

**Section 1: LOW CHEMICAL FOODS & PRODUCTS: *Gluten, wheat & dairy free* (s\*) indicates the possibility of soy**

**FRUITS**

FOODS	PRODUCTS	GUIDELINES / HINTS	EASY RECIPES
<p><b>PEARS</b>  <b>Fresh pears</b> (peeled)                      e.g. <i>Packham, William, Bartlett, Beurre Bosc</i></p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Avoid <i>Nashi</i> pears and strongly flavoured varieties</p> </div> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p><b>BABY FOOD</b>  <i>Heinz Pear Puree,</i>  <i>Golden Circle Pear Puree</i>                      (Note: these products may contain some peel, but most is removed during processing)</p> </div>	<p><b>CANNED PEARS IN LIGHT SYRUP</b>  <i>There are still some brand name pears in syrup but mostly they are available in generic varieties in supermarkets</i>  <i>Coles have a 4 pack snack pears in syrup Product Code: 9-837-710</i>                      If you are finding it difficult to find suitable canned fruit then it may be worth investing in a food preserving kit  <i>Fowlers Vacola Preserving Kit</i>                      1800 814 444 for your nearest stockist and advice or email <a href="mailto:nroy@fowlersvacola.com.au">nroy@fowlersvacola.com.au</a></p> <p><b>JAM</b>  <i>Hanks' Pear and Vanilla Jam</i>  <a href="http://www.hanksjam.com.au">www.hanksjam.com.au</a></p>	<p>Limit to about 2 pears per day.</p> <p>Choose fresh fruit that is ripe and juicy but not mouldy and peel thickly before eating or processing.</p> <p>Choose soft pieces in canned pears (hard pieces were unripe before processing)</p> <p>AVOID pears canned in fruit juice.</p> <p>If you have trouble finding suitable dried fruit purchase a food dehydrator. They come with easy instructions on how to process fruit for snacks</p> <p><i>Ezidri</i> - <a href="http://www.hillmark.com.au">www.hillmark.com.au</a>  <i>Fowlers Vacola</i> – Myer and selected hardware chains or 1 800 814 444  <a href="mailto:nroy@fowlersvacola.com.au">nroy@fowlersvacola.com.au</a></p>	<p><b>HOMEMADE PEAR JUICE</b></p> <p>1) Use syrup from canned pears as a cordial and add to water, plain mineral water or soda water</p> <p>2) puree pear or use baby pear puree and add enough water to make a very dilute drink</p> <p><b>HOMEMADE PEAR JAM</b></p> <p>Blend 750 g drained canned or peeled fresh ripe pears in a food processor, add 750 g of sugar and 1 sachet of Jamsetta® and boil for 5 minutes – pour into sterilised jars</p> <p><b>HOMEMADE PEAR CHUTNEY/SAUCE</b></p>
<p>Salicylates have a natural preservative action and are concentrated near the surface of fruits &amp; vegetables. Their levels are <i>higher in unripe</i> fruits, and <i>decrease</i> with ripening.</p> <p>Most dried fruits are preserved with sulphites (220 -228) or sorbic acid (200 -203). Sun-dried fruits without added preservative have a very high natural chemical and sugar content.</p> <p>Fruit juices &amp; fruit flavours all have a high natural chemical content.</p>		<p>To sterilize jars, wash in dishwasher or soapy water, rinse well and put in oven heated to 150°C on rack upside down for at least 20 minutes while jam or chutney is cooking. Remove from oven and while still hot fill with jam or chutney. Screw lids on tightly and upend to complete the process.</p>	<p>Open a large can of pears (825g) in syrup. Drain syrup into a saucepan and boil until reduced by half, cool a little and add chopped or pureed pears, ½ cup brown sugar, 1½ teaspoon citric acid and 1 teaspoon sea salt (optional extras: garlic, celery). Simmer 10 to 15 minutes until mixture is thick – cool a little and pour into still hot sterilized jars</p>

