

a lifestyle resource from Food Equality Initiative

Free-From MAGAZINE

5

JUNETEENTH

Ways to celebrate
with loved ones

At-home exercises
for pregnancy

ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH

Celebrating diversity
through food

THREE

Asian fusion
recipes to
celebrate

CHINESE & ALLERGIC

Reconciling culture
with dietary needs



LETTER FROM THE EDITOR

Dear Readers,

As May is Food Allergy Awareness Month and Asian American & Pacific Islander Heritage Month, this issue of Free-From Magazine is here to celebrate the intersection of diverse cultural heritage and special dietary needs.

For a long time in the United States, Asian food has been stereotyped as unsafe for people with food allergies, particularly for those with tree nut, peanut, or soy allergies. When I was growing up with a peanut allergy, I took this to heart. I avoided dining out at any Asian restaurants for the sake of my allergy. I did not even have any Asian cuisine at home because I just assumed it was all not safe. However, as I got older, I started to question this stereotype. Is Asian food really any more “dangerous” for food allergies than any other type of cuisine. Peanuts are in a lot of American dishes as well, but I could navigate that. So, I thought, why couldn’t I do the same for Asian food?

I did more research and came to the conclusion that I did not need to avoid places or cuisines simply “because they were Asian.” Just as when going out to eat at ANY restaurant with a food allergy, I have to communicate my allergy and advocate for safe practices in order to comfortably and safely dine.

No one cuisine is inherently safer or more dangerous for people with dietary restrictions. All of our situations are different and we all have different levels of comfort and needs when choosing what to put in our bodies. I am not recommending going out and trying new food without doing proper research. But I am suggesting looking deeper into stereotypes and confronting them. Instead of closing yourself off from a culture or cuisine simply because it is different or has a stereotype,

do your own research and make up your own mind. You may decide that it isn’t safe for you, or you might find a restaurant that will make the accommodations that you need. There is a lot of good food out there, and I find that it is always worth a shot.

This issue explores the complexity of Asian cuisine and offers options to modify traditional dishes for different dietary needs. Our articles written by Asian-Americans from different backgrounds come together to share their experiences and struggles reconciling dietary restrictions with long-standing cultural traditions. Other featured articles include exercise for pregnant people and a recipe from the Caribbean.

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Editor in Chief,
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Free-From MAGAZINE

a lifestyle resource from Food Equality Initiative

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ADVOCACY AISLE

The White House will launch a conference on Food, Nutrition, Hunger, and Health

THE GRAIN YOU ALREADY LOVE

Masa harina is a flour made from corn and is naturally gluten free

EXERCISES FOR PREGNANCY

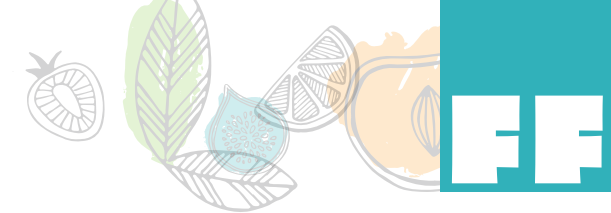
Pregnant people should get an average of 150 minutes of aerobic exercise per week

RECIPES *

3 Asian fusion recipes to celebrate Asian & Pacific Islander Heritage Month

*Disclaimer: The recipes included in the Free-From Magazine are suggestions. Please read carefully and make any substitutions that are necessary for your diet. Consult your doctor if you have questions or concerns. NOTE: Cooking is a science experiment and some ingredient substitutions may not produce the same results.

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Our Teal Way of Life

FAACT Gets to the Heart of the Matter

“FAACT came to fruition because there was a gap that needed to be filled in food allergy education, advocacy, and awareness.”

-Eleanor Garrow-Holding, President and CEO of the Food Allergy and Anaphylaxis Connection Team (FAACT)



Through a diverse mix of programs, initiatives, and a leadership team living with food allergies within their homes, FAACT helps thousands of families find peace, friendship, and life-saving solutions each year.

- Got a new diagnosis and need more information and support? FAACT has you covered!
- Feeling overwhelmed? Visit FAACT’s Behavioral Health Resource Center.
- Have a student heading to college? Check out FAACT’s College Resource Center, which offers checklists and numerous resources for each phase of the college process.

- Need educational materials, or does your school need training curricula programs or handouts? Yes, you guessed it; FAACT has those available to you 24/7.

Education and communication are the building blocks of Our Teal Way of Life. Our Education Center boasts 20 hubs of 100% medically vetted information. Discover downloads, activities, tips, checklists, and podcasts designed to help adults, teens, kids, friends, and colleagues find answers and tools to help them triumphantly conquer each day managing food allergies.

“We meet families where they are – tackling school accommodations, teaching kids how to manage and advocate for their food allergies, facing bullying, anxiety, and fear, preparing for college, and supporting adults managing their allergies. When people leave our events, they know they are part of the FAACT family!” -Eleanor Garrow-Holding

We’re not all numbers, facts, and stats; we need community and each other! Near and dear to our Teal Hearts are these programs:

- **Camp TAG (The Allergy Gang)** – We’re celebrating our 12th year of camps this summer with four in-person locations and one virtual camp – so any child can enjoy an authentic camp experience packed with giggles, education, and new & old friends.
- **Teen Retreat** – Both parents/caregivers and their youth join us for a weekend of community, learning from experts, and connection. Everyone leaves with their hearts full, minds brimming with ideas, and souls packed with inspiration.
- **Leadership Summit** – Community leaders travel from near and far to exchange ideas, hear from medical experts, share tips for outreach and engagement, and forge comraderies in other change-makers like themselves.
- For manufacturers and brands, FAACT holds an annual **Food Industry & Research Summit**—contact us directly for more information.

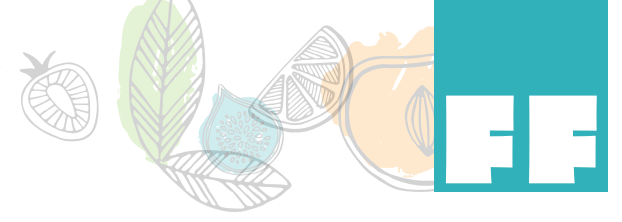
Sometimes, knowing your civil rights is critical to finding the correct answer.

FAACT offers complimentary civil rights advocacy guidance and support to families and individuals who need help in strategizing solutions, and we have assisted over 6,000 families to date. You’ll find us working with the FDA, USDA, FARRP, and other leadership nationwide to ensure the patient voice and needs are being heard.

When FEI’s Founder, Emily Brown, **challenged us to understand she was not okay in 2020**, FAACT listened. Our community was not OK and called us to the task. FAACT created a Diversity, Equity, and Inclusion Advisory Board (thank you, Emily, for your service) to help FAACT better understand how we can close the gap on disparities, hunger, and inequity. Also, our FAACT team is honored to be an active member of the Seven Percent Fund and Coalition and hopes that your organization, favorite manufacturer, or business will join us in working to close the gap in food inequity and health disparities.

We hope you drop by our website, follow our active social media platforms (@FAACTnews), or reach out when you need us – we are here for our FAACT family! You can reach us by visiting [FoodAllergyAwareness.org](https://www.FoodAllergyAwareness.org).





CHINESE AND ALLERGIC ADAPTING CULTURAL FOODS

Stephanie Ulrich

One of my favorite activities growing up was spending Saturday afternoons with my family at a small Chinatown strip mall outside Dallas.

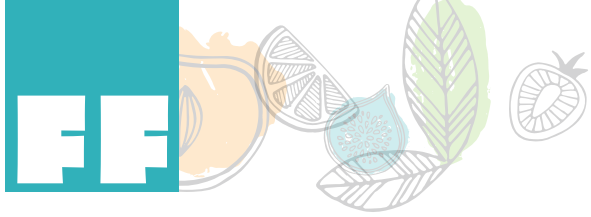
Before even getting into the car, I would start daydreaming about Taiwanese pineapple cakes. The grocery store aisles were filled with noodles, jars of soy sauce, piles of tropical fruit (like lychee), and the fish counter had those big eyes staring right back at me. To this day, I can instantly conjure the uniquely comforting smells of a Chinese grocery store in my mind; I am taken straight back to wandering those aisles.

