



## Additional foods you can eat on a milk (and soy) free diet

Check labels. Products may change and ingredients may be missed. **SOY LECITHIN** is a fat, not a protein, so it **IS ALLOWED** on a soy free diet!

**MEAT** Tysons Chicken Nuggets  
Van De Kamp's fish sticks

**PASTA** Most ok, watch for soy protein fillers

### OATMEAL

Quaker Oats Instant Oatmeal : Raisin,  
Date & Walnut, Raisin & Spice,  
Cinnamon & Spice, Apple & Spice

Quaker Oatmeal: Maple & Brown Sugar,  
Apples & Cinnamon

### BREADS

Rotella  
most HyVee, Walmart and SaraLee brands  
Big Sky Bread: Light Oat Cracked plus several others  
Earth Grain Honey Wheat Berry Bread  
Merita  
Ht Brand: Grain Bread, Buttermilk Biscuits,  
Stove Top Cornbread Stuffing  
Jiffy Corn Muffin Mix (Mix with water or Soy formula)  
Pepperidge Farm Banana Nut Muffins (frozen)  
Mama Mary's Pizza Crust

### SALTY SNACKS:

Pretzels, Popcorn, Plain Potato and Corn Chips  
Fritos bean dip  
Nabisco: Triscuits  
Wheat Thins  
Saltines: Ht and Zesta  
Ritz Crackers

### DAIRY

Margarine: HyVee brand  
Smart Balance  
Rice Dream Ice Cream  
Vanilla Flavored Rice Milk (use on cereal)  
Coffee Rich (for baking)  
Rice Sour Cream  
Pudding: Hunts Snack Pack Lemon  
Imagine Non-Dairy Pudding  
Chocolate, Butterscotch

### SWEET SNACKS

Gummie and hard candies  
Marshmallows  
Chocolate Chips: Guittard Semi Sweet  
Baker's  
Mounds  
Little Debbie: Mint Spritz,  
Dutch Crisp  
Moon Pie  
Keebler Honey Grahams  
Animal crackers: Keebler,  
President's Choice,  
HyVee brands  
Graham Crackers: Honey Maid Cinnamon Low Fat  
Murray's Ginger Snaps  
Nabisco: Zings,  
Bearwiches (Vanilla with chocolate icing)  
Archway: Coconut Macaroons,  
Rocky Road Cookies  
Pecan Sandies: Pecan, Almond & Shortbread  
Stella D'oro Cookies  
Oreo's: Reduced fat  
Uh-oh Oreo's  
Ht Cookies  
Ison's Cinnamon Rolls (frozen)  
Hi-Lo Glazed Donuts  
Angel food cake  
Plain Rice Crispie bars (made with proper margarine)  
Rachel's Brownie Bites (frozen)  
Pillsbury: Walnut Brownies,  
Pie Crust,  
Cream Cheese Icing,  
Sugar Cookie Dough (refrig)  
Duncan Hines: Brownies,  
Chocolate Icing,  
Soft Batch Chocolate Chip Cookies  
Classic Vanilla or Chocolate Frosting  
Health Valley  
Scones: Cranberry Orange, Pineapple Banana  
Tarts: Baked Apple Cinnamon, Cal. Strawberry  
Breakfast Bakes: Mt. Blueberry, Cal. Strawberry  
Most Sorbets  
Edy's Whole Fruit Sorbet: Strawberry, Lemon  
Raspberry, Peach  
Tofutti Frozen Dessert

## Eating Out

**Papa Johns:** Bread Sticks and Marinera sauce

**Pizza Hut:** Bread Sticks without cheese

**McDonald's:** Chicken Selects (not nuggets)  
Hamburger (without bun)  
Side salad  
Fries  
Hash Browns  
Apple Dippers without caramel  
McDonald Land cookies

**Burger King:** Hamburger on Sesame Seed Bun  
(Whoopper Junior without cheese)  
BK Veggie Salad with Vinegrette

**Panera:** Sourdough and French breads  
Turkey breast sandwich  
Asian Sesame Chicken Salad  
Café Salad  
Fruit cup  
Vegetable Black Bean Soup  
Bagels: apple, blueberry, raisin,  
sesame, plain

**Mr. Goodscents:** Bread OK (no cheese)

**Subway:** Italian bread only (no cheese)

**Taco Bell:**

Beef/Bean Burrito with Flour Tortilla  
(no cheese, baha sauce or sour cream)  
Chicken/Beef Soft or Hard Taco (no cheese)

**Arby's:** Market Fresh Sandwiches (no cheese)

**Runza:** Southwest Grilled Chicken Salad  
(no cheese)

**Applebees /Ruby Tuesdays:** Will use Rotella  
bread on sandwiches if you request.