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**VEGETABLES**

FOODS	PRODUCTS	GUIDELINES / HINTS	EASY RECIPES
<p><b>FRESH VEGETABLES</b></p> <p><b>Potatoes</b></p> <p><b>Lettuce</b> <i>Iceberg</i></p> <p><b>Swedes</b></p> <p><b>Cabbage</b> red or green</p> <p><b>Brussels sprouts</b></p> <p><b>Celery</b></p> <p><b>Choko</b></p> <p><b>Butter beans</b></p> <p><b>Green beans</b> <i>French, string or snake</i></p> <p><b>Mungbean sprouts</b></p> <p><b>Bean shoots</b></p> <p><b>Bamboo shoots</b></p> <p><b>Leeks</b></p> <p><b>Shallots or spring onions</b></p> <p><b>Chives</b></p> <p><b>Garlic</b></p> <div data-bbox="125 882 469 1043" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>The vegetables in this food list increase in chemical content as you go down the list so plan to use accordingly</p> </div>	<p><b>FROZEN VEGETABLES</b></p> <p><b>Brussels sprouts</b></p> <p><b>Swede diced</b></p> <p><b>Celery cuts</b></p> <p><b>Butter beans</b></p> <p><b>Green beans</b></p> <p><b>Lima beans</b></p> <p><i>McCain Foods</i> <i>Healthy Choice Potato Chips</i> <i>Potato Nuggets</i> <i>Hash Browns</i></p> <p><i>Note: there are <u>very</u> low levels of added antioxidants in the oil in these products (less than 0.1 mg/100g for the Healthy Choice Fries)- when eaten occasionally as a recommended serving size this should not be a problem BUT more fat in product = more antioxidant</i></p> <p><b>CANNED VEGETABLES</b></p> <p><b>Green beans</b></p> <p><b>Bean sprouts</b></p> <p><b>Bamboo shoots</b></p>	<p>Use only fresh, frozen or canned vegetables</p> <p>Avoid any vegetables not listed</p> <p>Wash vegetables thoroughly</p> <p>If you are highly sensitive, discard outer darker green leaves of lettuce</p> <p>Choose large white or dirty brown potatoes. Peel thickly (about 2 mm) and do not eat potatoes that have green in the skin. Avoid tasty red and flavoursome varieties while on the test diet</p> <p>Avoid potato products with added flavours and preservatives e.g. antioxidants (310-312, 319-321) or sulphites (220 – 228). The herb, rosemary, is a strong natural antioxidant</p> <div data-bbox="896 996 1268 1190" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Always turn on the extractor fan when doing any cooking – this reduces moisture and cooking fumes going back into the household air</b></p> </div>	<p><b>VEGETABLE STOCK</b></p> <p>1 tablespoon canola oil; 350g swede; 3 celery stalks; peeled &amp; chopped. 1 large leek, halved lengthways, washed &amp; chopped. 3 garlic cloves, crushed. 4.5 L (18 cups) water. Ground sea salt.</p> <p>Heat oil in large saucepan or stockpot over medium heat. Cook, stirring often, for 5-8 min or until vegetables turn light golden. Pour in water. Cover with lid &amp; bring to boil. Simmer partially covered for 1 hours, or until vegetables are very soft.</p> <p>Strain stock. Season with salt to taste. Set aside to cool &amp; transfer into airtight container. Use or freeze for up to 4 weeks.</p> <p>For Vegetable Soup add a selection of vegetables in addition to lots of potato. Add a little more salt to taste</p>