When Food Allergies and Cultural Foods Collide

Sadly, those dim sum outings in Chinatown are no longer a feature of my diet due to my food allergies. What happens when you learn that most of your favorite cultural foods can actually hurt you? I've been grappling with this question for more than a decade after being diagnosed with a gluten sensitivity, food allergies, and EoE.

However, if I am being honest, I had a really hard time steering clear of some of my favorite foods, even if they made me sick. I had recently moved to New York City and spent many weekends eating hand drawn noodles and soup dumplings with my friends in Chinatown. It wasn't until after I took a family trip to China in 2012 that I began to take my gluten sensitivity seriously. I could feel my body rebelling against what I was eating, so I decided it was time for me to take my food sensitivities seriously and be strictly gluten free.





At the time, I couldn't imagine what allergen and gluten-free Chinese food looked like—not only is gluten in dumplings and noodles, but wheat is in soy sauce, a major staple of Chinese food. Thankfully, I was able to find a couple of Chinese restaurants in New York City that offered gluten-free menus. Plus, my family's Chinese restaurant in California was able to safely accommodate my dietary restrictions with my aunt carefully overseeing my food preparation. While this wasn't an easy transition, seeing my health improve made it a lot easier to never want to eat my triggers ever again.

Finding My Way In The Kitchen

Due to my EoE food triggers, I am currently free from the Top 9 food-allergens and much more. To be honest, I was scared when I was first diagnosed—not only about my new challenges of finding safe food, but I was worried about losing my connection to my Chinese heritage. Not being able to speak the language, the act of sharing meals with my family has always been an important part of my identity.

After the initial shock of realizing that I had so many EoE trigger foods, I decided to learn how to adapt my family's favorite recipes in a way that works with my safe foods. There have definitely been many failed attempts, but the process of trial and error has been incredibly empowering. I love thinking outside the box in my kitchen, preparing allergy-friendly versions of my favorite Chinese dishes, rethinking ingredients in ways I never thought possible.

Over the past couple of years, I have experimented with ingredients such as cassava flour and coconut milk to make scallion pancakes. For Lunar New Year, I made my favorite Chinese-inspired noodle soup with spiralized daikon, representing a grain-free longevity noodle to celebrate. Through time, I have learned that I can still find many of my safe foods like bok choy, daikon, and Japanese sweet potatoes at Asian grocery stores, which is still a place of joy for me.

While our cultural foods might sometimes look a little different when living with EoE and food allergies, having food allergies doesn't mean we can't still find happiness and connection with our allergy-friendly re-creations.

Eosinophilic esophagitis (EoE)

EoE is a type of allergic reaction, but not in the classic sense. It is where white blood cells (called eosinophils) accumulate in the esophagus causing inflammation and damage.

[READ MORE](#)



ABOUT STEPHANIE

Stephanie Ulrich, NTP is a Brooklyn-based Nutritional Therapist specializing in supporting clients with food allergies and autoimmune disease. She shares her custom allergy-friendly recipes, resources, and stories of living with EoE at theopencookbook.com.



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THE TASTEMAKERS

Asian American and Pacific Islander Heritage Month

By Arjun Srinivas

May is here, and just as the month marks the start of warmer weather, it also hosts Asian American and Pacific Islander Heritage Month. This is a month dedicated to recognizing Asian Americans and the depth of culture they bring to our country. However, celebrating the cultural foods can sometimes be difficult for those with special dietary needs.

Asian food has a reputation in the United States for not being accessible to people with food allergies. The top 9 allergens can be seen everywhere from the shellfish in sushi, to the soy sauce used in noodles. However, it is important to note that having a deeper understanding of these cuisines leads to being able to explore them more. Every recipe can be adapted to whatever diet you need to follow. It just takes communication and patience.

I come from an Indian-American family. My mom knows how to make many of the most common Indian dishes. This also means that she knows what ingredients to omit for various dietary needs and what ingredients

would be appropriate replacements. Because of her knowledge, I have been able to interact comfortably with Indian foods much more than others with similar food allergies that don't share my heritage. In this way, being an Asian American proves to be an advantage! I am thankful for my Asian heritage.

Since my family is well versed in Indian food, I feel more at ease engaging in these foods, even with food allergies. I know what I need to avoid, what I can eat, and how foods can be altered so that I can have them. But this doesn't mean you have to be Asian-American to be able to enjoy the food! With a little effort, anyone can learn how to make dishes they want to eat at home, where they are free to omit and substitute any ingredients they cannot eat.

When my family cooks at home, for example, we make our own spice mix for noodles, since noodle brands often use peanut powder in their provided spice mixes. It may require a little creativity to work around the barriers posed by allergies, but it is by no means impossible.

Ultimately, Asian American and Pacific Islander Heritage Month is a great opportunity to appreciate culture and explore new foods. Even though food allergies can seem to wall off possible cuisines, these obstacles can always be overcome with a little work and cooking expertise.



HERE IS A LIST OF SUBSTITUTIONS MY MOM MAKES

INGREDIENT	SUBSTITUTION
Chickpea flour	Mung bean flour
Chickpeas	Dried white peas
Wheat roti	Sorghum flour, rice flour, corn flour, millet (pearl/finger/red), or buckwheat flour
Almonds/Cashews (in gravy)	Pumpkin seeds
Daals (lentil soup)	Matpe bean, horse gram, mung bean, pigeon peas, or dew bean
Soft and sticky consistency batter	Matpe bean flour

Want to become a member of the Teen Advisory Board?

Food Equality Initiative's Teen Advisory Board (TAB) is dedicated to increasing support and information for those with food allergies, celiac disease, and other diet-related illnesses. TAB has a general meeting once a month and offers masterclasses quarterly. Recent projects include: writing personal letters explaining our experiences with food allergies and helpful tips for how to handle your own and creating posters to promote National Food is Medicine Day.

[CLICK HERE TO APPLY](#)



CELEBRATE JUNETEENTH FREEDOM DAY

Kamisha York | Peyton's Allergy Shield of Hope

Juneteenth, short for June Nineteenth, is also known as Freedom Day, Jubilee Day, and Emancipation Day.

It is celebrated as the day that slavery officially ended in the last state of the United States in 1865. Two years after Abraham Lincoln's Emancipation Proclamation, union officials and federal troops came to Galveston, TX to make certain that all enslaved people were free.

In 2021, President Biden declared Juneteenth a federal holiday. Even though it was only recently recognized on a national level, Juneteenth is considered the longest running African-American holiday in the United States, having been celebrated since 1865 in Texas.

Juneteenth is a day that we can all educate ourselves on Black history and celebrate African-Americans who came before us, who fought so hard for the rights that we have today.

While Juneteenth is a federal holiday, a 2020 Harris Poll showed that over 50% of Americans had little knowledge of what Juneteenth was and over 40% had absolutely no knowledge of Juneteenth.

My family fell under this category as well until the early 1980s when my family moved from Georgia to Texas. Even so, I remember hearing my parents talk about Juneteenth celebrations in Austin, but we did not do anything special to celebrate. However, once I started my own family, I decided I wanted to incorporate Juneteenth into my family's lives. My husband, my children, and I are all African-Americans living in Texas, so I felt that this was something important that we as a family should celebrate.

How do we celebrate?

Usually, my family will celebrate Juneteenth by attending the annual Juneteenth Parade that Austin throws every year. Following the parade, we attend a block party thrown at a

local city park. Sometimes we also host celebrations at our home.

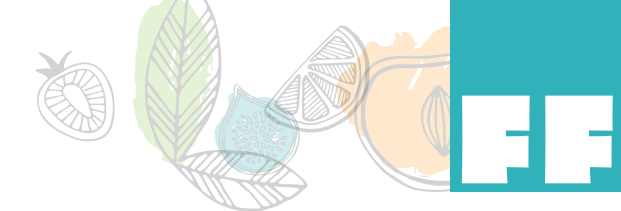
Here are some other ways you commemorate Juneteenth with your family:

- **Find A Local Event**- Now that Juneteenth is being celebrated as a Federal Holiday most cities/ towns are hosting local Juneteenth Events.
- **Host Your Own Juneteenth Celebration**- One of my fondest memories is attending a cookout thrown by family and friends to celebrate Juneteenth.
- **Cook A Traditional Soul Food Dinner**- Cooking and serving a traditional (diet-restriction appropriate) soul food dinner is a great time to discuss the origins of Juneteenth, civil rights, important African-American leaders, and general Black history.
- **Visit a Museum**- Visit an African-American Museum to learn more about Black history.
- **Donate or volunteer**- find a local Black-owned business or organization and ask to get involved.

