



A Complete Guide to Alpha-Gal



**ONE BITE
NUTRITION**

Meeting Your Health Goals, Your Way!



Alpha-gal syndrome is a food allergy that causes individuals to become allergic to red meat and other mammalian products, including beef, pork, lamb, and dairy.

Most individuals with this condition acquired it from a bite of the Lone Star tick, which is prevalent in the U.S. This tick carries a sugar molecule that the human body cannot produce.

When the Lone Star tick bites a human, it transmits this sugar molecule, resulting in the development of the food allergy.



How do I know if I have Alpha-Gal?

If you have developed alpha-gal syndrome, you may experience the following symptoms:

- skin rashes
- difficulty breathing
- digestive upset
- headaches
- runny nose
- itching
- swelling
- coughing



You might get bitten if you spend a considerable amount of time outdoors, whether you're hiking or farming.

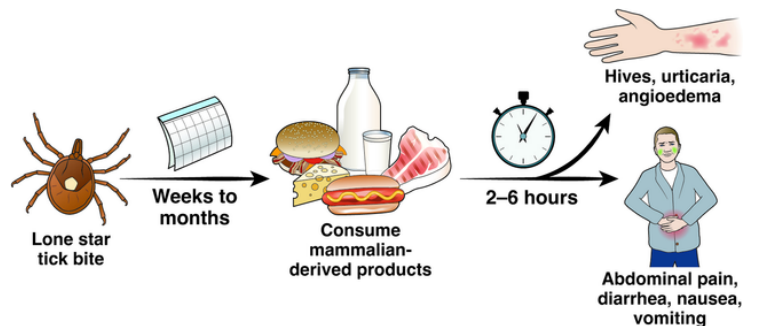


Image from American Gastroenterological Association, 2022

Dietary Restrictions

Those with alpha-gal are unable to consume

- milk
- cheese
- yogurt
- butter
- mammalian meat such as beef, pork, and lamb
- gelatin made from beef or pork
- meat broth, bouillon, stock, and gravy

Watch out for hidden ingredients such as

- Carrageenan
- Magnesium Stearate
- Lactic Acid
- Natural flavorings
- Smoke flavoring
- Vitamin A Palmitate
- Vitamin D3
- Sugar (white sugar, may be processed with beer char)
- Flour
- Casein
- Casings on turkey jerky



 **WARNING** 

Also beware of some medications, supplements, and vaccinations that have alpha-gal containing additives such as

- gelatin
- glycerin
- magnesium stearate
- bovine extract

Now, let's get into some food items that you CAN eat!



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Alpha-Gal Friendly Food Choices



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Meat Options

Turkey Options

- Jennie-O Turkey Franks
- Eckrich Turkey Skinless Smoked Sausage
- Applegate turkey bacon
- Great Value Naturally Hardwood Smoked Turkey Bacon
- Butterball Turkey Burgers
- Jennie-O Turkey Burgers
- Applegate Organic Turkey Burgers
- Hormel Turkey Pepperoni
- Applegate Turkey Pepperoni
- Kroger Turkey Pepperoni

Chicken Options

- Applegate Naturals Chicken and Maple Breakfast Sausage Patties
- Applegate Naturals Gluten Free Chicken Breast Tenders
- Caulipower Dill-Flavored Chicken Bites, Gluten Free (contains xanthan gum)
- Caulipower Gluten-Free All Natural Chicken Nuggets
- Smart Chicken Organic Dino Nuggets (contains xanthan gum)
- Foster Farms Chicken Corn Dogs

Others

- Duck
- Goose
- Tuna
- Salmon
- Cod/Pollock
- Ian's Gluten Free Fish Sticks



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Dairy Alternatives

Milk

- Silk Vanilla Soy Milk (comes in boxes)
- Ripple (contains guar gum & gellan gum)
- Plant Oat Milk (contains gellan gum)
- Silk Almond Milk (contains gellan gum)
- Forager Project - oatmilk or cashew milk
- Malk Unsweetened Cashew Milk



Yogurt

- So Delicious Vegan Coconut Milk Yogurt
- Silk Vanilla Almond Milk Yogurt
- Oui By Yoplait Dairy-Free Vanilla Yogurt
- Silk Dairy-Free Soy Yogurt
- Siggi's Plant-Based Yogurt
- Cocojune Yogurt

“Cheese” Choices

- BetterGoods shredded cheese
- Violife shredded cheese
- Violife original cream cheese
- Oatly cream cheese
- Follow Your Heart American cheese slices
- Babybel Plant-Based Cheese Alternative
- Daiya Mac and Cheese
- Goodles Vegan Be Heroes Mac and Cheese
- Jovial Mac and Cheese

Quick Tip!

Use Nutritional Yeast as a powdery, cheese replacement and Silken Tofu as sour cream



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Snacks

- Fritos
- Siete Grain Free Cinnamon Chips
- Bare Baked Crunchy Fruit Chips
- Fit Joy Grain Free Pretzels
- Crunchy Roasted Edamame Beans (The Only Bean)
- Orville Redenbacher's simply salted popcorn
- Lay's original potato chips, Original Pringles, Kettle's BBQ chips
- Granola Bars: KIND Crunchy Peanut Butter bar
- Jerky: Chef's Cut Chicken Jerky (honey BBQ)
- Paskesz Marshmallows
- Simple Mills Crackers
- Kar's Nuts Sweet 'N Salty Deluxe Trail Mix
- Lenny & Larry's Cookie-fied Protein Bar
- MadeGood Cheddar Star Puffed Crackers
- That's It Mini Bars
- Bear Real Fruit Snack Minis

Candy

- Jelly Belly jelly beans (gelatin free)
- Chick-O-Stick
- Airheads
- Fruit Roll-Ups
- Laffy Taffy
- Lily's gummy bears
- Mike and Ike
- Twizzlers
- Sour Patch Kids
- Swedish Fish
- Smarties
- Sweetarts
- Brach's lemon drops
- Jolly Ranchers
- Charms Blow Pops
- Dum Dums
- Push Pop
- Ring Pop
- Pez





Recipes



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Rosemary Almond Crusted Salmon

Ingredients:

1/2 cup olive oil
8 oz salmon
(skinless)
4 oz crushed
almonds
4 pinches of
rosemary



Directions:

1. Preheat oven to 450°.
2. Brush half of the olive oil over the salmon.
3. Combine the crushed almonds and rosemary in a shallow bowl or plate.
4. Press the salmon into the almond mixture, coating the filet all over.
5. Place the salmon on a greased or lined baking sheet and bake for 10-15 minutes, or until the salmon flakes easily.

Chicken Fried Rice

Ingredients:

1/2 cup diced carrots	4 tbsp gluten free soy sauce
1 cup chopped bell peppers	2 tbsp rice wine vinegar
4 tbsp olive oil	1 tsp sesame oil
1 lb cut chicken breasts	1/2 cup frozen peas
4 whisked eggs	green onions
4 cups cooked brown rice	



Directions:

1. In a large skillet or wok over medium heat, saute 2 tbsp of oil with the carrots and bell peppers.
2. Slide the vegetables to one side of skillet, drizzle 1 tbsp of oil in the skillet, and place the chicken in it.
3. When the chicken is cooked through, mix it in with the vegetables and push the ingredients to the border, leaving a hole in the middle of the skillet.
4. Drizzle 1-2 tbsp of oil in open hole and scramble the eggs in that spot until they are cooked.
5. Add cooked rice, soy sauce, rice vinegar, and sesame oil to the skillet and cook for 10 minutes.
6. Mix in the frozen peas and take off the heat when the peas are heated.
7. Top the fried rice with green onions and serve.

Vegan Blueberry Muffins

Dry Ingredients

2 ⅓ cups all-
purpose flour
¾ cup granulated
sugar
3 tsp baking
powder
2 tsp lemon zest
½ tsp ground
cinnamon
⅛ tsp salt

Wet Ingredients

1 cup dairy-free
milk
½ cup oil
1 tbsp apple cider
vinegar
1 tsp vanilla
extract
1 ¾ cup fresh or
frozen blueberries



Directions:

1. Add all the dry ingredients to a large mixing bowl. Mix until there are no lumps and the ingredients are well combined.
2. Add all of the wet ingredients to the bowl (except the blueberries) and mix until just combined. Use a spatula to carefully fold the blueberries through the batter.
3. Use an ice cream scoop or large spoon to divide the mixture into your muffin tin.
4. Bake the muffins in the oven for around 25 minutes if fresh blueberries are used, and 30 minutes if frozen blueberries are used.
5. Cool the muffins in their tray for 10 minutes then allow them to cool on a wire rack.