



The Allergy-Free Vegan
August 2012 Twitter Chat transcript
Wednesday, August 22 @ 6pm PT/9pm ET

If you're allergic to nuts or gluten or have food sensitivities, how can you maintain a vegan diet? We ask food experts how to maintain an allergen-free kitchen.

Special Guests: Kim Lutz ([@welcomekitchen](#)), Allyson Kramer ([@manifestvegan](#)), and Colette Martin ([@colettefmartin](#))

OFFICIAL TRANSCRIPT
(beginning of chat starts at the end)

LIZSCOOP RT @VegNews: Q4: Why do you think allergies have become so prevalent, especially with children?
#vegnewschat -9:47 PM Aug 22nd, 2012

Prettigur128 RT @VegNews: Q7: Can you get all of your necessary nutrition on a vegan, allergen-free diet? Do you need to supplement? #vegnewschat -8:15 PM Aug 22nd, 2012

Varaneka @VegNews kelp noodlesssssss #vegnewschat -7:52 PM Aug 22nd, 2012

ChefCindi @colettefmartin @MaryZdrojewski I sprinkle ground flax on my cereal every AM, on my toddler's cereal too!
#VegNewsChat -7:49 PM Aug 22nd, 2012

ChefCindi @SLDMorgan @MaryZdrojewski I like quinoa pasta, but it doesn't have nearly as much protein as quinoa itself. #VegNewsChat -7:44 PM Aug 22nd, 2012

le_petit_sirene RT @VegNews: Q4: Why do you think allergies have become so prevalent, especially with children?
#vegnewschat -7:17 PM Aug 22nd, 2012

homawoodrum @MaryZdrojewski @colettefmartin I have yet to try carob, any suggestions? #vegnewschat -7:11 PM Aug 22nd, 2012

homawoodrum @GrainFreeFab Thank you! @VegNews #vegnewschat -7:11 PM Aug 22nd, 2012

homawoodrum @colettefmartin Thank you! #vegnewschat -7:10 PM Aug 22nd, 2012

homawoodrum @mollyalicehoy @WelcomeKitchen That is tricky since labels don't tell the whole story. #vegnewschat -7:09 PM Aug 22nd, 2012

homawoodrum @WelcomeKitchen Very much so here, too. #vegnewschat -7:09 PM Aug 22nd, 2012

homawoodrum @colettefmartin Hi! Sorry I was late! #vegnewschat -7:08 PM Aug 22nd, 2012

homawoodrum @VegNews A13: We don't dine out. #vegnewschat -7:06 PM Aug 22nd, 2012

mollyalicehoy Thanks everyone for a great & informative evening -- haven't had this much fun staring at a screen in a long time! #vegnewschat -7:06 PM Aug 22nd, 2012

colettefmartin @vegnews thanks for hosting and bringing us all together to chat! #vegnewschat -7:04 PM Aug 22nd, 2012

ManifestVegan RT @VegNews: A transcript of tonights chat will be up on <http://t.co/YOxgsFI0> by noon PT tomorrow!
#vegnewschat -7:03 PM Aug 22nd, 2012

HoneyKoated RT @VegNews: Any tips for dining out? #vegnewschat <<get a glass of hot water to soak the utensils that r
on the table -7:03 PM Aug 22nd, 2012

2455tia thanks so much for all of the great information much appreciated!!! #vegnewschat -7:03 PM Aug 22nd, 2012

ManifestVegan @SLDMorgan me too! thank goodness for that option, huh? :) #vegnewschat -7:03 PM Aug 22nd, 2012

colettefmartin RT @VegNews: A transcript of tonights chat will be up on <http://t.co/14o4orQN> by noon PT tomorrow!
#foodallergy #glutenfree #vegnewschat -7:03 PM Aug 22nd, 2012

ManifestVegan @VegNews Thanks so much for having me! And thanks for participating, everyone. It was fun!
#vegnewschat -7:02 PM Aug 22nd, 2012

WelcomeKitchen RT @VegNews: A transcript of tonights chat will be up on <http://t.co/cYVDMUkn> by noon PT
tomorrow! #vegnewschat -7:02 PM Aug 22nd, 2012

SLDMorgan I always look online first RT @ManifestVegan: @VegNews Q13: Try and see the menu before going and
ask a lot of questions. #VegNewsChat -7:02 PM Aug 22nd, 2012

colettefmartin @VegNews Happy to have chatted with you all tonight! #foodallergy #glutenfree #vegnewschat -7:02 PM
Aug 22nd, 2012

SLDMorgan RT @VegNews: A transcript of tonights chat will be up on <http://t.co/3wf2htHr> by noon PT tomorrow!
#VegNewsChat -7:01 PM Aug 22nd, 2012

MaryZdrojewski Have you had problems with cross contamination in restaurants? #vegnewschat -7:01 PM Aug 22nd,
2012

WelcomeKitchen Thank you all! This has been such a great experience. I've learned so much. #vegnewschat -7:01 PM
Aug 22nd, 2012

colettefmartin @vegnews A13 Ask questions; ask more questions; if it doesn't look or smell right it probably isn't safe
#vegnewschat -7:01 PM Aug 22nd, 2012

AllergicVegan #vegnewschat A12 Lundberg rice, Gerbs pepitas, Sunbutter, SoDelicious, Teffco, Barney (almond-only
products for those who can have) -7:01 PM Aug 22nd, 2012

MaryZdrojewski Thanks so much! This has been fantastic! #vegnewschat -7:01 PM Aug 22nd, 2012

ManifestVegan RT @colettefmartin: @ManifestVegan I second the @bobsredmill recommendation; altho check labels
for other #foodallergy #vegnewschat -7:01 PM Aug 22nd, 2012

lillivonschupp A13 #vegnewschat most places should be willing to substitute or make something off the menu. -7:01 PM
Aug 22nd, 2012

ManifestVegan @VegNews Q13: Try and see the menu before going and ask a lot of questions. #vegnewschat -7:00 PM
Aug 22nd, 2012

VegNews A transcript of tonight's chat will be up on <http://t.co/LJETRI7x> by noon PT tomorrow! #vegnewschat -7:00 PM
Aug 22nd, 2012

SLDMorgan I'm learning so much. Love this chat! #VegNewsChat -7:00 PM Aug 22nd, 2012

VegNews A huge thanks to everyone for participating tonight, especially our experts @WelcomeKitchen @ManifestVegan & @colettefmartin! #vegnewschat -7:00 PM Aug 22nd, 2012

WelcomeKitchen A13 Be careful, be informed, ask questions. #vegnewschat -7:00 PM Aug 22nd, 2012

lillivonschtupp @VegNews A13 be dilligent, don't be afraid to ask to see ingredients or send it back #vegnewschat -7:00 PM Aug 22nd, 2012

colettefmartin @ManifestVegan I second the @bobsredmill recommendation; altho check labels for other #foodallergy #vegnewschat -7:00 PM Aug 22nd, 2012

wellonwheels @VegNews A13: Plan ahead! Check menus/reviews on-line, call B4 & speak to chef, order off menu. #vegnewschat -6:59 PM Aug 22nd, 2012

colettefmartin @homawoodrum Agree! @enjoylife makes fab choc chips and chunks as well as off-the-shelf cookies and other #foodallergy treats #vegnewschat -6:59 PM Aug 22nd, 2012