As a business owner, Juneteenth gives me a platform to advocate, educate, and serve my community. I plan to do just that: With the cost of food rising due to inflation, it is becoming even harder for black and brown families facing economic hardship to secure food. Racial, economic, and healthcare disparities for BIPOC are not something new.

African-American families are faced with dealing with hunger at twice the rate of white/non-Hispanic families. One in six Latina families in the U.S. are faced with hunger. According to the Journal of Academic Pediatrics, Black children are 7% more likely to have food allergies compared to white children.

My family owns the only Black owned and operated 504 c3 in the city of Austin that advocates and educates for people living with food allergies.



This Juneteenth, please consider giving to a local organization supporting this cause of fighting hunger in our communities.



ABOUT KAMISHA
I am Kamisha York (Misha for short). I am the Executive Director of Peyton's Allergy Shield of Hope, a 501 © (3) that my husband and I started in honor of our 13-year-old daughter Peyton. Peyton's Allergy Shield of Hope is a non-profit that is here to advocate and educate for those living with food allergies. In my free time I love to relax and listen to a good audible book, bake, and blog about how my husband and I navigate our crazy life with 3 kids and managing Peyton's food allergies at www.foodallergyjourney.com



A HEALTHY BODY IS DIFFERENT FOR EVERY BODY

Brittany Atkinson

I started my college journey at 18 and my whole life revolved around cheerleading, my boyfriend, and avoiding my allergens.

An Agriculture Resources and Economic class, required for my undergraduate degree at the University of Maryland, awakened my food awareness. Up until this point I had been sick, almost on a monthly basis. I was on antibiotics and steroids for breathing and sinus issues, and overall I had poor lung

and gut health. I was oblivious to the relationship that food had on our bodies except for the one fact I knew: if I ate the wrong thing it could kill me in a matter of minutes if not treated. Little did I realize that food had a larger impact on health than I wanted to give it credit for.



Along this journey, I became educated and interested in all things food. I had a wild dream to invent a peanut butter that I wouldn't have an allergic reaction to... until I found out that it was already created. But I did not let that spoil my creativity and passion for learning. So, in undergrad I made it my mission to investigate the impacts of different qualities of food, where food comes from, why certain foods differently in different bodies, and how even your blood type could have an impact on your overall well being.

After receiving my undergraduate degree, I continued my education and received a degree as an Integrative Nutrition Health Coach. There, I was introduced to how food can impact everyone's lives in unique ways and how "being healthy" was an individualized journey with few universal truths.

With that in mind, I decided to take my own path to "being healthy." In true trial and error fashion, I dove into changing my lifestyle to eat less meat. But, I didn't stop there; I wanted to be Vegan, with a capital V. And not only that, I wanted to be a "healthy" Vegan, whatever that actually means. I knew Oreos were vegan, but I also knew they were NOT healthy. I was committed to trying to change my lifestyle to veganism, and I was determined that my food allergy wouldn't deter me from embodying the "healthy" person I wanted to become. Then, reality hit me. No meat means getting protein from beans, nuts, and seeds...

Only one problem: I'm allergic to nuts, and legumes (except soy, green beans, white beans, and coconut). Still determined to make a "healthier" lifestyle shift, I searched on to find other valuable protein sources. Some safe options I found included hemp seeds, pumpkin seeds, sesame seeds, sunflower seed butter, tofu, and frozen edamame (soybeans). I loved that I was consuming fewer animal products and I even lost a little bit of weight.

However, while I enjoyed consuming less meat, I found that I was consuming more of something else that may not necessarily be seen as "healthier" or "better" - soy. The increase in soy made me feel bloated and impacted my digestive system in a not so fun way, causing me to be in the bathroom a lot longer than usual. My energy lagged and I found myself feeling like I needed more from my meals that

I just couldn't satisfy. Also, while I wasn't spending as much money on meat, I found myself spending that money saved on supplements and specialty allergy-free + vegan products.

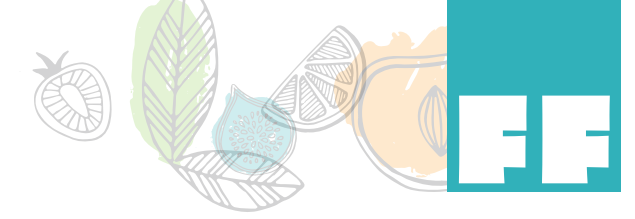
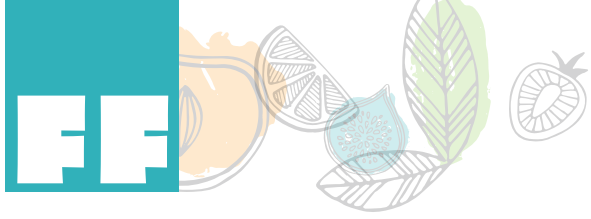
Through the years, I've had to give up this fantasy of eating strictly vegan; restricting my diet to only vegan foods was not what made me feel healthy. With a diet that was already restricted by my food allergies, I had to quickly shift to a mindset of consuming better quality foods that feel right for me.

Consuming a meatless meal once or twice a week has helped my family and I try new foods, reconnect to our vegetables, and decrease our grocery bill. With all things, I found that moderation and mixing in different nutritional elements really improved my overall health. Some "healthy" items that I implemented into my lifestyle were:

- gut probiotics,
- organic/grass-fed beef,
- organic chicken,
- less processed foods,
- free-range eggs from a neighbor,
- vegetables of all different colors,
- less sugary foods,
- minerals (like electrolytes),
- and lots and lots of water.

I hope you will start experimenting with new ideas of what is "healthy" and find your way to an individualized "healthy" lifestyle.





CALIFORNIA ROLL BOWL

Brittany Atkinson

This recipe is a favorite around our table for going meatless without the legumes and is easy to swap out any ingredient to cater to your dietary restrictions.

Pick this or that to assemble your bowl from your ingredient list:
You will also need any type of oil. I prefer using avocado oil.

DIRECTIONS

- Cook your rice or quinoa according to its package directions.
- Dice your carrots or zucchini (or both) and add them to a preheated pan with oil/vegan butter. Sprinkle a small amount of powdered ginger on the diced vegetables if using. Saute them until tender.
- Next, grab a bowl. It's time to assemble!
- Add a cup of rice and your sauteed carrots/zucchini.
- Sprinkle on the tamari or coconut aminos, and sesame seeds or hemp seeds.
- Top with the pickled ginger if using.
- Take a pair of scissors and cut strips of the seaweed or dried Kombu/Dulse to go on top of your assembled bowl.
- Last, slice an avocado or a boiled egg to finish off this filling and nutritious "California roll bowl".

*For added protein and flavor replace the water in your rice or quinoa recipe with vegetable broth.

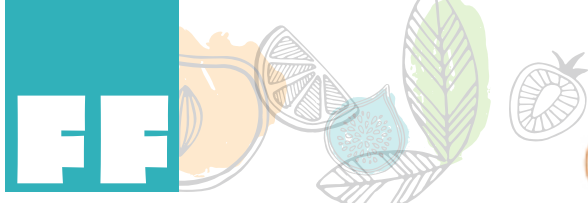


THIS OR THAT



BUILD YOUR BOWL

RICE	OR	QUINOA
CARROTS	OR	ZUCCHINI
TAMARI	OR	COCONUT AMINOS
SESAME SEED	OR	HEMP SEEDS
PICKLED GINGER	OR	POWDER GINGER
NORI SEAWEED	OR	DRIED KOMBU/DULSE
AVOCADO	OR	EGG



(āl'ar-jē) presents

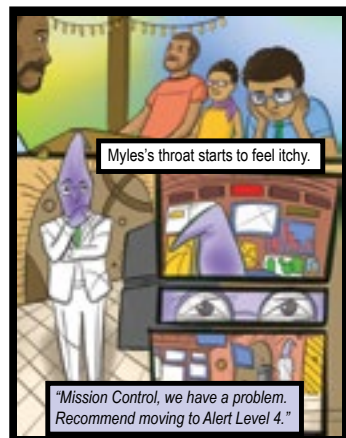
THE SMART DEFENDERS



A COMICS SERIES OF FOOD ALLERGY SURPRISES, BATTLES & TRIUMPHS

YOU'RE INVITED TO JOIN AN ADVENTURE WITH MYLES SMART AND THE SMART FAMILY!