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**MEAT**

FOODS	PRODUCTS	GUIDELINES / HINTS	RECIPES
<p><b>FRESH UNPROCESSED MEAT</b></p> <p>Chicken without the skin</p> <p>Lamb</p> <p>Veal</p> <p>Beef fresh not aged</p> <p>To cook meats on the BBQ when out or camping use either of the following reusable products. They won't tolerate a naked flame but are suitable for temperatures up to 250°C on a grilling plate.</p> <p>Bakeliners <a href="http://www.bakeliners.com.au">www.bakeliners.com.au</a></p> <p>Magic Baking Sheets - order at <a href="http://www.chefsresource.com/mbs.html">www.chefsresource.com/mbs.html</a></p>	<p><b>CUSTOM-MADE SAUSAGES</b></p> <p>These are only some of the Sydney suppliers of sausages with no preservatives and no added herbs and spices – made with LOW ingredients</p> <p><i>Narrabeen Butchery</i> 1334 Pittwater Rd, Narrabeen (02 9913 8826) <a href="mailto:snagman@ozemail.com.au">snagman@ozemail.com.au</a></p> <p><i>Delta Meat Co</i> 1E S Creek Rd, Dee Why (02 9971 0613)</p> <p><i>Beef Bullion</i> North Rocks Rd, Nth Rocks (02 9872 2013)</p> <p><i>A&amp;C Butchery</i> 174 Marion St, Leichhardt (02 9569 8687)</p> <p><i>More Than Meat</i> 130 Wyralla Rd (Cnr. President Ave) Miranda 2228 (02 9524 5474)</p> <p><i>Fairlight Gourmet Meats</i> 154 Sydney Rd, Fairlight (02 9949 2460)</p>	<p>Fresh meats &amp; poultry are all <b>LOW</b> in natural chemicals. However, <b>amines</b> (which increase flavour) can form due to protein breakdown in:</p> <ul style="list-style-type: none"> <li>• <b>Aged meats</b>, pork, chicken skin, liver, kidney, &amp; other offal</li> <li>• <b>Cooking</b>, e.g. grilled, browned meats, soup stocks</li> <li>• <b>Processed meats</b>—may also be preserved with nitrites (ham, bacon &amp; corned beef)</li> <li>• <b>Spicy processed meats</b>—can also contain salicylates or MSG (Devon, salami, seasoned meats, meat pies, sausages, sausage rolls, Frankfurt's, meat pastes &amp; extracts)</li> </ul> <p><b>AVOID</b> sausages containing preservatives, natural and added flavours apart from salt and garlic</p>	<p><b>SAUSAGE RECIPE</b></p> <p>Use fresh mince with no preservatives, rice flour and salt (shallots &amp; garlic optional) For sausage mince you need 1kg very lean meat and 250 g of fat i.e. the equivalent proportions of a lamb chop with all the fat.</p> <p>For 5kg minced chicken thighs, lamb or fresh beef mince, use 1 box rice flour (375g) and approx 3 tablespoons of salt and the white trimmed ends of a bunch of shallots</p> <p><b>MEAT SAUCE FOR SPAGHETTI</b></p> <p>Cook 1 tablespoon finely chopped white ends of shallots in 2 teaspoons of oil (from oil list) until clear. Add 500 g of lean mince and stir until lightly cooked then add ¾ cup water with 2 teaspoons of corn flour, ½ cup finely chopped cabbage and stir constantly until cooked and liquid reduced (about 5 minutes). Then add ¼ teaspoon salt, pinch of citric acid and 1 teaspoon of brown sugar. Add a little more liquid, salt and sugar to taste if desired. More vegetables from list on page 5 can be added.</p>
<p>Cooking time and methods affect the flavour and natural chemical content – <b>AVOID</b> browning (particularly BBQ) and prolonged cooking of meat to enhance flavour</p> <p>As meat ages there is an increase in <b>amines</b>. Therefore, cook &amp; eat meat the day it is bought, or freeze for no longer than about 4 weeks.</p> <p>Leftover cooked meat should be frozen (not just refrigerated).</p>			

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## SEAFOOD

SEAFOODS		GUIDELINES / HINTS	EASY RECIPES
<p><b>FRESH FISH</b></p> <p><b>White fish</b> Perch, ling, flathead, bream, whiting, snapper</p>	<p><b>CRUSTACEANS, MOLLUSCS &amp; SHELLFISH</b></p> <p><b>Crab &amp; lobster</b> <b>Calamari</b> <b>Sea scallops</b> <b>Natural oysters</b></p>	<p><b>AVOID</b> if you are allergic to fish or crustaceans</p> <p><b>AVOID</b> all prawns (including fresh) because they are soaked in sulphite preservatives on the boat at the time of the catch. Other crustaceans may be preserved as well if they are processed on a boat.</p>	<p><b>BATTERED FISH &amp; FISH FINGERS</b></p> <p>Use gluten-free batter mix according to packet instructions and cook in one of the oils on the list</p> <p><b>Crispy Batter Mixes –</b> <i>Casalare</i> <i>G &amp; C Crispy Batter</i> <a href="http://www.crispybatter.com.au">www.crispybatter.com.au</a></p>

Seafood is **LOW** in natural chemicals. However, protein breakdown rapidly forms **amines**, so fish needs to be very fresh and eaten on the day it is caught or bought. Do not use frozen items.

Fish and other seafood products that are canned, salted, smoked, pickled or dried are rich in amines and other natural chemicals. The levels can be so high that reactions can come on very quickly after eating and mimic a true food allergy reaction.

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**LEGUMES**

FOODS	PRODUCTS	GUIDELINES / HINTS	EASY RECIPES
<p><b>DRIED LEGUMES</b></p> <p><b>Split peas</b> green &amp; yellow</p> <p><b>Chick peas &amp; chick pea flour</b> (Besan flour)</p> <p><b>Lentils</b> red and brown</p> <p><b>Borlotti beans</b></p> <p><b>Canellini beans</b></p> <p><b>Lima beans</b></p> <p><b>Haricot beans</b></p> <p><b>Black eye beans</b></p> <p><b>Red kidney beans</b></p> <p><b>Soya beans</b></p> <p><b>White beans</b></p>	<p><b>CANNED LEGUMES</b></p> <p><b>Lima beans</b></p> <p><b>Red kidney beans</b></p> <p><b>Butter beans</b></p> <p><b>Borlotti beans</b></p> <p><b>Chick peas</b></p> <p><b>Three bean mix</b></p> <p><b>Four bean mix</b></p> <p><b>Five bean mix</b></p> <p><b>Soya beans</b></p>	<p><b>SOAKING &amp; DRAINING</b></p> <p>Dried legumes should be soaked overnight. Use 2 cups of cold water for each cup of chick peas or beans. Next day, drain and put in a saucepan with fresh water. Bring to the boil, reduce the heat, cover and cook until soft (30-45 minutes)</p> <p>Brown and red lentils can be cooked without prior soaking</p> <p>Legumes contain “anti-nutrients” that affect their digestibility but these are removed when cooked thoroughly. When foods made with legume flours (e.g. chickpea flour) are cooked, the “anti-nutrients” also disappear</p>	<p><b>HOMEMADE BEAN OR CHICKPEA SPREAD</b></p> <p>Puree 125 g can of beans or chickpeas. Add 2 tablespoon oil, 2 cloves garlic, 1/4 teaspoon citric acid (optional), 1 can baby pear puree and some salt to taste</p> <p><b>QUICK HOMEMADE BAKED BEANS</b></p> <p>Drain a can of kidney beans. Add about 1 tablespoon of pear chutney to 100 g of beans and heat in a pot, stirring constantly to prevent burning at the base. Add some salt to taste and serve.</p>

If you have an **irritable bowel**, or are not in the habit of eating legumes, don't eat too much to begin with or you will get symptoms from the bowel bacteria using the undigested fibre as a food source. This *prebiotic* effect may have health benefits but the by-products of fibre digestion can cause bloating, wind and softer stools.

Start with a small amount (e.g. a few beans, 3-4 chick peas) and increase slowly over a few weeks until you find the amount that suits you best without causing wind or discomfort.

