

Chocolate Free Diet

An allergy to chocolate is very rare and most people will not outgrow this allergy as they may to other foods. If you have an allergy to nickel, you may also notice that you have an allergy to chocolate, as many chocolate bars are high in nickel.

Chocolate Allergy Foods to Avoid

- Cola Drinks
 - Cola Nut
- Cacao Bean
- Cacao Butter
- Cacao Solids
- Karaya Gum
- Vegetable Gum



Food or ingredients that **MAY** indicate the presence of chocolate



- Any Color Chocolate (brown, dark brown, white)
- All Colas (diet, regular, caffeine free)
- Chocolate in any drink (like milk)
- Candy
- Baked Goods (cakes, cookies)
- Chocolate Ice Cream
- Chocolate Syrups
- Nutella (Chocolate-Hazelnut spread)

Alternatives To Chocolate

Carob, Fruit Juices/Beverages, Milk. For cooking, replace chocolate with raisins, nuts, dried fruit pieces, peanut butter, or butterscotch chips.

<https://www.coastalallergyasthma.com>