The Smart family lives in a close-knit neighborhood filled with fun memories and mysteries. The first mystery: one that happened three years earlier to Myles Smart III while eating Grandma's Maafe Peanut Stew. Myles, now a bright, curious 10-year-old, embarks on an adventure to understand what's happening inside his body and how to manage it. Determined to learn everything he can and with the help of the "Smarts," Myles uncovers fascinating clues that inspire him to learn how to defend all that is important to him: his health, family, and friends while navigating a peanut food allergy and, ultimately, a challenging OIT regimen.



MYLES SMART, III

FOLLOW THE ENTIRE EPISODE AT ALERJE.COM/SMART-DEFENDERS



WHAT CAN YOU EVEN EAT? A PEEK INSIDE A RESTRICTED DIET

Cindy Kaplan

What can you even eat?

This question is all too familiar – and all too frustrating – to people on medically restricted diets. I have over 35 food allergies, so I've gotten this question a lot. But there are more than 35 foods in the world! While my diet may be different and in some ways restrictive, it's also robust in its own right.

For the first year of the COVID pandemic, I'd kept a spreadsheet of my weekly diet so that I could properly plan for supply chain constraints, grocery delivery apps, and the "temporary" FDA guidelines allowing ingredient changes

without adjustments to packaging labels. So, I reopened the spreadsheet to craft a food diary for this article to showcase what I "can even eat."

Two hours after I started my food diary for this article, I experienced a severe allergic reaction to an environmental trigger. My allergies are so severe and plentiful that I become more sensitive in the aftermath of a reaction. About a decade ago, continued exposure and near-daily allergic reactions caused me to suffer from allergic shock, and my allergen list grew exponentially. After this reaction, my allergist advised me to avoid spices and to not eat more than three portions of any given food in a week. (I do my best to adhere to these rules, but occasionally I'll deviate and have four or five portions over the course of the week; this week, I had to be very strict).

What follows is what I "can even eat" in my worst moment →

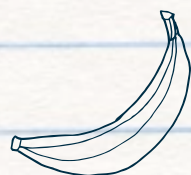


Sunday

Breakfast: Oatmeal with brown sugar and maple syrup
Lunch: Nachos. These were homemade from Nana's Tortilla Chips, the only brand I could find that is both kosher and responded to my inquiry about whether they swapped their listed oil, as I'm allergic to cottonseed. I topped the chips with refried pinto beans, orange bell peppers, pineapple chunks, and cheddar cheese.

Dinner: Roasted turkey with sauteed green beans and white rice

Number of foods eaten: 11



Monday

Breakfast: Teff banana bread

Lunch: Lentil soup

Dinner: Chicken strips sauteed in soy sauce and scallions with a side of purple and orange yams

Number of foods eaten: (running tally): 20



Tuesday

Breakfast: Pear and apple oat cobbler

Lunch: Leftover chicken & yams

Dinner: Mac and cheese

Number of foods eaten: 24

Wednesday

Breakfast: Teff banana bread

Lunch: Leftover lentil soup

Dinner: Beef burgers with grilled onions and kabocha squash

Number of foods eaten: 27



Let's pause for a shoutout to teff! I discovered this grain during my allergic shock episode, when I was craving hearty baked goods, but limited to oat, rye, and millet flours, no more than three times a week each. Teff is a major element of Ethiopian cuisine - think injera. It's naturally gluten free and high in protein. It has, what I believe to be, a nutty flavor, and is thick enough to support gluten-free baking without the help of one of my allergens - xanthan gum. It's not widely consumed in the US, even as it grows in popularity, but it's a pantry staple in my home, and one of the few "superfoods" I can eat. I may not be able to adhere to the quintessential 'healthy American' diet of salads, but my diet incorporates healthy ingredients from diverse cultures around the globe.

Teff!



Thursday

Breakfast: Scrambled eggs

Lunch: Leftover burgers, onions, and squash

Dinner: Lamb kebabs with white rice and white bean hummus

Number of foods eaten: 29



Friday

Breakfast: Teff banana bread

Lunch: White rice with melted cheese

Dinner: Challah bread, egg salad, roasted chicken with roasted potatoes and spaghetti squash kugel

Number of foods eaten: 31

Saturday

Breakfast: Pear and apple cobbler

Lunch: Challah bread, egg salad, roasted chicken with roasted potatoes and spaghetti squash kugel

Dinner: Mac and cheese

Number of foods eaten: 31

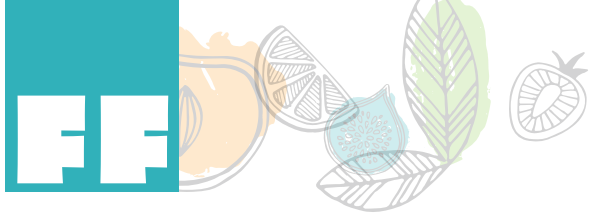


One of my favorite things to do in the kitchen is recreate dishes from restaurants. When I was a kid, a local Middle Eastern restaurant in Brooklyn offered a dish called Lamb Senya On Hummus, which was essentially minced lamb with allspice served on a bed of hummus. It was juicy and perfect, and I crave it all the time.

When I grill ground lamb on my grill pan - even without adding any spices - and serve it on a bed of homemade hummus made from cannellini beans, I'm transported back to those family dinners. The ingredients are flavorful enough in their own right that no spice is needed to make the experience feel gourmet. Perfect for my "bland" allergic aftermath.

Friday night through Saturday night I observe the Jewish Sabbath, Shabbat. One of the day's rituals is eating a robust meal, often with multiple courses. Some weeks it's as extravagant as Thanksgiving, and some weeks, like this one, it's simpler. Even when it's simple, though, Friday lunch is an afterthought, and this week was no exception.

Kugel is a traditional Ashkenazi Jewish delicacy, sort of like a casserole. The most traditional forms of kugel are made of noodles or potatoes, but in recent years, Jewish chefs have been expanding on the dish, and this spaghetti squash version tastes almost identical to the noodle variety. Since many of the vegetables I can eat fall into the larger squash and gourd category, having a way to switch up the preparation helps satisfy my palate.



So what can I even eat?

Even in my worst shape, I was able to eat 31 different food types (not including oils – though the foods above used a mix of canola, olive, and grapeseed). My menu incorporated foods from all around the world - America, Mexico, Japan, Ethiopia, the Middle East, and Eastern Europe.

Living with a special diet takes discipline and work, and the consequences of eating the wrong foods when food is your medicine can be dire. But alongside all the hard parts, are some wonderful opportunities. I've become more creative in and out of the kitchen, I've learned about different cultures and diets and attitudes toward health, and I've discovered that my diet isn't that limited. It's just...mine.



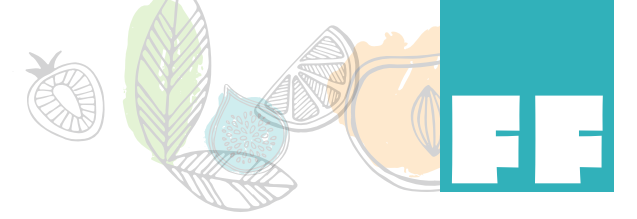
ABOUT CINDY

Cindy Kaplan is a writer, producer, and entrepreneur navigating life in Los Angeles. She blogs about life with 35+ allergies at www.allergyepisodes.wordpress.com and <https://medium.com/@cindyf.kaplan>.