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EGGS & EGG SUBSTITUTES			
EGGS	SUBSTITUTES	GUIDELINES / HINTS	EASY RECIPES
<p><b>EGGS</b></p> <p><b>Fresh Eggs</b> free range or barn-laid/cage-laid varieties</p> <p><b>EGG PRODUCTS</b></p> <p><i>Farm Pride Fresh Pasteurized Egg White &amp; Egg White Mix</i> <a href="http://www.farmpride.com.au">www.farmpride.com.au</a></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Multiple egg whites eaten in a single meal can be a problem for those with food intolerance and reactions to high amine foods</p> </div>	<p><b>EGG SUBSTITUTES</b></p> <p><i>No Egg® (Orgran)</i> Orgran products are available in supermarkets, health food stores and on the internet</p>	<p>Egg substitutes are suitable for those with <b>egg allergy</b></p> <p>Egg substitutes will not make scrambled egg.</p> <p><i>No Egg®</i> contains potato starch with very little potato protein and is generally suitable for babies with <b>potato allergy</b></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>When using <i>No Egg</i> in cooking - add the dry powder to the dry ingredients and add the recommended water volume to the liquid ingredients to avoid getting a glue-like mixture</p> </div>	<p><b>HOMEMADE MERINGUES</b></p> <p>Beat 2 egg whites with an electric beater on high speed until white with soft peaks.</p> <p>Add ¾ cup caster sugar slowly continuing to beat to a stiff foam</p> <p>Add pinch of cream of tartar and a few drops of vanilla essence and beat in.</p> <p>Put spoonfuls onto greased trays dusted with cornstarch and bake at 120° C for about 40 minutes</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>HOMEMADE EGG REPLACER</b></p> <p>To replace one egg mix together:</p> <ul style="list-style-type: none"> <li>1.5 tablespoon water</li> <li>1.5 tablespoon oil</li> <li>1 teaspoon baking powder</li> </ul> </div>

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**CONDIMENTS & BAKING AIDS**

FOODS	PRODUCTS	GUIDELINES / HINTS	EASY RECIPES
<p><b>Salt</b> sea salt, rock salt</p> <p><b>Bicarbonate of soda</b></p> <p><b>Carob powder</b></p> <p><b>Cream of Tartar</b></p> <p><b>Gelatine powder</b></p> <p><b>Parsley</b></p> <p><b>Poppy seeds</b></p> <p><b>Saffron threads</b> Use thread not powder, which can be artificially coloured</p> <p><b>Vanilla</b> – natural essence or small amount from the bean pod</p> <p><b>Xanthan Gum, Guar Gum</b></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Gums to use in gluten-free baking are available from the health food section of supermarkets, health food stores or order from:  <a href="http://www.organicgrocer.com.au">www.organicgrocer.com.au</a>  <a href="http://www.allergyblock.com.au">www.allergyblock.com.au</a>  <a href="http://www.mammothhealth.com.au">www.mammothhealth.com.au</a></p> </div>	<p><b>Modified salt</b> <i>Diet-Rite Sodium Reduced Salt</i></p> <p><b>Citric acid</b> (Additive No 330) Substitute for lemon juice and vinegar <i>Jamsetta®</i></p> <p><b>Baking powder</b> – <i>Wards, Aunt Mary's, Lotus Gluten-Free</i></p> <p><b>Baker's yeast</b> – fresh or dry</p> <p><b>Gluten Substitute</b> – <i>Orgran GF</i></p> <p><b>Gelling agents</b></p> <p><b>Leaf Gelatine</b> available from specialty stores &amp; health food outlets, e.g. <i>David Jones</i> or <i>The Essential Ingredient</i></p> <p><b>Agar Agar</b> - <i>Lotus</i></p> <p><b>Rice Crumbs</b> <i>Orgran, Casalare, Freedom Foods</i></p> <p><b>Custard Powder</b> <i>Orgran</i></p>	<p><b>Salt</b> use iodised salt if possible</p> <p><b>Parsley</b> sprinkle only—too much can cause reactions in sensitive individuals</p> <p><b>Gelatine powder</b> Add to cold water to soften and boil for a few minutes to remove preservative</p> <p><b>Citric acid</b> use sparingly instead of lemon juice and vinegar – too much can cause reactions in sensitive individuals</p> <p><b>Cornstarch / cornflour</b> Cornstarch made from maize is gluten-free. Cornstarch from wheat is very low in gluten and usually suitable for the elimination diet</p>	<p><b>LEMON JUICE or VINEGAR SUBSTITUTE</b> – ½ teaspoon citric acid and 2 tablespoons water and shake</p> <p><b>HOMEMADE SALAD DRESSING</b> Combine ¼ cup oil, pinch of salt, ½ teaspoon brown sugar, ½ teaspoon citric acid and 2 tablespoons water and shake (add fresh garlic and chives as desired)</p> <p><b>TANGY 'LEMON' SAUCE</b> Blend 2 teaspoons cornflour with a little water, put aside. In a small saucepan put 1½ cups of water, ¾ teaspoon citric acid, 1 tablespoon sugar, 1 tablespoon golden syrup, 1 teaspoon milk-free margarine Bring to the boil, stirring. Stir in blended cornflour &amp; bring to the boil again, stirring constantly</p>