SLDMorgan more good news! RT @colettefmartin: @WelcomeKitchen And Earth Balances new coconut spread is unbelievably good! #VegNewsChat -6:59 PM Aug 22nd, 2012

WelcomeKitchen @colettefmartin I think so, too! #vegnewschat -6:59 PM Aug 22nd, 2012

SLDMorgan @WelcomeKitchen good to know! soy-free Earth Balance #VegNewsChat -6:59 PM Aug 22nd, 2012

lillivonschtupp @wellonwheels @VegNews tahini! #vegan #vegnewschat -6:58 PM Aug 22nd, 2012

colettefmartin @WelcomeKitchen And Earth Balance's new coconut spread is unbelievably good! #vegnewschat -6:58 PM Aug 22nd, 2012

lillivonschtupp @VegNews A10 rising moon organics #vegnewschat -6:58 PM Aug 22nd, 2012

homawoodrum @VegNews A12: @EnjoyLifeCMO is our hands down most trusted favorite, we love @Tasterie too. #vegnewschat -6:58 PM Aug 22nd, 2012

ManifestVegan @VegNews Q12: I like Bob's Red Mill for the reliability, and Eden Foods has a nice selection. Spectra brand is also good. #vegnewschat -6:57 PM Aug 22nd, 2012

colettefmartin @vegnews Q12 for replacing milk: @livingharvest tempt hemp milk and @sodelicious coconut milk beverage; both make ice cream too #vegnewschat -6:57 PM Aug 22nd, 2012

MaryZdrojewski Or Carob!!! RT @colettefmartin: @homawoodrum Yes! always use chocolate lol #vegnewschat -6:57 PM Aug 22nd, 2012

WelcomeKitchen @colettefmartin I'm also a huge fan of @kingarthurflour and Earth Balance products. They have a soy-free buttery spread, too. #vegnewschat -6:57 PM Aug 22nd, 2012

VegNews We have time for two more questions! A13: Any tips for dining out? #vegnewschat -6:57 PM Aug 22nd, 2012

GrainFreeFab Great tip! RT @homawoodrum: @VegNews A11: cocoa powder covers the aftertaste of GF flour mixes so start with chocolate treats! #vegnewschat -6:56 PM Aug 22nd, 2012

colettefmartin @homawoodrum Yes! always use chocolate lol #vegnewschat -6:56 PM Aug 22nd, 2012

AllergicVegan #vegnewschat A11 for GF baked goods try more protein rich flours (teff, chickpeas) & less starch. This is opposite what most cookbooks say. -6:56 PM Aug 22nd, 2012

MaryZdrojewski A12: I love Beanitos corn-free (and gf) tortilla chips. Most varieties are vegan. #vegnewschat -6:56 PM Aug 22nd, 2012

WelcomeKitchen A12: I love the detailed allergy warning that @SoDelicious provides. @EnjoyLife also makes great products. #vegnewschat -6:56 PM Aug 22nd, 2012

colettefmartin @VegNews A12 My fave off-the-shelf #gf flour blend is multigrain blend by @kingarthurfLOUR; fave shortening is Earth Balance #vegnewschat -6:55 PM Aug 22nd, 2012

Varaneka @VegNews #vegnewschat adults can suddenly develop intolerances and allergies because of GMOs and overdosing on certain foods -6:55 PM Aug 22nd, 2012

homawoodrum @VegNews A11: cocoa powder covers the aftertaste of GF flour mixes so start with chocolate treats! #vegnewschat -6:55 PM Aug 22nd, 2012

wellonwheels @VegNews A10: Always great to have some go to #vegan sauces to dress things up (bechamel, rstd red pepper coulis, Dijon agave) #vegnewschat -6:55 PM Aug 22nd, 2012

MaryZdrojewski Thanks for some great baking advice! #vegnewschat -6:55 PM Aug 22nd, 2012

Varaneka @VegNews let's be real: most ppl on meat/dairy/allergen SAD AMERICAN DIETS are nutritionally deficient and don't supplement. #vegnewschat -6:55 PM Aug 22nd, 2012

GrainFreeFab A11 Don't forget simple no-bake / raw allergy-friendly recipes. They're delicious and nutritious. #VegNewsChat -6:54 PM Aug 22nd, 2012

ManifestVegan RT @AllergicVegan: A11 1 tbsp lemon juice added to 1 cup SoDe coconut milk makes great buttermilk after 10 min in fridge #vegnewschat -6:54 PM Aug 22nd, 2012

WelcomeKitchen RT @ManifestVegan Most important thing Ive learned is not to open the oven door while baking! Many gf goods are temp sensitive #vegnewschat -6:54 PM Aug 22nd, 2012

SLDMorgan RT @ManifestVegan: A11: don't open the oven door while baking! Many gf baked goods are temp sensitive. :) #VegNewsChat -6:54 PM Aug 22nd, 2012

VegNews Less than 10 minutes to go! Q12: Which companies do you think make great allergen-free foods? #vegnewschat -6:54 PM Aug 22nd, 2012

ManifestVegan @MaryZdrojewski I like using psyllium husk and yeast together #vegnewschat -6:54 PM Aug 22nd, 2012

Varaneka RT @VegNews: Q7: Can you get all of your necessary nutrition on a vegan, allergen-free diet? Do you need to supplement? #vegnewschat -6:54 PM Aug 22nd, 2012

AllergicVegan #vegnewschat A11 1 tbsp lemon juice added to 1 cup SoDe coconut milk makes great buttermilk after 10 min in fridge -6:53 PM Aug 22nd, 2012

2455tia @MaryZdrojewski i know i have sensitivity to caffeine but doesn't affect my migraines #vegnewschat -6:53 PM Aug 22nd, 2012

michellini2 Chia for eggs RT @VegNews: Q9: What are your favorite allergen-free substitutes for the basics? #vegnewschat -6:53 PM Aug 22nd, 2012

VegNews Yum! MT @WelcomeKitchen: @MaryZdrojewski GF beer bread is an easy starting place for bread baking. It's easy to be successful. #vegnewschat -6:53 PM Aug 22nd, 2012

MaryZdrojewski @WelcomeKitchen gf beer bread is next on my list to try #vegnewschat -6:53 PM Aug 22nd, 2012

ManifestVegan A11: Most important thing I've learned is not to open the oven door while baking! Many gf baked goods are temp sensitive. :) #vegnewschat -6:53 PM Aug 22nd, 2012

lillivonschtupp RT @MaryZdrojewski: Q9 - use arrowroot instead of cornstarch #vegnewschat -6:52 PM Aug 22nd, 2012

colettefmartin @homawoodrum Oh, sounds good! #vegnewschat -6:52 PM Aug 22nd, 2012

MaryZdrojewski @colettefmartin I can use yeast, but my gf breads still turn out flat #vegnewschat -6:52 PM Aug 22nd, 2012

SLDMorgan @SK_Wise @ChloeCosarelli her cookbook rocks! #VegNewsChat -6:52 PM Aug 22nd, 2012