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ADVOCACY AISLE

Kathy Downing

White House Conference on Food, Nutrition, Hunger, and Health

On Wednesday, May 4th, President Biden announced that the White House will launch a conference on Food, Nutrition, Hunger, and Health. This is significant as it is the first time in 50 years that these topics will be discussed on such a level. Leading up to the main conference in Washington, DC this September, there will be mini-conferences in major cities across the United States. These will include regional listening sessions, where local consumers will be able to voice their opinions and thoughts to bring back to the main conference.

Attending the conference will be large, government organizations like the FDA and USDA. Smaller organizations will also be invited, more to come on that as the conference develops. Keynote speakers have still yet to be announced.

This conference is the perfect platform for organizations like Food Equality Initiative to speak up about the importance of nutrition for clients they serve. Food is our medicine; everyone deserves the “good stuff.”

“This conference will bring much needed attention to those who have been traditionally under-served and will help to further our mission of fighting for nutrition security and health equity for all,” Erin Martinez, Interim CEO of Food Equality Initiative.

Update on Kansas' "Axe the Food Tax"

Kansas legislators passed **HB 2106**, which will take place over the next three years. Each year, Kansas will charge less and less tax on grocery items, reaching 0% in 2025. Here is how it breaks down:

6.5% to 4% on January 1, 2023
4% to 2% on January 1, 2024
2% to 0% on January 1, 2025

It is not an immediate jump to zero like we had hoped. However, this model will still provide economic relief to Kansans throughout the state over the next few years. Hopefully your grocery dollar will be able to stretch a little further.

Inflation Rates and Grocery Shopping

A recent article published by PBS addresses the plunge in food stamps benefits in many states, as governors end COVID-19 disaster declarations and opt out of ongoing federal programs that made their states eligible for increases in food stamp benefits (also known as SNAP.)

However, as inflation rates continue to rise, particularly for food items, many families are left unable to buy enough groceries.

Concurrently, food banks are seeing individual donations dwindle amidst the backdrop of increasing demand for their services, and their own rising costs for food. Feeding America estimates the nation's food banks will spend 40 percent more to buy food in the fiscal year ending June 2022 as in the previous year.

That is where organizations like Food Equality Initiative step in.

With YOUR support, FEI will continue working to bridge the gap, fighting for nutrition security and health equity for all.

[Please consider making a tax-deductible donation today.](#)



THE GLUTEN-FREE GRAIN YOU ALREADY LOVE: CORN MASA!

Krista Linares, MPH, RDN

The last decade has seen the rise of a wide variety of gluten-free alternatives for traditional wheat products.

Rice flour has been used to make crackers and pasta. Products like bread, tortillas, and wraps have been made from different products like potato flour, and cassava flour. But there's another gluten-free grain that you probably already love and might not have recognized as a gluten-free grain: corn! Or more specifically, masa harina, a flour made from corn.

What is it?

Chances are you've had masa harina several times before, as masa harina is what is used to make corn tortillas (and even certain types of tortilla chips). Corn is a major staple food across Mexico and Central America; so, masa harina can be found throughout Mexican and Central American cuisine. In addition to corn tortillas, masa harina is used to make many other staples like tamales and arepas, as well as drinks like atole.

Masa harina is a flour made from dried corn which has been nixtamalized and then ground.

Elements of common science experiments are acids (like vinegar) and bases/alkalines (like baking soda). In the process of nixtamalization, dried corn kernels (unpopped popcorn) are soaked in an alkaline solution -- water + an alkaline (calcium hydroxide). Calcium hydroxide is also known as pickling lime, which can be bought at most grocery stores in the pickle aisle. This process helps soften the kernel, allowing it to be ground into a flour.

Not only is corn considered a whole grain and naturally gluten free, but the process of nixtamalization used to make masa harina increases the availability of certain nutrients like calcium and niacin. This means it is easier for your body to digest these important nutrients.

Nutrition Content

One advantage corn masa has over a lot of gluten-free flours is that it's still a complex carbohydrate. That means it's higher in fiber, as well as vitamins and minerals, than a refined flour would be.

For comparison, there is approximately **1.5 grams of fiber in one corn masa tortilla** compared with 0 grams of fiber in 1 wheat flour tortilla.

Foods made from corn masa, like corn tortillas, are also a rich source of vitamin B3 (niacin) as well as calcium. In fact, for both of these nutrients, the availability of them is higher in corn masa than in fresh corn, due to the effects nixtamalization has on nutrient availability. It's important to note, however, that the calcium content varies depending on the brand and their processing methods. Brands that soak their corn kernels in the alkaline solution for 12+ hours have a much higher calcium content, while the industry standard is closer to 2-3 hours, leading to a lower calcium product. Either way, however, the calcium content is higher than in fresh corn. Additionally, certain brands may also fortify their flours with iron and folate.

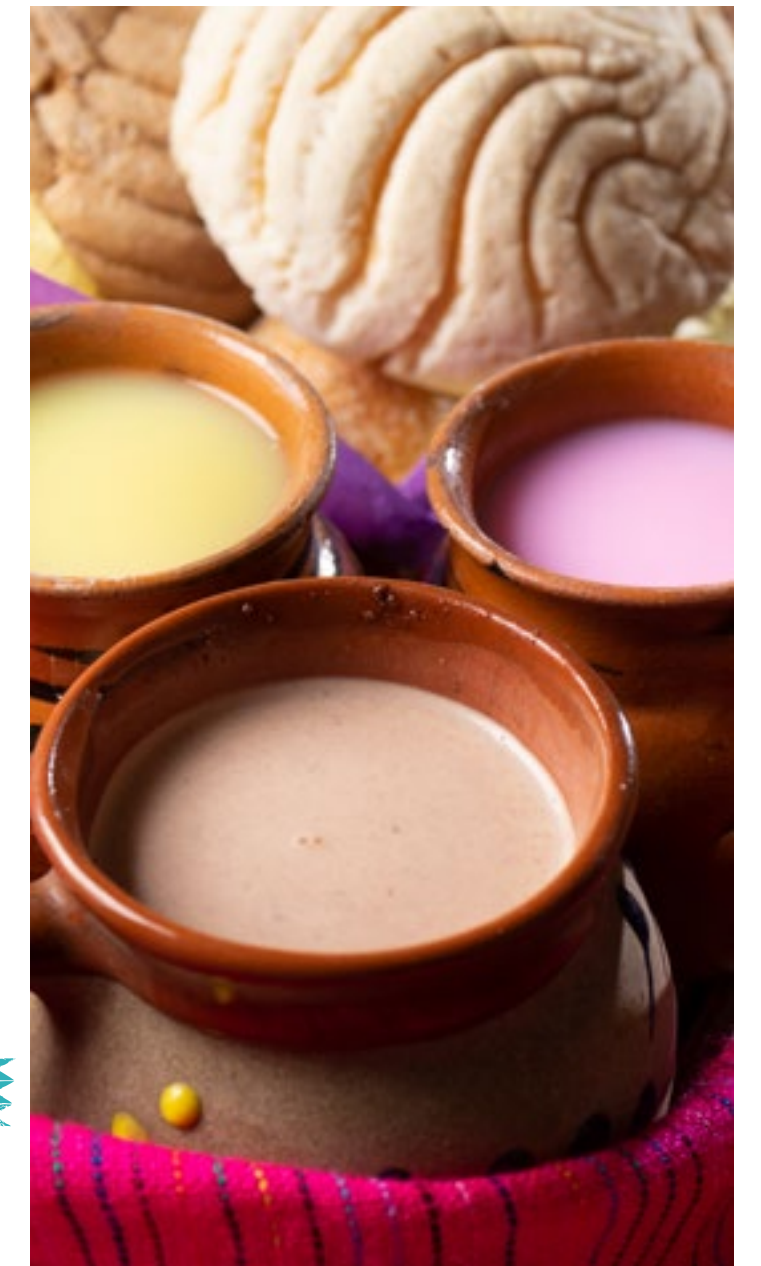
Overall, the nutrient content of corn masa is comparable to other whole grain flours. This makes masa harina's potential use in gluten-free products especially exciting, as gluten-free alternatives have historically been reliant on more refined grain options.

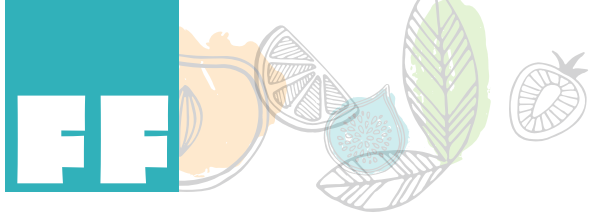
How to use masa harina:

The good news is that you probably already have this grain in your routine from time to time. Taco Tuesday, anyone? So long as you are choosing corn tortillas when having tacos,

you are enjoying the benefits of corn masa. But, really any dish that uses corn tortillas as a base is a very simple way to get this gluten-free, complex carbohydrate into your diet. Think tacos, enchiladas, quesadillas, and more, so long as they're all using corn tortillas.

Another favorite using corn tortillas is migas, a Mexican breakfast favorite! Migas are essentially an egg scramble with fried tortilla strips, and topped with salsa, avocado, or other vegetables.





You can also enjoy masa harina in the form of Latino favorites like sopas, tamales, and arepas. Because corn masa forms the carb base of these dishes, and proteins and vegetables are added on top, any of these dishes would make a workable substitute for sandwiches or other meals that use wheat bread.

The Bottom Line

Products made from corn masa, especially corn tortillas, are a very convenient way to enjoy a gluten-free carbohydrate. In addition to being convenient, corn tortillas have the advantage of naturally being gluten free, so you don't have to feel like you're getting a "substitute" dish. In fact, because Mexican and Central American food rely predominantly on corn as their major staple food, both of these cuisines are very friendly toward gluten-free diets.

The process of turning corn into masa harina helps increase the nutritive value of corn, by making certain vitamins and minerals more available to the body. Plus, a serving of corn tortillas offers a similar amount of fiber to a serving of whole wheat bread.

Overall, if trying to follow a gluten-free diet has you feeling like you're always looking for a substitute, try looking for dishes that have always been gluten free. Masa harina, and most of the dishes made from it, allow you to enjoy a gluten-free meal that is tasty and authentic! Be sure to always read labels and/or talk to the chef before eating.



**NO RENEÉ,
YOU ARE ALLERGIC!**

Meet Reneé.
Reneé has allergies to a lot of foods.

Learn how her family and friends help her have fun and stay safe at parties and playdates

ask dr.renee

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WORKOUTS FOR PREGNANCY

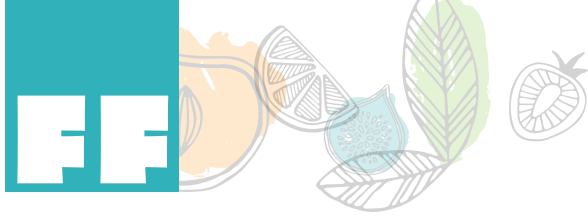
Jamie Brown

The American College of Obstetricians & Gynecologists recommends that pregnant people get an average of 150 minutes of moderate-intensity aerobic exercise per week.

When you break that down, that's 30 minutes of exercise 5 days per week. Moderate-intensity aerobic exercise includes walking, swimming, biking, and any other physical activity that requires you to increase your heart rate and move your legs. If you're someone new to exercise, then I recommend starting off with 5-10 minutes of aerobic exercise five days per week and working your way up to 30 minutes.

In addition to those 150 minutes of aerobic exercise, I always encourage my pregnant clients to add in strength training. While training all muscles during pregnancy is necessary, the most important muscles to train are your legs, pelvic floor, core, and back. Strengthening these muscles can help lessen aches and pains of pregnancy, promote a speedier recovery post-labor, and has even been shown to reduce the risk of gestational diabetes and preeclampsia.

On the next page is a short at-home pregnancy workout consisting of five exercises that you can safely perform at home with no equipment during all three trimesters.



I recommend 3 days per week of strength training for pregnant clients. But, if you're new to training I recommend starting off with one time per week and working your way up with your doctor's permission.

Whether you are new to exercise or have a lot of experience, it's important to discuss your current fitness plan with your ob-gyn. Before starting any exercise make sure you have plenty of water nearby, a supportive sports bra, comfortable clothing, and an area where you can cool off so you don't overheat.

At-Home Pregnancy Workout

1. Stationary Lunges

Complete 3 sets of 10 reps for each leg - Start by placing one leg in front and the other behind for balance. While keeping your chest up, your back knee will lower towards the floor while your front knee tracks over the top of your shoes. Bring that back knee as close to the ground as possible without touching the floor. Use a wall for balance and only go as far as your joints are comfortable with. (Modification: stand next to the wall if you need more support.)

Lunges are great for strengthening your quads, pelvic floor, glutes, and even core due to the challenge of balance.



Example: Stationary Lunges - [No dumbbells](#)
Modification: Wall Assisted Lunge - [Stationary](#)

2. Wall Push-Ups

Complete 3 sets of 10 reps - Start by placing your hands on the wall about shoulder width apart. Begin the movement by bending at the elbows and lowering your upper body towards the wall. Repeat this motion.

Wall push-ups help strengthen upper body muscles and work your core and lower back.



Example: [How To: Wall Push Ups](#)

3. Squats

Complete 3 sets of 12 reps - Start with feet shoulder-width apart with your toes facing forward. While keeping that chest nice and tall, you'll slowly bend at your knees like you're slowly sitting down in a chair. (Modification: Wall sits)

Squats are another great exercise for keeping those glutes, core, and pelvic floor strong.

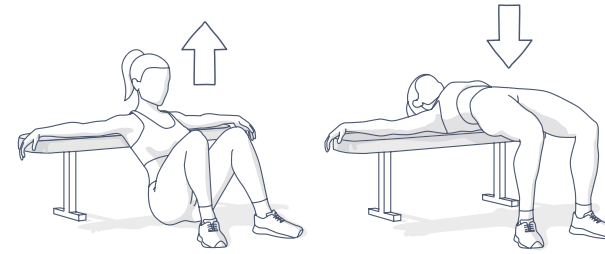


Example: [How to Do a Body-Weight Squat | Health](#)
Modification: [Full wall squat Modification](#)

4. Couch Hip Thrusters

Complete 3 sets of 12 reps - Start by placing your shoulders on the edge of a stable couch. With knees bent you'll lower your hips to the ground before pressing back up through your heels and thrusting hips into the air. (Modification: Kneeling Squats)

Hip Thrusters are great for legs, lower back, and core!



Example: [Exercises For At Home Workouts | Couch Supported Hip Thrust](#)

Modification: [Favorite Exercise | Kneeling Squat with Sara-Lynn](#)

5. Bird Dog with Pulse

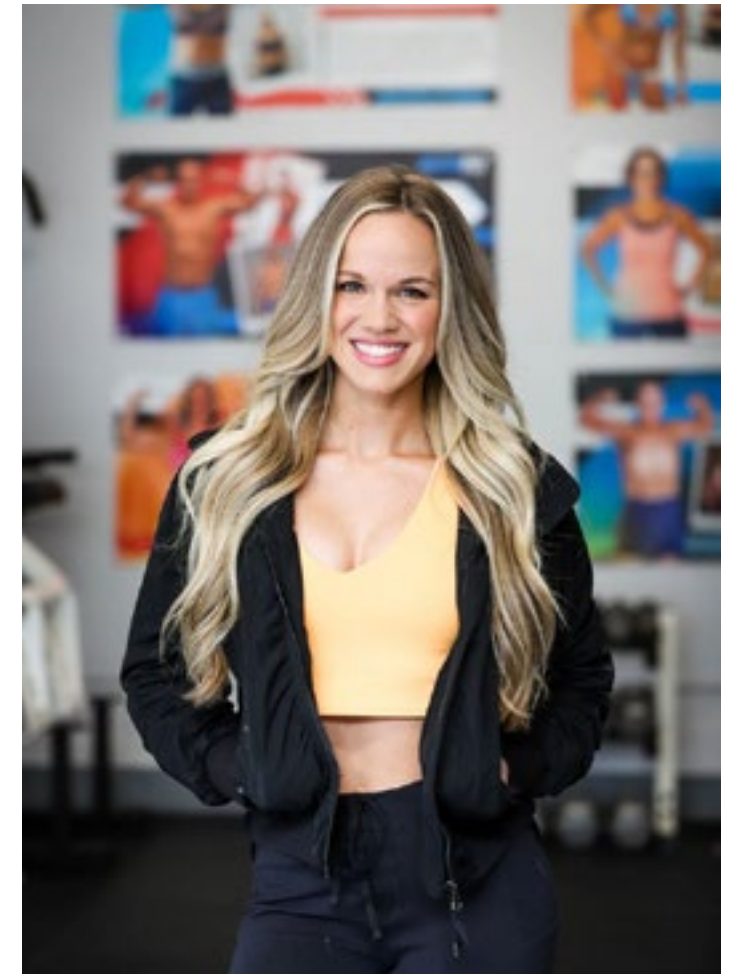
Complete 3 sets of 15 seconds on each side - Start this exercise by starting on all fours with your hands and knees directly under your shoulders and hips. Keeping your back and pelvis stable, reach your right arm forward and left leg back. Once you have found this position you will pulse by lifting your arm and opposite leg 2 to 3 inches above starting positions. Repeat this movement with the opposite arm and leg. (Modification: Bird Dog without added pulse).

