

# Shopping Tips for Alpha-Gal Syndrome

Shopping for people with alpha-gal syndrome (AGS) can be challenging. There are several tips to make it easier.

1. Do not buy foods or byproducts of mammals, like beef, pork, etc.
2. Avoid food with alpha-gal that triggers an allergic reaction for you. These may include mammal meats and mammal byproducts. Remember AGS triggers can vary from person to person. Talk with your healthcare provider for individualized recommendations. Check out MU Extension publication *Alpha-Gal Awareness* (N1350) for more information about alpha-gal.
3. Read food labels and avoid ingredients that cause reactions.
4. If ingredients have vague labeling such as “natural flavors”, contact the manufacturer directly to ask if it contains alpha-gal ingredients.

## Hidden Ingredients

It is important to read the ingredient list every time. Foods that may seem safe may have hidden ingredients that can trigger an AGS reaction. Here are some examples. Alpha-gal sensitivity varies from person to person. Consult with your healthcare provider or registered dietitian to determine which specific foods and products need to be avoided and to develop a safe eating plan tailored to your needs

### Poultry

| Food                              | Check for                                         |
|-----------------------------------|---------------------------------------------------|
| Poultry sausages or brats         | Beef or pork casings                              |
| Canned chicken                    | Beef or pork broth                                |
| Rotisserie chicken and lunch meat | Carrageenan                                       |
| Pre-seasoned chicken              | Beef or pork fat, stock, gravy, dairy or bouillon |

### Snacks

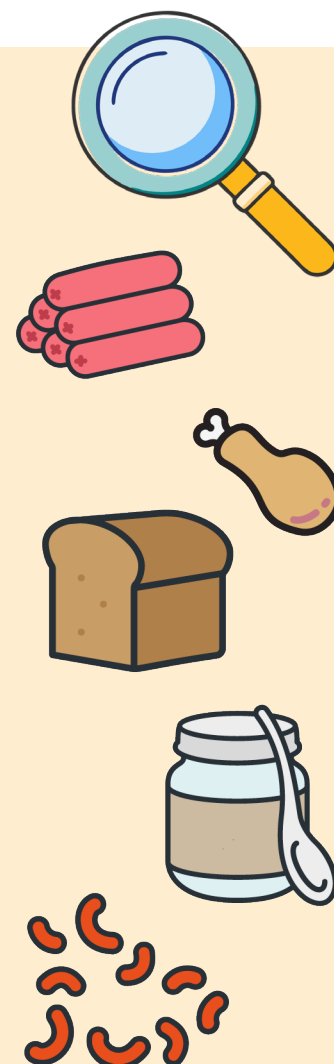
| Food                                  | Check for |
|---------------------------------------|-----------|
| Gummy products                        | Gelatin   |
| Gelatin dessert with or without fruit | Gelatin   |
| Pudding                               | Gelatin   |
| Roasted nuts                          | Gelatin   |

### Grain Foods

| Food             | Check for          |
|------------------|--------------------|
| Breads           | Butter, milk, lard |
| Toaster pastries | Gelatin            |
| Cereals          | Gelatin            |

### Food Pantry Staples

| Food                          | Check for                                                            |
|-------------------------------|----------------------------------------------------------------------|
| Pasta or rice seasoning mixes | Dried beef or pork, broth or fat                                     |
| Spice mixes                   | Beef or pork fat, broth, bouillon, stock, gravy, whey, powdered milk |
| Baked beans                   | Lard, bacon                                                          |
| Protein powder                | Collagen, whey                                                       |



## Common Ingredients to Watch Out For

- Gelatin
- Tallow (often beef fat)
- Glycerin\*\* (may be mammal-based or plant-based)
- Carrageenan (found in vegan and plant-based products)
- Lard
- Suet (mammal fat)
- Beef or pork fat
- Beef or pork stock
- Beef or pork broth
- Gravy
- Beef or pork bouillon
- Collagen\*\* (may be mammal-based or plant-based)

*\*\*To verify if the ingredient is mammal- or plant-based, check with the manufacturer.*



## Personal Items

Depending on the individual sensitivity, some people might have reactions to personal care items. If you are sensitive to non-food items, check for ingredients such as gelatine, glycerin, and collagen. Some of these are mammal-based, while others are plant-based. Check with the manufacturer to know for sure.



## Medication and Medical Treatments

Some medications and medical treatments could trigger an alpha-gal reaction. These may include over-the-counter and prescription dietary supplements, vaccines, ointments and creams, and pills with gel capsules among others. Be sure all your physicians (including dentist and eye doctor) and pharmacist are aware of your alpha-gal diagnosis.

### References:

CDC. (2024). Products That May Contain Alpha-Gal. Alpha-Gal Syndrome. [View source online.](#)

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U.S. Department of Health and Human Services. (2020). Alpha-Gal Syndrome Subcommittee Report to the Tick-Borne Disease Working Group. [View source online.](#)