

Nutricheck



Professional Dietary Advice

Dietary Hints for Food Allergy Patients

Please Note: This *Dietary Hints for Food Allergy Patients Guide* is not intended to be a recommendation for self-medication, or to replace medical services.

DIETARY HINTS FOR FOOD ALLERGY PATIENTS

USE ONLY UNDER THE GUIDANCE OF A HEALTH PRACTITIONER

People allergic to WHEAT, will also usually react to other grains, except possibly RICE. So, most other grains need to be avoided before attempting a challenge test. These include RYE, CORN, OATS, BARLEY, SEMOLINA and MILLET.

ALTERNATIVE FLOURS are available in most Health Food shops as substitutes for wheat flour. These include: .Arrowroot - used in place of cornflour. Rice Flour - used for thickening soups and stews and for making rissoles, fishcakes etc. Yellow-pea Flour - when mixed with rice flour is useful for coating foods prior to frying. This is also nice in a batter. Potato Flour - used for thickening soups and stews instead of cornflour and also used for binding rissoles and fishcakes. Buckwheat can also be used, usually mixed with rice flour and potato flour. It does make nice pancakes and pikelets.

RICE CRACKERS RICE-CAKES and RICE-NOODLES make reasonable substitutes for bread and pasta and even, RICE BREADS are now available in Health Food shops.

Most oriental sauces, which contain MSG generally appear to be well tolerated. However, wheat-free Soy Sauce and Tamari are usually a safer option than the regular variety.

SOY-MILK may usually be used by people who are sensitive to dairy foods. These days, however, many children often appear to also be allergic to SOY products.

Many SOY products also often contain YEAST, so if a yeast sensitivity is present these foods must be avoided.

Usually EQUAL can be used as a sweetener BUT some people do react to this sweetener. SPLENDA is probably a safer choice.

Many people appear to react adversely to fruits. Usually, these people are reacting to salicylates and benzoates which occur naturally in many fruits. Fruits which most commonly trigger these sensitivity reactions are CITRUS, STONEFRUITS, BERRIES, MELONS. However, some people also react to banana, grapes, pineapple and mango. Fruits such as APPLE, PEAR, NASHI, PAWPAW, SUGAR BANANA and KIWI FRUIT are usually better tolerated.

HERBS, SPICES and LEMON-JUICE can be used to provide variety in taste. Oriental and Asian recipes also provide this variety.

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