

Medical Authority Checklist: Foods to Exclude and Substitute

Child Name: _____

Date: _____

This form may be used in conjunction with the "Medical Statement to Request Special Meals..." form to allow medical providers to elaborate on exclusions/substitutions for children with special dietary needs.

Dairy

Foods to Exclude:

- All foods containing milk*
- Baked goods made with milk
- Fluid Milk
- Buttermilk
- Butter
- Cheese
- Cream/Ice Cream
- Yogurt
- Other (specify):

Allowable substitutes:

- Lactose-free milk
- Plant-based milk alternates (e.g. soy, almond, and rice milk)
- Other (specify):

*Ingredients that contain milk include: Artificial butter or cheese flavor, Casein or caseinates, Curd, Ghee, Hydrolysates, Lactalbumin, lactalbumin phosphate, Lactose, lactoglobulin, lactoferrin, lactulose, Rennet, Whey or whey products.

Eggs

Foods to Exclude:

- All foods containing eggs*
- Eggs
- Other (specify):

Foods to substitute:

*Ingredients that contain egg include: Albumin (also spelled albumen), Egg (dried, powdered, solids, white, yolk), Eggnog, Lysozyme, Mayonnaise, Meringue (meringue powder), Ovalbumin, Surimi

Grains

Foods to Exclude:

- All foods containing wheat*
- All foods containing gluten
- Rye
- Barley
- Other (specify):

Allowable substitutes:

- Rice
- Corn products
- Quinoa
- Oats
- Other (specify):

*Ingredients that contain wheat include: Bread crumbs, Bulgur, Cereal extract, Club wheat, Couscous, Cracker meal, Durum, Einkorn, Emmer, Farina, Flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat), Hydrolyzed wheat protein, Kamut®, Matzoh, matzoh meal (also spelled as matzo, matzah, or matza), Pasta, Seitan, Semolina, Soy sauce (may contain wheat, not all varieties), Spelt, Sprouted wheat, Triticale, Vital wheat gluten, Wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch), Wheat bran hydrolysate, Wheat germ oil, Wheat grass, Wheat protein isolate, Whole wheat berries.

Meat

Foods to Exclude:

- Beef
- Pork
- Poultry
- Lamb/Mutton
- Other (specify):

Allowable substitutes:

- Tofu
- Eggs
- Dairy
- Nuts/nut butters
- Beans
- Other (specify):

Nuts

Foods to Exclude:

- Peanuts & Peanut Butter
- Peanut Oil
- All Tree Nuts* & Nut Butters
- Other (specify):

Allowable substitutes:

- Soy Butter
- Sunflower Seed Butter
- Almond Butter
- Other (specify):

*Tree Nuts Include: Almond, Beechnut, Brazil nut, Bush nut, Butternut, Cashew, Chestnut, Filbert, Ginko nut, Hazelnut, Hickory nut, Lichee nut, Macadamia nut, Nangai nut, Pecan, Pine nut, Pistachio, Shea nut, Walnut.

Seafood

Foods to Exclude:

- Crustaceans (crab, shrimp, lobster)
- Mollusks (clam, mussel, oyster, scallop)
- Finned Fish*
- Caesar Dressing
- Imitation fish/crab
- Other (specify):

Foods to substitute:

*Finned Fish include: Anchovy, Bass, Catfish, Cod, Flounder, Grouper, Haddock, Hake, Halibut, Herring, Mahi mahi, Perch, Pike, Pollock, Salmon, Snapper, Sole, Swordfish, Tilapia, Trout, Tuna, Walleye.

Other

Foods to Exclude:

Foods to substitute:

Signature of Preparer:	Printed Name:	Date:
Signature of Medical Authority & Credentials:	Printed Name:	Date: