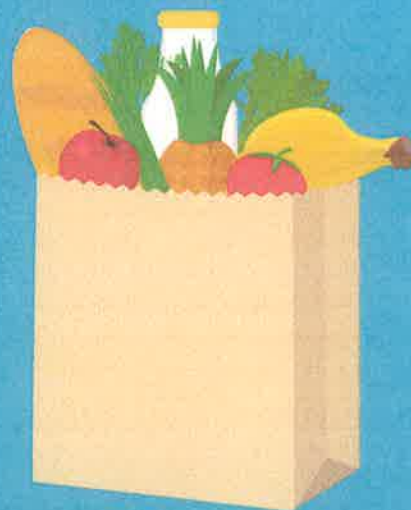


Alpha-Gal Words to Watch For

When reading nutrition labels, be aware of these words, as they may cause a reaction.

Carrageenan
Magnesium Stearate
Lactic Acid
Natural Flavorings
Smoke Flavoring
Vitamin A Palmitate
Vitamin D3
Sugar (white sugar, may be processed with bone char)
Flour
Casein
Whey
Gelatin
Casings on turkey jerky



If you see this symbol, that means all of the ingredients are plant based. These foods are more than likely alpha-gal friendly!



Alpha-Gal Friendly Products*

Tired of reading through labels for hidden ingredients? Check out these products recommended by your Hy-Vee dietitian!

Milks

- Planet Oat Original and Unsweet Vanilla Oatmilk
- Oatly Super Basic Oatmilk
- All Califia Farms Milks
- So Delicious Unsweetened Coconut Milk
- Chobani Original Barista Oatmilk
- Ripple Kids Original Plant-Based Milk
- Ripple Chocolate and Unsweetened Original Milks
- Malk Unsweetened Almond Milk

Shelf-Stable Milks

- Dream Organic Original Ricemilk
- West Life Unsweet Soymilk
- Not Milk Chocolate Plant-Based Milk
- Milkadamia Barista Macadamia Milk

Creams and Creamers

- Country Crock Plant-Based Heavy Whipping Cream
- Nutpods Almond + Coconut Creamer
- Califia Farms Oat and Almondmilk Creamers

Yogurts

- So Delicious
- Forager Project

Cheese

- Follow Your Heart Dairy-Free Cheese
- Kite Hill Cream Cheese
- Violife 100% Vegan Cheese
- Miyoko's Creamery Cheese Spread and Mozzarella
- Daiya Cheeses
- Simply Organic Queso Dip Mix
- Daiya Dairy-Free Deluxe Cheese Sauces
- Laughing Cow Plant-Based Wedges
- Boursin Dairy-Free Garlic Herb Spread
- Plant-Based Babybel
- Primal Kitchen Plant-Based Queso Dips

Butters

- Country Crock Plant Butter (avocado and olive oil)
- Miyoko's Creamery Butter (salted and unsalted)
- Earth Balance "Butter" Spread

Questions or concerns? Need more recommendations? Reach out to Maddy at **515-695-3276** or at **maddy.clemens@hy-vee.com**

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Alpha-Gal Friendly Products*

Meat Substitutes

- Jake's Burgers
- Impossible
- Beyond Meat
- Plant Boss Meat Crumbles
- Tofurkey Italian Sausage and Roasted Turkey Slices
- Applegate Turkey Bacon

Protein Bars

- No Cow: Chocolate Chip Cookie Dough, PB Chocolate Chip, Frosted Gingerbread
- LARABAR (Banana Chocolate Chip, Pecan Pie, Apple Pie, PB Chocolate Chip)
- ALOHA Bars

Protein Drinks + Powders

- Pirq Strawberry Plant-Based Protein Shakes
- Owyn Protein Shakes + Powders
- KOS Organic Superfood Plant Protein Powder (**Chocolate only**)
- Orgain Organic 50 Superfood + Oatmilk Powders
- Om Master Blend Plant Protein Powder
- Garden of Life Organic Protein Powder
- Vega Made Simple Protein Powder + Greens

Vitamins

- Mary Ruth's Women's + Men's Multivitamin

Condiments

- Primal Kitchen: Ketchup, Vegan Ranch, and Mayo Flavors
- Follow Your Heart Veganaise + Dressings
- Chosen Foods Vegan Mayo
- Good Graces Ranch Dip + Dressing Mix
- Amy's Salsa
- Trading Company Desert Pepper Salsa
- Late July Salsa
- Siete Sauces + Salsas
- Primal Kitchen: No Dairy Alfredo, Garlic Alfredo, and Vodka Sauce
- Fody Spicy Marinara
- NuNaturals Maple Flavored Syrup
- Walden Farms Vegan Dressings (**NOT Caesar, Dijon, Honey BBQ, Queso, Blue Cheese**)
- Drench Vinaigrettes/ Salad Dressings (most)
- Simply Organic Teriyaki Mix
- Primal Kitchen: Honey Mustard, Italian, Balsamic, + Greek Vinaigrettes
- Yes Honey! Honey Drizzlers

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Alpha-Gal Friendly Products*

Desserts

- Sweet Loren's Cookies
- Siete Cookies
- So Delicious Ice Cream and Whip
- Mom's Munchies Cookies
- Partake Cookies
- Lenny and Larry's Chocolate Chip Cookies (vegan)
- Emmy's Organics Soft and Chewy Coconut Cookies (dark cacao)
- The GFB Bites
- Sensitively Sweet Baking Mixes

Cereal

- ALL Catalina Crunch Cereals are Vegan
- Bakery on Main Superfood Oatmeals
- Kashi Cinnamon Harvest and Autumn Wheat
- Nature's Path Original Pumpkin Seed + Flax Granola

Baking Items

- Enjoy Life Semi-Sweet Mini Chips
- Full Circle Coconut Sugar
- Full Circle Unbleached Flour
- Dandie Marshmallow Cream

Snacks

- Siete Chips
- Epic Chicken Sriracha Jerky Bites, (**NOT Bar**)
- The GFB Peanut Butter Bites
- Flackers Crackers
- Hy-Vee Lightly Salted Popcorn
- That's It Bars
- Garden Bar Fruit Jerky
- Primal Spirit Vegan (**NOT Hot + Spicy**)
- Garden Veggie Straws (sea salt)
- Lundberg Rice Cakes
- Lesser Evil Popcorn + Onion Rings
- Terra Original Sea Salt Chips
- Siete Potato + Tortilla Chips
- Food Shood Taste Good Multi Grain Chips
- Biena Chickpea Snacks (sea salt)
- Mary's Gone Crackers (herb flavor)
- Hippeas Tortilla Chips + White Cheddar Puffs
- Made Good Chocolate Chip + Blueberry Oat Bars

Drinks

- Olipop sodas (**NOT tropical punch or cherry cola**)
- Yes Honey! soda drinks
- Spindrift Sparkling Waters and Sodas
- Lemon Perfect Lemon, Blueberry, and Peach flavors

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Alpha-Gal Friendly Products*

Microwave + Frozen Meals/Items

- Tasty Bite Indian Bombay Potatoes
- Tasty Bite Organic Indian Channa Masala
- Healthy Choice Simply Steamers Unwrapped Burrito Bowl
- Evol Teriyaki Chicken Bowl
- Amy's Black Bean and Non-Dairy Beans + Rice Burrito
- Full Circle Mediterranean Power Bowl
- Amy's Vegan Margherita Pizza
- Amy's Vegan Meals
- Banza Pizza Crust
- Abbot's Frozen Meals
- Gardein Plant-Based Beef + broccoli Bowl
- Daiya Dairy-Free Pizzas

Pantry Staples

- Kettle & Fire Chicken Broth
- Bob's Red Mill Oats
- Bragg Nutritional Yeast
- Better Than Bouillon Vegetarian No Beef Base
- Simply Organic Dip Mixes
- Simply Organic Sloppy Joe Mix
- Siete Seasonings
- Safe Catch Tuna Cans + Packets

Beans + Soups

- A Dozen Cousins Curry, Mexican Pinto Beans, Refried Beans, + Black Beans
- Siete Refried Beans
- Plant Strong Chilis
- Annie's Organic Tomato Soup + Vegan Mushroom Bisque
- Pacific Foods Organic Garden Tomato Oatmilk Soup

