

Nutrients To Monitor With Food Allergies

Meal planning with food allergies is important to make sure there are no nutritional deficiencies. Nutrients such as vitamin D, B-vitamins and Selenium all have a significant role in total health and helping the body function properly. Here is a list of common food allergies and the vitamins and minerals they provide. If you are allergic to one or more of these foods be sure to find replacements for these nutrient from other foods in your diet. It is always recommended to consult with a professional for guidance.

FOOD ALLERGY	NUTRIENTS TO MONITOR
Fish	Protein, Niacin, B-6, B-12, vitamin E, Phosphorus, Selenium
Shellfish	Zinc, Magnesium, Copper, Selenium
Eggs	Vitamin D, B-12, B-6, Pantothenic Acid, Selenium, Riboflavin, Biotin
Corn	Thiamin, Riboflavin, Niacin, Iron, Chromium
Milk	Calcium, Vitamin A, Vitamin D, Manganese, Chromium
Peanuts	Niacin, Magnesium, Vitamin E, Manganese, Phosphorus
Tree Nuts	Vitamin E, Mangesium, Copper, Manganese, Phosphorus
Soybeans	Thiamin, Riboflavin, B-6, Folacin, Calcium, Phosphorus, Magnesium, Iron, Zinc
Wheat	Thiamin, Riboflavin, Niacin, Iron, Selenium, Fiber, Chromium

For more information and advice, call Lisa Moskovitz, R.D. at (646) 495-9910 or email your.ny.dietitian@gmail.com. Health insurance is accepted!

