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Food allergy? Try these top-rated wheat, dairy and nut-free snacks

Parents Magazine shares its favorite allergy-friendly foods and snacks from their taste test. These nut, wheat and dairy-free eats not only accommodate your dietary needs, but also taste great.



Dairy-Free & Egg-Free

Daiya Deliciously Dairy & Soy Free Supreme Gluten-Free Pizza, \$108.25 for 8 pizzas, [Amazon](#)



Don't let the meatless sausage, gluten free crust and dairy-free cheese fool you, this pie packs a serious flavor punch. This tasty vegan pizza will definitely have you reaching for a second slice.

“Daiya—this was the crowd pleaser with our kid testers. This is a gluten-free pizza that has meatless sausage and a dairy-free cheese that melts really, really well. Cheese that doesn’t melt is not good. Our kids love this, our parents love this. It’s delicious. This is a great meal for a family with different allergies.” –Liz Vaccariello, Editor in Chief of *Parents Magazine*

“I can’t have dairy and this is delicious.” –Hoda

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<http://www.today.com/food/top-rated-allergy-friendly-foods-snacks-t109920>