Wraps and Breads

- Coconut Wraps
- BFree Wraps and Flatbreads
- Siete Grain Free Frozen Tortillas
- Ezekiel Breads

Pastas

- Miracle Rice + Noodles
- Banza Pastas
- Daiya Dairy-Free Mac + Cheese
- Annie's Vegan Mac + Cheese

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Alpha-Gal Syndrome (AGS) Recipes

TILAPIA WITH SPINACH PECAN PESTO



All you need:

- 4 filets tilapia
- 1/2 cup pecans (halved, raw and unsalted)
- 1/2 package frozen spinach (10oz)
- 1/3 cup Follow Your Heart dairy-free Parmesan cheese
- 1 tsp minced garlic
- 1/4 tsp salt
- 1/4 cup olive oil

All you do:

- 1) Preheat oven to 400 degrees. Lightly butter a 9x13 baking dish. Place tilapia filets in buttered dish and bake for 8-10 minutes.
- 2) Prepare pesto. Add pecans, spinach, parmesan, garlic, and salt to a food processor. Turn processor on low setting and slowly drizzle in olive oil until the mixture reaches a fine consistency.
- 3) Transfer pesto to saucepan and bring to a simmer on the stove.
- 4) Once filets are cooked, remove from oven and drizzle warm pesto sauce on fish.
- 5) Serve with brown rice and roasted or steamed vegetables.
- 6) Enjoy!

Note: Pesto from this recipe can be used for pasta, chicken, and other recipes!

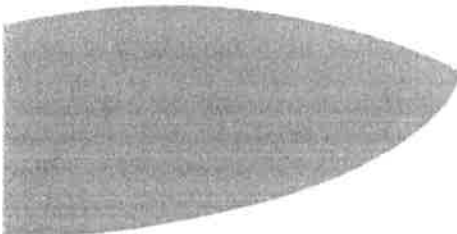
CHICKEN FETTUCINE ALFREDO



All you need:

- Kosher salt
- Black pepper
- 1 box Banza linguine or spaghetti noodles
- Olive oil
- 2 Tbsp Miyoko's "butter" (unsalted)
- 1 pound chicken breast (boneless and skinless)
- Primal Kitchen dairy free Alfredo sauce

All you do:

- 1) Cook pasta noodles per package instructions. Once cooked, drain and toss with a drizzle of olive oil.
 - 2) For the chicken, slice into 1/4 inch thick slices. Heat a large skillet over medium heat. Add 2 tablespoons of the butter. When the butter melts, add the chicken in one layer. Cook without moving the pieces, until the underside has browned, 1 to 2 minutes. Flip the pieces, and cook until browned and cooked through, 2 to 3 minutes more. Transfer the chicken to a medium bowl.
 - 3) Once pasta and chicken are cooked, add pasta to skillet with Primal Kitchen sauce. Stir together until well combined, then add sliced chicken. Heat on low until all ingredients are incorporated.
 - 4) Serve with a side salad or your favorite vegetable! Enjoy!!
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ASIAN LETTUCE WRAPS



All you need:

- 16 leaves butter lettuce
- 1 pound ground turkey or meat substitute (such as Jake's Burger ground "meat" or Quorn Meatless Pieces)
- 1 tbsp olive oil
- 1/2 white onion (diced)
- 2 tsp garlic (diced)
- 2 tbsp coconut aminos
- 1/2 cup Primal Kitchen teriyaki (no soy) sauce
- 2 tsp fresh ginger (grated)
- 2 tbsp rice vinegar
- 1 8oz can water chestnut (drained and diced)
- 1/2 bunch green onion (chopped)
- 1 cup carrots, shredded
- 1 cup purple cabbage, shredded
- 4 tsp sesame oil

All you do:

- 1) In a large skillet on medium-high heat, add olive oil and brown turkey. Once cooked, drain and set aside.
- 2) In the same skillet, sauté onion.
- 3) Add garlic, soy sauce, teriyaki sauce, ginger, rice vinegar to the skillet. Simmer 1-2 minutes. Stir in water chestnuts, green onions, carrots, cabbage, turkey, and sesame oil. Cook until vegetables become tender (3-4 minutes).
- 4) Wash and dry lettuce.
- 5) To serve: fill lettuce leaves with turkey and vegetable filling.
- 6) Enjoy!