



Allergy-Friendly Snack List

With this list you will have 20
allergy-friendly and healthy
snack ideas for your children.

USING THIS LIST

How many times have you heard your child say, "Can I have a snack?" Hundreds? Thousands? It can be hard to figure out what type of snacks to give your children that are not only nutritious, but that they will actually like. When food allergies come into play, this task is even harder.

This is a list of 20 allergy-friendly snacks that are free from the Top 9 most common allergens. This list is suitable for children with food allergies as well as those without.

- Save this document to your phone in order to have easy access at the grocery store.
- If you find additional healthy, allergy-friendly snack items, add them to this list. This way you have a master list that you can always refer to.

Always check every ingredient label before consuming. Manufacturers change their practices all the time.

For professional nutrition guidance for your child with food allergies, check out my [1:1 counseling services](#). I love helping parents take back control from food allergies and create nutritious and safe meals for their families.



Hey, I'm Liz!



I am a registered dietitian nutritionist and college professor who specializes in food allergies as well adult wellness and habit change. I provide individualized nutrition services for families navigating food allergies and developed a food allergy course for parents as well.

I offer:

- 1:1 counseling
- meal planning services
- food allergy online course

I am also the author of "The Allergy-Friendly Cookbook" and a food allergy mom myself!



Allergy-Friendly Snack List

1. Applesauce: GoGo Squeeze pouches or Nature's Promise cups
2. Avocado toast on gluten free bread
3. Bare Naked Crunchy Apple Chips (has coconut in the facility, which is looked at as a tree nut by the FDA, but is technically a fruit so I wanted to add it to the list since the facility is free of all major allergens)
4. Beef Jerky
5. Enjoy Life dried fruit and seed pouch
6. Enjoy Life Lentil Chips
7. Fresh fruit: apple, orange, clementine, tangerine, strawberries, blueberries, raspberries, blackberries, cantaloupe, honeydew, watermelon, mango, papaya, banana, dragonfruit, kiwi, pineapple, grapes (cut in half), peach, plum, nectarine, avocado slices.
8. Fresh vegetables: grape tomatoes (cut in half), carrot sticks, celery sticks, cucumber slices, bell pepper slices, broccoli, cauliflower
9. Good Health Veggie Chips
10. Homemade popcorn (not suitable for children under 6)
11. Made Good Granola Bars
12. Nature's Promise Peach and Pear cups
13. Oat milk yogurt
14. Rice or Corn based cereal (Rice Chex, Corn Chex)
15. Safe and Fair Granola
16. Sunbutter Sunflower butter pouches: you can put on an apple or banana or use as a dip with celery sticks
17. Sunmaid Raisins
18. That's It Fruit Bars
19. Whole Fruit Frozen Bars (only contains coconut in the facility)
20. Wholly Guacamole with veggie slices

SO WHAT'S NEXT?



If you want help and guidance in navigating the food allergy world, I would be thrilled to work with you!

I decided to specialize in pediatric food allergies because I, as a Mom and dietitian, wanted to make it easier for parents to feed their children nutritious and safe foods and to empower them to take back control of a life that has been taken over by food allergies. Too often I see parents feeling helpless, alone and stressed about vacations, playdates, back to school and all the things that should be enjoyable.

I offer 1:1 nutrition counseling and life coaching when it comes to food allergies, that includes meal planning services, support groups and an online course!

My goal is to help parents realize that food allergies do not have to define your child and that your family can live a "normal" life that is full of adventure, health and fun!

Reach out to work with me 1:1 today!