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**OILS & MARGARINES**

FOODS	TYPE / BRANDS	GUIDELINES / HINTS	EASY RECIPES
<p><b>OILS FOR COOKING &amp; SALADS</b></p> <p><b>Canola oil</b></p> <p><b>Rice Oil</b></p> <p><b>Sunflower oil</b></p> <p><b>Safflower oil</b></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>There are suitable brands of these oils in supermarkets.</p> <p>Check the label to make sure there are no antioxidants (310-312 and 219-321)</p> </div>	<p><b>OILS</b></p> <p><b>Rice oil</b> <i>Alfa one 100% Pure Rice Bran Oil</i> <i>Best Field Pure Rice Bran Oil</i></p> <p><b>Canola spray oil</b> <i>Gold'n Canola Oil Spray</i></p> <p><b>MARGARINES</b></p> <p><b>Milk-free margarine</b> <i>Nuttelex®</i></p>	<p><b>OILS</b></p> <p><b>AVOID</b> other oils (e.g. olive, corn, peanut, coconut, copha, sesame, walnut, almond)</p> <p><b>AVOID</b> coconut cream &amp; milk</p> <p><b>AVOID</b> using cold-pressed oils or oils with flavours or antioxidants (310-312, 319-321) added to preserve freshness.</p> <p>Always store oils away from direct light</p> <p><b>MARGARINES</b></p> <p><b>AVOID</b> brands with added sorbates (200-203) and added annatto (160b)</p> <p>Natural colour 160a (β-carotene) can be used</p>	<p><b>HOMEMADE RICE CRISPS</b></p> <p>Deep fry pieces of dried rice paper (the type used for spring roll wraps called <i>banh trang</i>) in oil – they will puff up and expand like pappadums do when they cook. Drain excess fat on paper towels. Add some salt to taste.</p>

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## MILK ALTERNATIVES

### DRINK

**Protein and calcium fortified rice drink**

*Vitasoy Protein Enriched Rice milk* (contains Chickpea)

**Calcium fortified rice drinks:**

*Australia's Own Rice Milk* (low fat)

*So Natural Original Rice Milk*

*Imagine Foods Rice Dream calcium fortified*

*Pure Harvest Rice Milk Plus*

**Unfortified rice drinks:**

*Aussie Dream Organic Rice milk*

*Rice Dream Original* – vanilla flavour, carob flavour

**Calcium fortified potato drink:**

*DariFree™ Original* – low in total energy (about ½ normal fat milk) calcium-enriched drink

[www.gcfree.com.au](http://www.gcfree.com.au)

[info@gcfree.com.au](mailto:info@gcfree.com.au)

(07 5522 8731)

### SNACKS & DESSERTS

*Probios Rice & Rice Vanilla, Caramel Dessert*

Distributed by *Olive Green Organics*

[www.olivegreenorganics.com.au](http://www.olivegreenorganics.com.au)

*Muso's Genmai Mochi*

(sweet brown rice cake – these little vacuum packed blocks of rice dough puff up in the oven or in the microwave and can be eaten as a snack or as dumplings in soup) – they are available at Asian food stores and some health food stores

**Frozen desserts:**

*Mototo™ Frozen Dessert* vanilla flavour **contains egg**  
[www.mototodairyfree.com](http://www.mototodairyfree.com)