Bird-Dogs are excellent for strengthening your lower back and core.



Example: [Bird Dog with Pulse](#)
Modification: [Bird Dog](#)

I hope you enjoy this workout! Like I tell my clients, remember that your physical fitness during your pregnancy is more about your mental wellness. Exercising boosts mood and energy. It also improves sleep, which we all know you deserve more than ever right now with everything your body is going through!



ABOUT JAMIE

Jamie Brown is a Personal Fitness Trainer in Kansas City who works at HitchFit Gym. She specializes in Resistance Training and Pre/Post Natal Fitness. Her passion is helping women of all ages and fitness levels become their best and strongest selves.

ARE YOU?



- a doctor,
- registered dietician,
- nurse,
- medical student,
- or medical researcher?

Are you interested in getting involved in health equity work?

Food Equality Initiative's Medical Advisory Board (MAB) is looking to expand.

Send us a short message of interest to get connected.

CONTACT@FOODEQUALITYINITIATIVE.ORG

RECIPES!

A Trip Around The World Without Leaving Your Kitchen

Five Spice Pastelle Arepas with Pineapple Carrot Slaw

Renee Simeon | [Off The Wheaten Path](#)



One of the things I love about food is that it can transport you to anywhere in the world without ever leaving your kitchen. Caribbean cuisine, especially that of my home island of Trinidad and Tobago, greatly reflects this.

In Trinidad and Tobago, we have a multicultural society that is seen in our food. In just one meal, you can have flavors from China, India, West Africa, and South America! For some this might seem strange to have such a ‘mash-up’ of flavors in one dish, but when your family heritage is a mixture of all those ethnicities and more, it is simply Sunday lunch to us.

When I was diagnosed with food allergies, it was my goal to take many of our multicultural dishes and make them available to others who have the same condition as me so that no one feels left out. And I’m so glad that I can share this part of my culture with you.

My family is a mixture of Chinese and Venezuelan on my mother’s side and West African, Indian, and Scottish on my father’s side. As you can see, I am a fusion of cultures, so when it comes to cooking, I love to combine flavors. This often results in creating something new, like this Five Spice Pastelle Arepa with Pineapple Carrot Slaw. This recipe is a great example of how seemingly different flavors combine to work great together.

I fused my heritage and love of Chinese flavors with one of our traditional dishes, pastelles, along with some other Caribbean flavors to create something that is not only delicious but an explosion of taste.

Pastelles and Arepas.

In Trinidad, pastelles are a dish made with ground meat, olives, capers, and raisins stuffed in cornmeal, wrapped in a banana leaf, and steamed. Although it is usually served around Christmas, it has recently become an all-year treat, and something I love to enjoy because it is naturally gluten free. Traditional arepas are another simple, gluten-free dish. They are made with cornmeal that has been mixed

into a dough, formed into a disk and grilled. It is usually served with cheese or meat and can be split open to make sandwiches making it the perfect vessel for filling. (In Trinidad, arepas are what many know as empanadas.)

Before you start cooking, here are some recipe tips:

- For the meat I used ground pork, but you can use ground beef, chicken, or even ground turkey.
- If you are not a fan of olives, you can leave them out, but they really give the recipe a great flavor.
- If you prefer, you can use cranberries instead of raisins, but I won’t suggest you leave this out, it pairs really well with the Chinese Five Spice and flavorings in the meat.
- As I mentioned before, I used traditional arepas made with white precooked cornmeal, as they split open like a sandwich, but you can use yellow cornmeal, or even serve over a bed of lettuce for a lighter option.

Any of these options will work and the flavors will shine. It is hard to mess this recipe up, so simply cook and enjoy the journey that the flavors take you on, without leaving your home. I’m so glad I got to share a little of my culture with you and I hope it inspires you to create your own food fusions. Now it is time to make these delicious hand-held treats!



FIVE SPICE PASTELLE AREPAS WITH PINEAPPLE CARROT SLAW

INGREDIENTS

FOR THE MEAT

1 pound Ground pork, chicken, beef, or turkey
 ½ tsp Powdered ginger
 ½ tsp Dried thyme
 ½ tsp Chinese five spice powder
 1 Tbsp Soy sauce
 1 Tbsp Tomato paste
 1 Tbsp Oil
 ½ cup Onion, diced
 3 cloves Garlic, finely minced
 ⅓ cup Raisins
 ⅓ cup Olives, chopped
 ½ cup Scallions, chopped
 Salt and Pepper, to taste

FOR THE CARROT PINEAPPLE SLAW

½ cup Carrots, grated
 1 cup Pineapple pieces
 ¼ cup Onion, diced
 ½ Tbsp Apple cider vinegar
 ½ tsp Sesame oil
 Salt, to taste

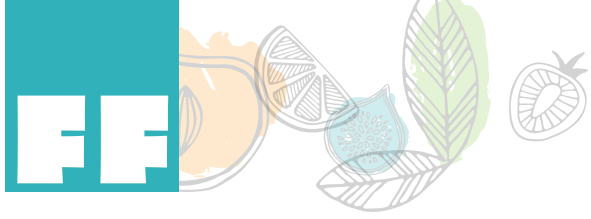
FOR THE AREPA

2 cups White pre-cooked cornmeal
 1 Tbsp Oil
 ½ tsp Salt
 2 ½ cups Water

DIRECTIONS

- To make the slaw, in a bowl add pineapple, carrots, onion, apple cider vinegar, and sesame oil. Mix to combine, then season with salt to taste. Chill until ready to serve.
- To make the arepas, in a large bowl add water, oil, and salt. Mix to combine, then gradually add the cornmeal with fingers until a dough ball forms. Let the dough rest for 5 minutes, then divide into 8 balls. Flatten into a dish about 3-3½ inches in diameter.
- To cook, heat a skillet over medium heat. Add the arepas to the skillet trying not to overcrowd it. Cook on each side for about 5 minutes until golden. Remove from heat and set aside while you cook the meat filling.
- To make the meat filling, in a bowl add ground pork and season with powdered ginger, dried thyme, Chinese five spice powder, and tomato paste. Mix until combined, then set aside.
- In a large skillet, add oil. Heat until shiny over medium-high heat then add the onions. Saute until translucent, about 2 minutes. Next add the garlic and cook with onions until fragrant.
- To the onions and garlic, add the meat and cook until no longer pink. Stir in the raisins, olives, and scallions, mix until well combined. Cook for another 2 minutes, season with salt and pepper to taste, then remove from heat.
- To assemble the arepas, using a sharp knife, slice the arepa in half until you have two sides to make a sandwich. Add some of the meat, followed by some of the slaw and fresh lettuce if you choose. Top with the other half of the arepa then serve and enjoy!





FILIPINO RECIPE FOR BEEF NILAGA

Grace Lefall

My parents grew up in the Philippines, and we were blessed to have them cook their traditional Filipino dishes for us. When we learned about our little one's food allergies, my mom adjusted her Filipino family recipes to make them allergy friendly. Here is one of our little one's favorite Filipino soup dishes: Nilaga. We hope you enjoy making this delicious Filipino dish!

