit sorbets

NOTES

- **These alternatives are the best options to replace the nutrients your child may miss from their allergens. As the focus is not to replace "item for item" e.g. coconut milk does not replace cow milk in terms of nutritional support.**
- **The items above can also be allergens or trigger intolerances as each child is different.**
- **Please ensure you are observant and paying attention to your child's skin and bowel movements. This is so you are able to detect a rash or abnormal frequency and it can be addressed early**

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