

**PEDS**

**NUTRITION CHALLENGE**

A collage of various food items including a glass of milk, bowls of chickpeas, salmon, hazelnuts, and flour.

**ALLERGENS  
SUBSTITUTE  
LIST**

**POWERED BY NUTRITION4KIDSNG**

# All Right Reserved

No part of this publication may be reproduced, distributed, or transmitted in any form or any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of Nutrition4kidsng, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

# 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**

# **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**

# PEDS NUTRITION CHALLENGE

**POWERED BY**



**@NUTRITION4KIDS\_NG**



**+234 703 936 5033**



**NUTRITION4KIDSNG@GMAIL.COM**



**WWW.NUTRITION4KIDSNG.COM**