WelcomeKitchen @MaryZdrojewski I think GF beer bread is an easy starting place for bread baking. It's easy to be successful. #vegnewschat -6:52 PM Aug 22nd, 2012

homawoodrum @VegNews A10: Oven roasted veggies with quinoa & homemade marinara sauce: <http://t.co/GThCqT97> #vegnewschat -6:52 PM Aug 22nd, 2012

colettefmartin @MaryZdrojewski Can you use yeast? That works best for leavening bread #vegnewschat -6:52 PM Aug 22nd, 2012

MaryZdrojewski @mollyalicehoy agree - caffiene hides in many toiletries and causes reactions. #vegnewschat -6:51 PM Aug 22nd, 2012

SK_Wise @SLDMorgan I second Chloe's Kitchen! My fave! #vegnewschat @ChloeCoscarelli -6:51 PM Aug 22nd, 2012

SLDMorgan @MaryZdrojewski hmmm, I just tried a Quinoa pasta that I really liked. I don't have the box though to check for corn. #VegNewsChat -6:51 PM Aug 22nd, 2012

WelcomeKitchen A11: Be patient while you learn what works for you. Experience the baked good for its self, not just as a replacement. #vegnewschat -6:51 PM Aug 22nd, 2012

colettefmartin @VegNews Q11 we've talked about many; use nondairy milk 1-1; use flaxseed gel or applesauce for eggs; mix #gf flours #vegnewschat -6:51 PM Aug 22nd, 2012

lillivonschtupp @MaryZdrojewski *googles DHA* #badvegan #vegnewschat -6:51 PM Aug 22nd, 2012

leslie_reese @SLDMorgan That is too funny, I have a very sensitive nose...maybe that's it! #vegnewschat -6:51 PM Aug 22nd, 2012

MaryZdrojewski with Q11 - how do you make gf bread lofty? #vegnewschat -6:50 PM Aug 22nd, 2012

colettefmartin @WelcomeKitchen @homawoodrum Here too, soaps, shampoo, lotions are big problems #vegnewschat -6:50 PM Aug 22nd, 2012

SLDMorgan @leslie_reese I tolerate Daiya. As long as I don't smell it. ;-) #VegNewsChat -6:50 PM Aug 22nd, 2012

mollyalicehoy @WelcomeKitchen @homawoodrum same here, can't use skin products with tea extracts or cocoa butter. Caffeine traces = rash :(#vegnewschat -6:50 PM Aug 22nd, 2012

VegNews Q11: What tips do you have for allergen-free baking? #vegnewschat -6:49 PM Aug 22nd, 2012

MaryZdrojewski haven't found a quinoa pasta w/o corn yet #vegnewschat -6:49 PM Aug 22nd, 2012

ManifestVegan RT @WelcomeKitchen: Q10: Hummus is so versatile, and soup is so easy to make safely. #vegnewschat -6:49 PM Aug 22nd, 2012

colettefmartin @MaryZdrojewski Good point on corn labeling; that one is esp problematic for many with #foodallergy and in everything #vegnewschat -6:49 PM Aug 22nd, 2012

leslie_reese Thinking I might be the only non-Daiya fan here! #vegnewschat -6:49 PM Aug 22nd, 2012

homawoodrum RT @colettefmartin: @VegNews research shows that if one parent had #allergy, child will have 60% chance of some type of allergy #vegnewschat -6:49 PM Aug 22nd, 2012

colettefmartin @vegnews A10 Yes, soups and stews with veggies #vegnewschat -6:48 PM Aug 22nd, 2012

SLDMorgan Q10: I've recently fallen in love with Chloe's Kitchen Cookbook. Its all vegan recipes and has substitutions for gluten. #VegNewsChat -6:48 PM Aug 22nd, 2012

LittleFoodieKat A9: I think Daiya cheese is awesome - Quinoa pasta is actually a really good substitute, Almond milk #vegnewschat -6:48 PM Aug 22nd, 2012

homawoodrum @VegNews A7: Just started a B12 supplement, other than low protein we're doing ok. #vegnewschat -6:48 PM Aug 22nd, 2012

MaryZdrojewski I wish manufacturers had to list all ingred. Corn isn't listed by name. I only find cloves after eating foods labeled "spices" #vegnewschat -6:48 PM Aug 22nd, 2012

WelcomeKitchen @homawoodrum You're right! Soaps and lotions have been issues for us. #vegnewschat -6:48 PM Aug 22nd, 2012

SLDMorgan Q10: I love love love Food Allergy Mama's Baking Book but only good for dairy, egg and nut allergies. #VegNewsChat -6:47 PM Aug 22nd, 2012

colettefmartin @VegNews A10 Oh so many, sunflower butter with homemade jam on #gf bread, mashed chickpea and avocado spread #vegnewschat -6:47 PM Aug 22nd, 2012

leslie_reese RT @ManifestVegan: quinoa tabbouleh is a classic, sunflower seed butter is delicious, and zuchinini pasta marinara is always fun #vegnewschat -6:47 PM Aug 22nd, 2012

2455tia i have not tried sunflower seed butter before #vegnewschat -6:47 PM Aug 22nd, 2012

WelcomeKitchen Q10: Hummus is so versatile, and soup is so easy to make safely. #vegnewschat -6:47 PM Aug 22nd, 2012

LittleFoodieKat A10: I love the recipes posted on @VegaTeam website - the Vega products are free of common allergens, so I trust their products #vegnewschat -6:47 PM Aug 22nd, 2012

homawoodrum @VegNews A8: 1) eat real foods you already like 2) discover new flavors 3) watch out for non-food items too #vegnewschat -6:46 PM Aug 22nd, 2012

ManifestVegan Q10: quinoa tabbouleh is a classic, sunflower seed butter is delicious, and zuchinini pasta marinara is always fun #vegnewschat -6:46 PM Aug 22nd, 2012

MaryZdrojewski @WelcomeKitchen Thanks! Good to know! #vegnewschat -6:46 PM Aug 22nd, 2012

colettefmartin @ManifestVegan @welcomekitchen Agree! Tons of fabulous ingredients! #vegnewschat -6:45 PM Aug 22nd, 2012

WelcomeKitchen @MaryZdrojewski Sure can! Daiya is a life-saver for allergic folks (especially kids) #vegnewschat -6:45 PM Aug 22nd, 2012

colettefmartin @homawoodrum Hi Homa! Yes, quinoa is a fabulous grain #vegnewschat -6:45 PM Aug 22nd, 2012

AllergicVegan #vegnewschat A9 pepitas=butter, pesto &more. Teff and garbanzo for GFgoodies. Soyfree vegenaize to make ranch. Date/raisin paste fir cookies -6:44 PM Aug 22nd, 2012

colettefmartin @MaryZdrojewski Awesome! Good for you! #vegnewschat -6:44 PM Aug 22nd, 2012

MaryZdrojewski I love Daiya - can those with soy and gluten allergies eat it too? #vegnewschat -6:44 PM Aug 22nd, 2012

ManifestVegan @WelcomeKitchen Yes! Oh, there are just too many great ones to list. :) #vegnewschat -6:44 PM Aug 22nd, 2012

SLDMorgan These, too RT @Aightball: @VegNews Rice Dream, Daiya cheese, Tofutti, So Delicious #VegNewsChat -6:44 PM Aug 22nd, 2012

colettefmartin @SK_Wise Pureed avocado is a fabulous ingredient for baking! #vegnewschat -6:44 PM Aug 22nd, 2012

homawoodrum @VegNews A9: #vegnewschat I love quinoa as a stand-in for pasta. -6:44 PM Aug 22nd, 2012

MaryZdrojewski @colettefmartin I eat it every day - lowered my cholesterol in three weeks! Best side effect ever. #vegnewschat -6:43 PM Aug 22nd, 2012

VegNews Our mouths are watering! Q10: What are some great go-to recipes when starting out? #vegnewschat -6:43 PM Aug 22nd, 2012

WelcomeKitchen @ManifestVegan I love those, too. Fruit puree or canned pumpkin with baking powder for eggs -good & nutritious! #vegnewschat -6:43 PM Aug 22nd, 2012

GrainFreeFab A9 Coconut milk/cream for dairy. Coconut butter for peanut butter. Coconut sugar for sugar. Coconut Aminos for soy sauce. #VegNewsChat -6:43 PM Aug 22nd, 2012

SK_Wise @SLDMorgan @lillivonschtupp How could I have forgotten avocado instead of silken tofu and quinoa? #vegnewschat -6:43 PM Aug 22nd, 2012

Aightball @VegNews #vegnewschat Tofutti sour cream and cream cheese and Rice Dream mocha pies (frozen, amazing) -6:43 PM Aug 22nd, 2012

colettefmartin @vegnews A9 I second the vote for applesauce; it's a fabulous multi-faceted ingredient #vegnewschat -6:43 PM Aug 22nd, 2012

lillivonschtupp @VegNews Q4 because we keep bastardizing our produce #vegnewschat -6:42 PM Aug 22nd, 2012

Aightball @VegNews #vegnewschat Rice Dream Rice milk, Daiya cheese, Tofutti cheese slices, So Delicious ice cream, Fleishman's unsalted sticks 1/2 -6:42 PM Aug 22nd, 2012

colettefmartin @MaryZdrojewski Flaxseed is so good for you, and so versatile, provides great texture in baked goods #vegnewschat -6:42 PM Aug 22nd, 2012

lillivonschtupp @2455tia B12 #vegnewschat -6:42 PM Aug 22nd, 2012

ManifestVegan @VegNews A9: I use chickpea flour for so many things. Coconut oil is amazing. Chia and flax are pretty versatile too! #vegnewschat -6:41 PM Aug 22nd, 2012

SK_Wise @VegNews A9: hempseeds 4 nuts/sunflower seeds, hemp/gluten seitan instead of tofu/legumes, cocoa butter buttah instead of marg #vegnewschat -6:41 PM Aug 22nd, 2012

SLDMorgan @VegNews banana or applesauce 4 eggs. Recently discovered Bob's Red Mill 4 GF. Also love Enjoy Life & Earth Balance products. #VegNewsChat -6:41 PM Aug 22nd, 2012

colettefmartin @WelcomeKitchen Sunflower seeds make a great "nut" butter! #vegnewschat -6:41 PM Aug 22nd, 2012

MaryZdrojewski @colettefmartin I use a ton of flaxseed. Hope I never become allergic to flax! #vegnewschat -6:41 PM Aug 22nd, 2012

colettefmartin @VegNews A9. Multigrain #glutenfree flours including sorghum, amaranth, buckwheat, millet #vegnewschat -6:41 PM Aug 22nd, 2012

lillivonschtupp @SLDMorgan :) with appropriate levels of salt, pepper, etc, of course! #VegNewsChat -6:40 PM Aug 22nd, 2012

AllergicVegan #vegnewschat A8 subscribe to a local farm and try new veggies. Try a co-op for legumes and grains such as teff. Analyze your diet on MyPlate -6:40 PM Aug 22nd, 2012

DarkPrincess_77 #vegnewschat A9 Quinoa. So versatile :) -6:40 PM Aug 22nd, 2012

WelcomeKitchen A9 Pepitas, sunflower seeds and hemp hearts for nuts. #vegnewschat -6:40 PM Aug 22nd, 2012

SLDMorgan @lillivonschtupp I haven't tried that one. Thanks for the tip! #VegNewsChat -6:40 PM Aug 22nd, 2012

colettefmartin @VegNews A9. Love hemp or coconut for milk; flaxseed gel for eggs; coconut oil or Earth Balance shortening for butter #vegnewschat -6:40 PM Aug 22nd, 2012

leslie_reese @mollyalicehoy YES! There is a lot to be said once we learn to listen to our body! #vegnewschat -6:39 PM Aug 22nd, 2012

MaryZdrojewski Q9 - use arrowroot instead of cornstarch #vegnewschat -6:39 PM Aug 22nd, 2012

HallBro RT @VegNews: Q4: Why do you think allergies have become so prevalent, especially with children? #vegnewschat -6:39 PM Aug 22nd, 2012

lillivonschtupp @VegNews avocado for mayo (i know, but everything is an allergen anymore) #vegnewschat -6:39 PM Aug 22nd, 2012

mollyalicehoy A8: What works for me - focus on how much better you feel when you don't eat the offending item(s) #vegnewschat -6:38 PM Aug 22nd, 2012

VegNews Q9: What are your favorite allergen-free substitutes for the basics? #vegnewschat -6:38 PM Aug 22nd, 2012

WelcomeKitchen @SLDMorgan You're so right. Support is crucial. #vegnewschat -6:38 PM Aug 22nd, 2012

leslie_reese RT @WelcomeKitchen: A8 Best tip: Celebrate all the abundance that you CAN have. Dont focus on the negative. Try new foods! #vegnewschat -6:37 PM Aug 22nd, 2012

SLDMorgan A8: read labels, try new foods, get support #VegNewsChat -6:37 PM Aug 22nd, 2012

GrainFreeFab A5 Intolerance can be autoimmune/body attacking itself. Intolerance is Non-IgE. True allergy requires an IgE antibody reaction. #VegNewsChat -6:37 PM Aug 22nd, 2012

Aightball @VegNews #vegnewschat Intolerance: you can some of the food that bothers you. Allergy: practice 100% avoidance of the food -6:37 PM Aug 22nd, 2012

colettefmartin @VegNews A8 1. Avoid the foods that make you sick 2. Stay positive 3. Embrace the foods you can eat! #vegnewschat -6:37 PM Aug 22nd, 2012

MaryZdrojewski @WelcomeKitchen Best advice ever! #vegnewschat -6:36 PM Aug 22nd, 2012

leslie_reese RT @ManifestVegan: A8: Educate yourself, be prepared to think outside the box, enjoy trying new things! #vegnewschat -6:36 PM Aug 22nd, 2012

AllergicVegan #vegnewschat there is a vegan vitamin D3 spray derived from lichen. It has coconut oil as well if you need to avoid. -6:36 PM Aug 22nd, 2012

MaryZdrojewski @mollyalicehoy I know - early morn. coworkers chug coffee to wake up, i settle for herbal tea and water - not always effective #vegnewschat -6:36 PM Aug 22nd, 2012

DarkPrincess_77 #vegnewschat One thing alot of people don't realize is vitamin D & calcium rely on each other for absorption. -6:36 PM Aug 22nd, 2012

WelcomeKitchen A8 Best tip: Celebrate all the abundance that you CAN have. Don't focus on the negative. Try new foods! #vegnewschat -6:35 PM Aug 22nd, 2012

ManifestVegan A8: Educate yourself, be prepared to think outside the box, enjoy trying new things! #vegnewschat -6:35 PM Aug 22nd, 2012

MaryZdrojewski Dr. Greger recommends all vegans supplement DHA + b12, plus D depending on where you live #vegnewschat -6:34 PM Aug 22nd, 2012

mollyalicehoy @MaryZdrojewski def one of the more frustrating allergies b/c there is no sub for caffeine. I pop a lot of B12 pills & pray. #vegnewschat -6:34 PM Aug 22nd, 2012

AllergicVegan #vegnewschat A7 we're free of nuts wheat gluten soy sesame and many others and have a healthy vegan diet. (Kids included) -6:34 PM Aug 22nd, 2012

SK_Wise @VegNews Q7: I used a lot of nooch & took iron & B12 pill to be safe while cutting out my son's allergenic foods while nursing #vegnewschat -6:34 PM Aug 22nd, 2012

ManifestVegan A7: that being said, I took a supplement before as a wheat eating omnivore as well... #vegnewschat -6:34 PM Aug 22nd, 2012

VegNews Q8: Changing gears a bit, what three tips would you give someone wanting to go allergen-free? #vegnewschat -6:34 PM Aug 22nd, 2012

MaryZdrojewski took a while to find "no corn added" b-12, still haven't found a "corn free", but at least I don't react to this one. #vegnewschat -6:34 PM Aug 22nd, 2012

WelcomeKitchen RT @colettefmartin: @VegNews Vitamin D can be challenge; a daily dose of sun is terrific! #vegnewschat -6:34 PM Aug 22nd, 2012

colettefmartin @WelcomeKitchen And beans! #vegnewschat -6:33 PM Aug 22nd, 2012

colettefmartin @VegNews Vitamin D can be challenge; a daily dose of sun is terrific! #vegnewschat -6:33 PM Aug 22nd, 2012

WelcomeKitchen A7 You shouldn't avoid what you don't need to. There are lots of good options (hemp, chia, flax, fruits, veggies, whole grains #vegnewschat -6:33 PM Aug 22nd, 2012

ManifestVegan @VegNews A7: I think a diverse diet is great: many veggies, fruits, beans, nuts, seeds, greens, but I also take a supplement #vegnewschat -6:33 PM Aug 22nd, 2012

leslie_reese @VegNews B12 is supplemented, everything else comes with a healthy, balanced diet #vegnewschat -6:33 PM Aug 22nd, 2012

2455tia is taking a supplement necessary? #vegnewschat -6:32 PM Aug 22nd, 2012

MaryZdrojewski @mollyalicehoy It took me a year or two to appreciate carob. The carob coated nuts and raisins at my coop helped. #vegnewschat -6:32 PM Aug 22nd, 2012

DarkPrincess_77 #vegnewschat A7. The only supplement needed is vitamin B12 as far as I'm aware. -6:32 PM Aug 22nd, 2012

andybellatti GMOs and pesticides. RT @VegNews: Q4: Why do you think allergies have become so prevalent, especially with children? #vegnewschat -6:32 PM Aug 22nd, 2012

colettefmartin @VegNews A7 I think the hardest part of #vegan #foodallergy diet is getting enough protein #vegnewschat -6:32 PM Aug 22nd, 2012

MaryZdrojewski A7: I think my allergy makes good nutrition easier. No corn = very few processed foods available. Eat more veg and whl. grain #vegnewschat -6:31 PM Aug 22nd, 2012

WelcomeKitchen A7 My son is a nut-free vegan. He isn't soy-free or GF. Others are GF, but no nuts. It depends on what you must avoid. #vegnewschat -6:31 PM Aug 22nd, 2012

lillivonschtupp @VegNews i only supplement B12, but i often forget #vegnewschat -6:31 PM Aug 22nd, 2012

mollyalicehoy @MaryZdrojewski @leslie_reese I've only been off caffeine 6 months, roughly the time it took me to acquire a taste for carob :P #vegnewschat -6:31 PM Aug 22nd, 2012

VegNews Q7: Can you get all of your necessary nutrition on a vegan, allergen-free diet? Do you need to supplement? #vegnewschat -6:29 PM Aug 22nd, 2012

colettefmartin @ManifestVegan I've heard a lot of cases where serious illness or other physical stress (e.g. accident) triggered autoimmune #vegnewschat -6:29 PM Aug 22nd, 2012

MaryZdrojewski @mollyalicehoy Yes! I say - carob tastes just like chocolate! But how would i know - haven't eaten chocolate in 8 yrs. #vegnewschat -6:29 PM Aug 22nd, 2012

leslie_reese @mollyalicehoy I bought carob chips accidentally one time, and did not regret it! #vegnewschat -6:29 PM Aug 22nd, 2012

colettefmartin @SLDMorgan A6 true - data shows shellfish and fish #foodallergy more prevalent in adults #vegnewschat -6:28 PM Aug 22nd, 2012

ManifestVegan @VegNews Q6: in my case, doctors believe my celiac was triggered by meningitis, as it came immediately after #vegnewschat -6:28 PM Aug 22nd, 2012

mollyalicehoy @MaryZdrojewski worst ever is trying to convince my friends to try my carob chip cookies ha! #vegnewschat -6:28 PM Aug 22nd, 2012

SLDMorgan A6 I've heard some allergens, like fish and shellfish, occur more often later in life #VegNewsChat -6:27 PM Aug 22nd, 2012

leslie_reese @DarkPrincess_77 is entering into a topic lots of people try to avoid and do not want to admit...over indulgence. #vegnewschat -6:27 PM Aug 22nd, 2012

MaryZdrojewski @colettefmartin I agree - people don't look at diet, they think a pill will fix everything, so they don't see problem #vegnewschat -6:27 PM Aug 22nd, 2012

colettefmartin @MaryZdrojewski Oh, so sorry to hear that. Everyone needs to take #foodallergy seriously #vegnewschat -6:27 PM Aug 22nd, 2012

ManifestVegan A5: what Colette said: :) "whether the body attacks itself (an autoimmune disorder with #foodallergy) vs negative symptoms" #vegnewschat -6:26 PM Aug 22nd, 2012

DarkPrincess_77 @VegNews Stress or over indulgence are 2 big factors #vegnewschat -6:26 PM Aug 22nd, 2012

MaryZdrojewski @mollyalicehoy just bought veg. cake from bakery. Told guy several times - allergic -no chocolate. cake had choc. #vegnewschat -6:25 PM Aug 22nd, 2012

colettefmartin @VegNews A6 My opinion: I think some people simply haven't been diagnosed; others are triggered by stress #vegnewschat -6:25 PM Aug 22nd, 2012

OneHealthSpot @VegNews or in the case of gluten - the immune system is turned on. #vegnewschat -6:25 PM Aug 22nd, 2012

leslie_reese @OneHealthSpot That's another great way to put it actually. More facts #vegnewschat -6:25 PM Aug 22nd, 2012

leslie_reese I like the answer @colettefmartin gave the best! I agree with this one. #vegnewschat -6:24 PM Aug 22nd, 2012

VegNews Q6: Why do you think an adult can suddenly develop an allergy or intolerance? #vegnewschat -6:24 PM Aug 22nd, 2012

colettefmartin @SLDMorgan A5 and yes, the worst #foodallergy results in anaphyaxis and possible death #vegnewschat -6:24 PM Aug 22nd, 2012

mollyalicehoy @MaryZdrojewski yes! Just walking into a Starbucks gives me jitters & headache. Hard to avoid even at allergen free places #vegnewschat -6:24 PM Aug 22nd, 2012

OneHealthSpot @VegNews: an allergy = histamine reaction. And intolerance is when you don't have an enzyme to digest something. #vegnewschat -6:24 PM Aug 22nd, 2012

colettefmartin @VegNews A5 But the solution is the same - avoid the foods that make you sick #vegnewschat -6:23 PM Aug 22nd, 2012

colettefmartin @VegNews A5 the difference is whether the body attacks itself (an autoimmune disorder with #foodallergy) vs negative symptoms #vegnewschat -6:23 PM Aug 22nd, 2012

WelcomeKitchen RT @colettefmartin: @vegnews and if 2 parents with #allergy, child has even higher chance of some type of #allergy #vegnewschat -6:23 PM Aug 22nd, 2012

WelcomeKitchen A5: It is a difference in the way your immune system responds to the food. It is a different kind of reaction. #vegnewschat -6:22 PM Aug 22nd, 2012

SLDMorgan @VegNews A5 life and death #VegNewsChat -6:22 PM Aug 22nd, 2012

colettefmartin @WelcomeKitchen @vegnews and if 2 parents with #allergy, child has even higher chance of some type of #allergy #vegnewschat -6:21 PM Aug 22nd, 2012

VegNews Q5: What's the difference between intolerance and a full-blown allergy? #vegnewschat -6:21 PM Aug 22nd, 2012

colettefmartin @MaryZdrojewski frustrating, stick to your guns, you know what you need to stay well #vegnewschat -6:21 PM Aug 22nd, 2012

WelcomeKitchen @AllergicVegan Allergen free is different for different folks. It depends on what you need to avoid. #vegnewschat -6:21 PM Aug 22nd, 2012

SLDMorgan For my kids, I think genetics has played a huge part in their #foodallergy My husband and I both had food allergies as kids. #VegNewsChat -6:21 PM Aug 22nd, 2012

MaryZdrojewski I've read that there's a connection b/t dyslexia and mult. food allergies Makes sense. I have both, but not the rest of fam. #vegnewschat -6:20 PM Aug 22nd, 2012

leslie_reese Children's Allergies <http://t.co/VjRPAIL1> #vegnewschat -6:20 PM Aug 22nd, 2012

WelcomeKitchen @colettefmartin @VegNews Also, if a sibling has food allergy, higher chance for other kids. #vegnewschat -6:20 PM Aug 22nd, 2012

colettefmartin @VegNews Other research shows #foodallergy varies by geographic location #vegnewschat -6:20 PM Aug 22nd, 2012

leslie_reese I think a lot of it has to do with SAD diet and lack of variety and proper nutrition...natural flora is just messed up! #vegnewschat -6:20 PM Aug 22nd, 2012

AllergicVegan #vegnewschat it is possible to have an allergen-free vegan diet that is healthy. Easy to avoid soy and wheat/gluten b/c so many choices now -6:19 PM Aug 22nd, 2012

colettefmartin @VegNews research shows that if one parent had #allergy, child will have 60% chance of some type of allergy #vegnewschat -6:19 PM Aug 22nd, 2012

WelcomeKitchen @VegNews GMOs, overly processed foods, poor environment, etc. #vegnewschat -6:19 PM Aug 22nd, 2012

MaryZdrojewski @mollyalicehoy People always think I'm making it up. They don't get that I can't even use their coffeepot to make hot water #vegnewschat -6:18 PM Aug 22nd, 2012

sam_metal @VegNews GMO, BPA, lax food safety laws, and environmental toxins everywhere #vegnewschat -6:18 PM Aug 22nd, 2012

colettefmartin @mollyalicehoy strong connection between caffeine and migraines #vegnewschat -6:18 PM Aug 22nd, 2012

colettefmartin @SLDMorgan Definitely try hemp milk; coconut milk beverage is my second choice #vegnewschat -6:18 PM Aug 22nd, 2012

VegNews @colettefmartin & @WelcomeKitchen, what are some major theories? #vegnewschat -6:18 PM Aug 22nd, 2012

SK_Wise @WelcomeKitchen @colettefmartin weird! Oddly enough my older DD has no known allergies and I was vegan and nursed her too #vegnewschat -6:18 PM Aug 22nd, 2012

SLDMorgan me, too RT @colettefmartin: @SK_Wise My problems started with nursing too; wish I had known dairy would be a problem back then #VegNewsChat -6:17 PM Aug 22nd, 2012

mollyalicehoy @MaryZdrojewski I too have a severe caffeine intolerance. It seems to be one of the more overlooked & underdiagnosed allergies #vegnewschat -6:17 PM Aug 22nd, 2012

AllergicVegan #vegnewschat -6:17 PM Aug 22nd, 2012

ManifestVegan @VegNews A4: I think it has to do a lot with how processed and manufactured our food choices at the grocery have become... #vegnewschat -6:17 PM Aug 22nd, 2012

SLDMorgan @colettefmartin i might try that milk -- can't do soy any more and can't stand rice #VegNewsChat -6:17 PM Aug 22nd, 2012

colettefmartin @VegNews A4 I've seen lots of research; a lot of theories yet no conclusive answers #vegnewschat -6:17 PM Aug 22nd, 2012

MaryZdrojewski A4: do gmo's play a role? certain strains of corn cause me worse reactions than others #vegnewschat -6:16 PM Aug 22nd, 2012

SLDMorgan #foodallergy question RT @VegNews: Q4: Why do you think allergies have become so prevalent, especially with children? #VegNewsChat -6:16 PM Aug 22nd, 2012

WelcomeKitchen A4. Wish I knew. Lots of interesting theories out there. #vegnewschat -6:16 PM Aug 22nd, 2012

lispaige @VegNews bloated, fatigue, mood swings, unfocused! Love being aware of what I eat! #vegnewschat allergen-free 6 years! -6:16 PM Aug 22nd, 2012

colettefmartin @SK_Wise Love love love hemp seeds, hemp milk; my favorite non-dairy milk #vegnewschat -6:16 PM Aug 22nd, 2012

mj_tyler RT @VegNews: Q4: Why do you think allergies have become so prevalent, especially with children? #vegnewschat -6:15 PM Aug 22nd, 2012

WelcomeKitchen @colettefmartin Me, too. I was vegetarian but not vegan with 1st nursing babe. Passed along allergens. Vegan 2nd tho. #vegnewschat -6:15 PM Aug 22nd, 2012

colettefmartin @VegNews A3 My own symptoms include GI problems and rashes; all disappear when I avoid gluten and soy #vegnewschat -6:15 PM Aug 22nd, 2012

VegNews Q4: Why do you think allergies have become so prevalent, especially with children? #vegnewschat -6:15 PM Aug 22nd, 2012

MaryZdrojewski @2455tia i had terrible migrains that I found out were not quite allergy, but severe caffiene sensitivity, to even traces #vegnewschat -6:15 PM Aug 22nd, 2012

SK_Wise @colettefmartin Yes, tricky when you are vegan! Hempseeds saved me! It's very isolating when no one shares the same profile :(#vegnewschat -6:14 PM Aug 22nd, 2012

ManifestVegan @MaryZdrojewski oh my. that's an incredible amount of time to have issues... so sorry. #vegnewschat -6:14 PM Aug 22nd, 2012

WelcomeKitchen @2455tia I'm sorry. I hope you find answers and relief soon! #vegnewschat -6:14 PM Aug 22nd, 2012

colettefmartin @SK_Wise My problems started with nursing too; wish I had known dairy would be a problem back then #vegnewschat -6:13 PM Aug 22nd, 2012

ManifestVegan A3: But, I feel incredibly healthy compared to how I was feeling--no migraines, no rashes, high energy and much much less pain! #vegnewschat -6:13 PM Aug 22nd, 2012

leslie_reese @ManifestVegan Me too, although going Vegan at 26 was a great investment in my health! #vegnewschat -6:13 PM Aug 22nd, 2012

SK_Wise A2: started with hives, sleep probs, reflux then face swelling. He wasn't even 1 & most probs started when I was nursing! #vegnewschat -6:12 PM Aug 22nd, 2012

2455tia i wish my migraines were allergy related nothing seems make it better or worse thought it was allergy related but was not #vegnewschat -6:12 PM Aug 22nd, 2012

WelcomeKitchen RT @ManifestVegan: @leslie_reese its amazing how big of a role food plays in our well being. I wish I had known sooner myself! #vegnewschat -6:12 PM Aug 22nd, 2012

SLDMorgan so true RT @leslie_reese: @WelcomeKitchen I try to share as much as Im able because just a little education goes a long way! #VegNewsChat -6:12 PM Aug 22nd, 2012

ManifestVegan @VegNews A3: Most have. I still have bursts of dysesthesia when stressed, & since going gf, my tummy bloats when I eat Gluten #vegnewschat -6:12 PM Aug 22nd, 2012

colettefmartin RT @leslie_reese: @WelcomeKitchen I agree. I try to share as much as Im able because just a little education goes a long way! #vegnewschat -6:12 PM Aug 22nd, 2012

VegNews RT @ManifestVegan: @leslie_reese its amazing how big of a role food plays in our well being. I wish I had known sooner myself! #vegnewschat -6:12 PM Aug 22nd, 2012

leslie_reese @WelcomeKitchen I agree. I try to share as much as I'm able because just a little education goes a long way!
#vegnewschat -6:11 PM Aug 22nd, 2012

colettefmartin @SK_Wise Oh.. tough list, don't have to be called out on labels #vegnewschat -6:11 PM Aug 22nd, 2012

WelcomeKitchen A3: Symptoms are much better. Eczema still a problem in winter particularly; asthma gets better for him all the time. #vegnewschat -6:11 PM Aug 22nd, 2012

MaryZdrojewski @manifestvegan I had the same symptoms for corn allergy, plus mild throat swelling. It took 16 years to figure it out. #vegnewschat -6:11 PM Aug 22nd, 2012

colettefmartin @VegNews Q3 when we avoid the foods we are allergic to, symptoms disappear; the key is to be diligent #foodallergy #vegnewschat -6:11 PM Aug 22nd, 2012

ManifestVegan @leslie_reese it's amazing how big of a role food plays in our well being. I wish I had known sooner myself! #vegnewschat -6:10 PM Aug 22nd, 2012

WelcomeKitchen @SLDMorgan I'm not allergic, but maybe have some kind of dairy intolerance? #vegnewschat -6:10 PM Aug 22nd, 2012

SK_Wise Hi! A1: my son was diagnosed w/ allergies to peanuts, tree nuts, soy, legumes, flax, mustard, coconut, and sunflower. #vegnewschat -6:10 PM Aug 22nd, 2012

WelcomeKitchen @leslie_reese That is so true! Also, people don't know that it can be diet related. #vegnewschat -6:10 PM Aug 22nd, 2012

MaryZdrojewski We do okay with gf mixes made vegan, but our attempts from cookbooks? Not so good. #vegnewschat -6:10 PM Aug 22nd, 2012

VegNews Q3: For our experts, have the symptoms disappeared? What health benefits have you experienced since giving up allergen foods? #vegnewschat -6:10 PM Aug 22nd, 2012

SLDMorgan That's really interesting RT @WelcomeKitchen: A2: I had asthma whole life til I went vegan #VegNewsChat -6:09 PM Aug 22nd, 2012

leslie_reese @ManifestVegan Symptoms people have everyday and often overlook because they don't want to change their diet...crazy! #vegnewschat -6:09 PM Aug 22nd, 2012

SLDMorgan @WelcomeKitchen my son is outgrowing his, which is awesome! we just got the results for my daughter -- all new territory #VegNewsChat -6:09 PM Aug 22nd, 2012

ManifestVegan @MaryZdrojewski not too long--maybe 3 months?--once I wrapped my head around the idea, it was just like reg baking #vegnewschat -6:09 PM Aug 22nd, 2012

WelcomeKitchen A2: My son had severe eczema and breathing problems. Still issues, but much better. I had asthma whole life til I went vegan #vegnewschat -6:08 PM Aug 22nd, 2012

colettefmartin @VegNews A2 My son had many non-trad symptoms including gagging, throat swelling, reflux, rashes #vegnewschat -6:08 PM Aug 22nd, 2012

SLDMorgan @VegNews A2: severe eczema #VegNewsChat -6:08 PM Aug 22nd, 2012

ManifestVegan @VegNews A2: migraines, skin pain (dysesthesia), sever arthritis, rashes, fatigue and just plain feeling crummy. #vegnewschat -6:07 PM Aug 22nd, 2012

colettefmartin @MaryZdrojewski The biggest trick to #glutenfree is the weight of the flour; most #gf flour blends weight more than wheat #vegnewschat -6:07 PM Aug 22nd, 2012

WelcomeKitchen @SLDMorgan It can be a tough adjustment. I hope your kids are feeling good now that you know what's going on. #vegnewschat -6:06 PM Aug 22nd, 2012

WelcomeKitchen @MaryZdrojewski I write recipes that are gluten-free even though my family isn't. It is a learning curve. #vegnewschat -6:05 PM Aug 22nd, 2012

QueerVeganFood RT @ManifestVegan: @QueerVeganFood thanks for joining! #vegnewschat -6:05 PM Aug 22nd, 2012

