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Allergy Aware Grocery Guide

Best Bread choices:

Outside the breadbox- Brown rice bread and vegan egg free oat Available only at Vitamin Cottage(VC)

Udi's breads- they have several varieties found in the frozen sections of Whole Foods Market (WFM) and Vitamin Cottage (VC).

Best pasta:

Tinkyada- they have nearly every shape of pasta made and hold up well. The pasta can usually be gently re-heated once after it has been cooked.

Best Cheese alternative:

Daiya- there are three shredded varieties and now block forms available. Found in the refrigerated section, usually with the "alternative dairy section" This cheese is casein free and cooks/melts beautifully. There is disagreement in our family about its taste cold.

Best Butter Alternative:

Earth Balance – makes three types of dairy free alternatives. Read labels to determine which is appropriate for you. We use the red label one since it is soy free.

Best Mayonnaise Alternative:

Earth Balance-mindful mayo. Tastes great and is egg and soy free.

Milk Alternatives:

Rice Dream – rice milk. They also have fantastic ice cream nibs (vanilla rice milk ice cream covered in dairy free chocolate)

Almond Dream – almond milk and ice cream

So Delicious – Coconut milk, coconut yogurt, coconut kefir. I like this milk for cooking because it doesn't have a strong coconut taste. It works well in mashed potatoes or frosting for example.

For coffee and tea I prefer canned coconut milk because of its rich fat content (which is healthy medium chain triglycerides)

Best Baking Resources:

Enjoy Life – this is a dedicated nut and gluten free bakery. They make awesome sugar cookies and chocolate chip cookies as well as snack bars (coco loco, sunbutter crunch, caramel apple, etc). They also have a variety of nut and gluten free granola cereals. Best of all they make gluten free, dairy free chocolate chips (in baking aisle) and now have chocolate chunks that make a seriously gooey and yummy cookie bars.

Namaste- has several baking mixes. The spice cake mix is our favorite. They are also a dedicated facility. The Allergen Free Baker's Handbook by Cybele Pascal is my go to book for baking from scratch and baking just about anything you need. I use her Basic Gluten-Free Flour Mix for just about everything. Kinnikinik-has the best "oreo" type cookie. They also make a vanilla version.

Food prepared in its simplest forms makes some of the best meals.