

Beef FREE DIET

An allergy to beef can be expressed in many different ways but is primarily seen in the gastrointestinal tract. A beef allergy is typically seen in people who eat raw beef as the cooking of beef will change the proteins and is less likely to cause a reaction.

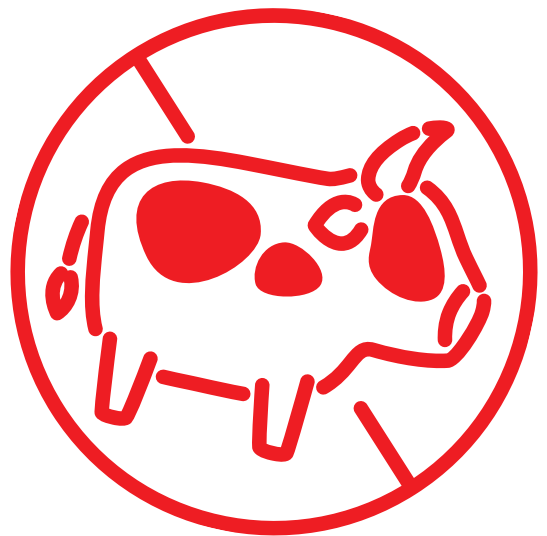
Food or ingredients that MAY contain beef:

- Shortening not labeled vegetable in origin is usually derived from lard, beef, or lamb fat.
- Gelatins can be made from both pork and beef extracts.
- Animal fat” on the label.

Remember that beef is in hamburger, meatloaf, meatballs, steak, roast beef, beef spare ribs, and beef broth can be used as a base in many soups.

Beef can also be used as fillers in products.

Be sure to read the labels!



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