SLDMorgan @WelcomeKitchen my son was 7 months, my daughter just turned one year. #foodallergy #VegNewsChat -6:05 PM Aug 22nd, 2012

MaryZdrojewski How long did it take you to learn how to cook gluten free? It seems like it's taking a lot longer than learning to cook vegan #vegnewschat -6:05 PM Aug 22nd, 2012

2455tia I have been vegetarian for more then 10 years and have recently been adding more vegan meals #vegnewschat -6:05 PM Aug 22nd, 2012

colettefmartin @MaryZdrojewski #Glutenfree can be a challenge, but easier once you find new grains to bake with #vegnewschat -6:05 PM Aug 22nd, 2012

ManifestVegan @MaryZdrojewski oh, best wishes! gluten-free is fun! #vegnewschat -6:05 PM Aug 22nd, 2012

VegNews Q2: What symptoms were you or your child experiencing before going allergen-free? #vegnewschat -6:05 PM Aug 22nd, 2012

SLDMorgan @colettefmartin you, too! #VegNewsChat -6:05 PM Aug 22nd, 2012

SLDMorgan @MaryZdrojewski gluten free is new to us too #VegNewsChat -6:05 PM Aug 22nd, 2012

ManifestVegan @QueerVeganFood thanks for joining! #vegnewschat -6:04 PM Aug 22nd, 2012

colettefmartin @SLDMorgan Nice to meet you #vegnewschat -6:04 PM Aug 22nd, 2012

MaryZdrojewski My mom is hoping to someday open an allergen-free vegan cafe, but gluten free is totally new to us. #vegnewschat -6:04 PM Aug 22nd, 2012

colettefmartin @QueerVeganFood So happy you're here! #vegnewschat -6:04 PM Aug 22nd, 2012

ManifestVegan @VegNews A1: I am vegan by choice and then became gluten-free because of celiac disease #vegnewschat -6:03 PM Aug 22nd, 2012

colettefmartin @VegNews A1: My son is allergic to wheat, milk, eggs, soy, peanuts and I'm gluten intolerant; had to take on the challenge #vegnewschat -6:03 PM Aug 22nd, 2012

WelcomeKitchen A1: My son was diagnosed with multiple food allergies when he was about a year old. #vegnewschat -6:02 PM Aug 22nd, 2012

SLDMorgan @VegNews first son, now daughter have multiple food allergies #VegNewsChat -6:02 PM Aug 22nd, 2012

QueerVeganFood I'm totally psyched for tonight's #vegnewschat focusing on allergies and veganism. Pretty rad discussion going on right now! -6:02 PM Aug 22nd, 2012

colettefmartin @VegNews Happy to be here! I'm in great company #vegnewschat -6:02 PM Aug 22nd, 2012

VegNews Let's get started! Q1: How did you get on the allergen-free path? #vegnewschat -6:02 PM Aug 22nd, 2012

ManifestVegan @VegNews hello! excited to be here! #vegnewschat -6:01 PM Aug 22nd, 2012

WelcomeKitchen @VegNews So glad to be with all of you tonight! #vegnewschat -6:01 PM Aug 22nd, 2012

VegNews Welcome @colettefmartin! Colette is a contributor for Forbes and the author of Learning to Bake Allergen-Free. #vegnewschat -6:01 PM Aug 22nd, 2012

VegNews Welcome @ManifestVegan! Allyson Kramer is the blogger behind Manifest Vegan and author of Great Gluten-Free Vegan Eats. #vegnewschat -6:01 PM Aug 22nd, 2012

VegNews Welcome @WelcomeKitchen! Kim Lutz is the allergen-free author of the cookbook and blog Welcoming Kitchen. #vegnewschat -6:00 PM Aug 22nd, 2012

ManifestVegan @OneHealthSpot glad you're joining us! thank you #vegnewschat -6:00 PM Aug 22nd, 2012

VegNews Hi all, and thanks for joining us for tonight's VegNews Twitter Chat, where we'll be talking about the allergen-free vegan! #vegnewschat -6:00 PM Aug 22nd, 2012

colettefmartin @OneHealthSpot Nice to meet you! #vegnewschat -6:00 PM Aug 22nd, 2012

ManifestVegan @colettefmartin @welcomekitchen @vegnews looking forward to chatting with you! #vegnewschat -5:59 PM Aug 22nd, 2012

OneHealthSpot Wanted to say I'm also looking forward to the chat. Thanks for having! Ready to listen. #vegnewschat -5:59 PM Aug 22nd, 2012

WelcomeKitchen @colettefmartin Me, too! #vegnewschat -5:59 PM Aug 22nd, 2012

colettefmartin @manifestvegan @welcomekitchen @vegnews Happy to be chatting with you tonight! #vegnewschat -5:58 PM Aug 22nd, 2012

WelcomeKitchen RT @VegNews: Only five minutes until tonight's VegNews Twitter Chat! Join us as we discuss allergen-free vegan eating. #vegnewschat -5:57 PM Aug 22nd, 2012

colettefmartin RT @VegNews: Only five minutes until tonight's VegNews Twitter Chat! Join us as we discuss allergen-free vegan eating. #vegnewschat -5:57 PM Aug 22nd, 2012

ManifestVegan RT @VegNews: Only five minutes until tonight's VegNews Twitter Chat! Join us as we discuss allergen-free vegan eating. #vegnewschat -5:56 PM Aug 22nd, 2012

VegNews Only five minutes until tonight's VegNews Twitter Chat! Join us as we discuss allergen-free vegan eating. #vegnewschat -5:55 PM Aug 22nd, 2012

OneHealthSpot @SLDMorgan #vegnewschat -5:54 PM Aug 22nd, 2012

SLDMorgan Just heard about the Allergen-Free Vegan twitter chat at 9pm with @VegNews. Looking forward to it.
#foodallergy #VegNewsChat -5:53 PM Aug 22nd, 2012

colettefmartin I'll be chatting soon with @vegnews @welcomekitchen @manifestvegan #vegan #foodallergy cooking and baking #vegnewschat -5:40 PM Aug 22nd, 2012

WelcomeKitchen If you don't want to see the tweets from tonight's #vegnewschat, you can go to <http://t.co/P3D8ocd7>. Otherwise, please join us. -5:39 PM Aug 22nd, 2012

WelcomeKitchen We're going to chat about #foodallergy and #vegan w/ @vegnews @manifestvegan & @colettefmartin @ 6PST <http://t.co/eY61OBGm> #vegnewschat -5:26 PM Aug 22nd, 2012

leslie_reese Looking forward to my first #vegnewschat with @vegnews 9pm eastern, join here <http://t.co/SOCL1S2J> - 5:16 PM Aug 22nd, 2012

colettefmartin Wed 6pm PT/9 PM ET I'll be tweeting #foodallergy #vegan w/ @vegnews @manifestvegan @welcomekitchen <http://t.co/eY61OBGm> #vegnewschat -4:37 AM Aug 21st, 2012

colettefmartin Mark cal's for the #foodallergy #vegan chat Wed, 9pm east, 6pm west with @vegnews #vegnewschat <http://t.co/eY61OBGm> -3:02 PM Aug 20th, 2012