

Foods That Trigger Reactions in Alpha Gals

Source: Alpha-Gal Information



Mammalian Meat (Beef, Pork, Lamb, Etc.)



Mammalian Casings (Even On Poultry Sausage)



Lard (Often Used to Fry Foods and in Refried Beans)



Dairy Products (Milk, Cheese, Yogurt, Ice Cream, Etc.)



Gelatin (Gummy Candy, Marshmallows, Gel Capsules, Etc.)



Cross-Contamination During Food Prep/Cooking



Mammalian Organs (Liver, Kidney, Etc.)



Mammalian Broth and Gravy (Beef Broth, Bone Broth, Etc.)



Collagen (Typically Made from Bovine and Porcine Sources)



Fumes from Cooking Mammalian Meat



Carrageenan (Often Found in Dairy-Free Products)



Mammalian By-Products (e.g. Lactin, Vitamin D, Etc.)

Highest Risk: Everyone with alpha-gal syndrome should avoid



Lower Risk: Know your tolerance level and be cautious when consuming

Alpha Therapytargeting

AN Whitehead



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