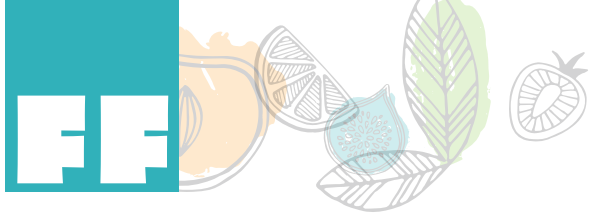
INGREDIENTS

- 2 cups Rice, cooked
- 2 lbs Beef, cubed
- 1 Onion, chopped
- 2 Potatoes, cubed
- 2 Carrots chopped
- ½ Cabbage, quartered
- Salt & pepper, to taste

DIRECTIONS

- In a large pot, add onion and saute for 5 minutes.
- Add beef and saute for 5 minutes.
- Add 8 cups of water to the pot. Once it's boiled, simmer on low for 1.5 hours or until beef is tender.
- Add potatoes and cook until they're soft.
- Add carrots and cabbage and cook until they're soft.
- Add salt and pepper to taste.





SOY-FREE TERIYAKI SUSHI BOWL

Amelia Richard

INGREDIENTS

FURIKAKE - RICE SEASONING

- 2 Tbsp Nori, crumbled or chopped small
- 1 Tbsp White sesame seeds, optional: toasted
- 1 Tbsp Black sesame seeds, optional: toasted
- ¼ tsp Sugar
- ¼ tsp Salt

RICE

- 1 ½ cups Brown rice, uncooked
- 1 Tbsp Rice vinegar
- ½ tsp Salt
- ½ tsp Garlic powder
- 1 Tbsp Furikake
- 3 ½ cups Water

CHICKEN

- 1 ½ lbs Boneless skinless chicken breast, cut into 1 inch pieces (or you can use chicken tenderloins cut into bite size pieces)
- 1 bottle Soy-free Teriyaki chicken marinade (I use coconut aminos teriyaki sauce and add 1 Tbsp of minced garlic)

SUSHI BOWL

- 1 Cucumber, cut into wedges
- 1 Large avocado, sliced
- Furikake - rice seasoning
- Shredded carrots

SPICY MAYO

- ½ cup Mayonnaise (I use an avocado mayo)
- 1-2 Tbsp Sriracha, depending on how spicy you like it
- 2 tsp Rice vinegar

DIRECTIONS

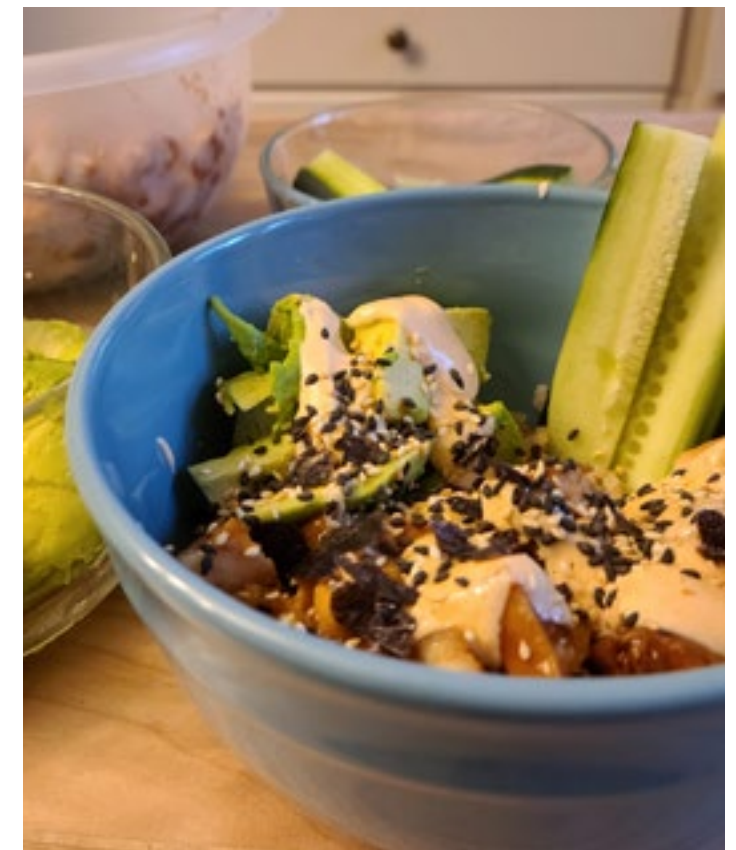
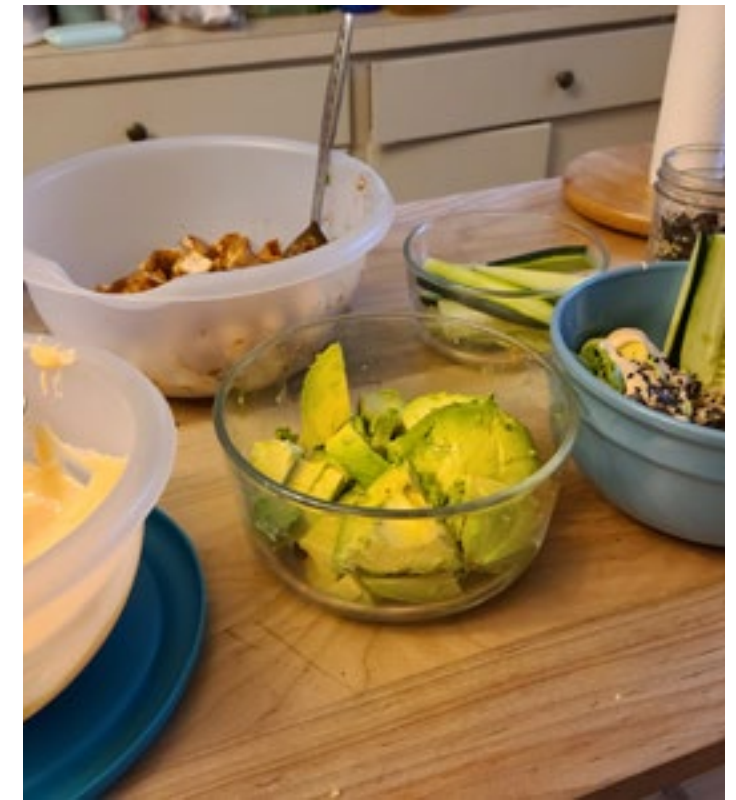
FURIKAKE - RICE SEASONING

- Toast the sesame seeds for extra nutty flavor to the seasoning. Pour them into a preheated fry pan big enough for them to all lay one layer. It will only take a couple of minutes. Once you start smelling a nutty scent or you see the white sesame seeds turn a light gold brown then they are done. Pour them onto a plate to cool. Or try swapping the sesame seeds for toasted rice powder.
- Mix the minced nori seaweed, white sesame seeds, black sesame seeds, sugar, and salt in a small bowl.
- Transfer to a clean glass jar for storage. (I like to double the recipe and have a full jar on hand for seasoning rice.)

SUSHI BOWL

- Marinade the chicken for at least 30 minutes in the teriyaki and minced garlic, if using.
- Place all ingredients for the seasoned rice in a rice cooker and set to cook. Alternatively, place all of the rice ingredients into a saucepan with 3 ½ cups water. Bring to a boil over high heat, then turn the heat to low and simmer with a tight fitting lid until all water has absorbed and rice has cooked through, about 15-20 minutes.
- While the rice is cooking, place the chicken along with ½ cup teriyaki marinade into a large sauté pan over medium heat. Sauté until the chicken is cooked through, about 8-10 minutes. Turn off the heat, drain the liquid from the pan, and coat the chicken with 1 cup of teriyaki sauce.

- Mix all ingredients for the spicy mayo in a small bowl.
- Serve the chicken in a bowl over the rice along with the cucumber, avocado, and shredded carrots, drizzled with sriracha mayo and sprinkled with furikake.



*Disclaimer: The recipes included in the Free-From Magazine are suggestions. Please read carefully and make any substitutions that are necessary for your diet. Consult your doctor if you have questions or concerns. NOTE: Cooking is a science experiment and some ingredient substitutions may not produce the same results.



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