*Versatile FreeZ Ice Cream Mix*  
[www.gcfree.com.au](http://www.gcfree.com.au)

### GUIDELINES / HINTS

**Unfortified rice drinks** have NO ADDED CALCIUM.

Rice drinks are NOT SUITABLE as a complete milk substitute for children who have a limited intake of protein from other food sources because of allergies or intolerances

#### CALCIUM REQUIREMENTS

Age group	Average recommended daily intake
7-12 months	450mg
1-3 years	450 -600mg
4-8 years	700 mg
9-18 years	1300 mg
19-50 years	1000 mg
>50 years	1300mg
lactating	1300 mg

### EASY RECIPES

**HOMEMADE SAGO OR TAPIOCA**

Mix 1 cup sago/tapioca to 5 cups water. Boil until grains are almost clear then add golden syrup to taste and a little citric acid (about 1/4 teaspoon). Pour into a dish. Eat warm or refrigerate

**VANILLA RICE DRINK CUSTARD**

Blend 1 tablespoon cornflour with a little rice drink. In one small saucepan, place 1 cup rice drink and 1 tablespoon sugar. Bring to the boil, stirring. Stir in blended cornflour and bring to the boil again, stirring constantly. Simmer gently for 3 min, then add ½ teaspoon vanilla essence

**QUICK CUSTARD**

Use *Orgran* custard powder with tolerated milk or substitute. Follow directions on the packet

[www.orgran.com/home.php](http://www.orgran.com/home.php)

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**DRINKS**

**COLD DRINKS**

**WATER**

Tap water

Purified water

**Natural mineral water**

plain, carbonated—no added flavours

Natural spring water

Soda Water

Check label for additives e.g. benzoates (210-218), sulphites (220-228) and flavours.

**HOT DRINKS**

**DECAFFEINATED COFFEE**

**Instant decaffeinated coffee**

*Nestlé, Moccona®*

**Decaffeinated beans**

**ALCOHOL**

**SPIRITS**

Whisky

Gin

Vodka

Note: there are now a range of these spirits with different flavours e.g. citrus and bourbon – these should be avoided as part of the elimination diet. Use only plain distilled varieties

**EASY RECIPES**

**HOMEMADE LEMONADE**

Make a cordial by heating until dissolved in a saucepan 2 cups of water, 2 cups of white sugar with 1 teaspoon citric acid. Add very small amounts to flavour natural spring water or carbonated mineral water

**HOMEMADE ICE BLOCKS**

Dilute the cordial about 1 part cordial to 2 parts water and freeze

**FRIENDLY FOOD TEA**

1 teaspoon of golden syrup or maple syrup in a mug of hot water

**Section 1: LOW CHEMICAL FOODS & PRODUCTS: *Gluten, wheat & dairy free* (s\*) indicates the possibility of soy**

**SUGARS & SWEETS**

**FOODS**

**SUGAR**

White sugar

Pure Icing sugar

Brown sugar (not raw sugar)

**SYRUPS**

Golden Syrup

Pure Maple Syrup

Rice Syrup

Liquid glucose

Have sugar in MODERATION, i.e. not more than one or two teaspoons at one time

**AVOID eating more than a few (3) sweets/day and not all at once – sugar and citric acid can cause symptoms in very sensitive individuals if eaten in excess amounts in one sitting**

**PRODUCTS**

**White jelly beans**

AVOID coconut or bubblegum flavour

**Carob buttons** with soy may contain traces of milk even though they are labelled as milk-free

**Honeycomb** can be made with honey or glucose so the label should be read carefully

**White Marshmallows & Milk Bottles** can contain starch made from wheat flour and are not suitable for those with coeliac disease

**Pear Drop Pillows and White Musk Sticks**

*Lollies Plus, Oakhill Village, Castle Hill (02 9634 6116)*

**Smashi lollies** with “low” ingredients (may contain traces of allergens) – order online at [www.smashi.com](http://www.smashi.com)

**EASY RECIPES**

**TOFFEE**

Use a saucepan with a heavy base so the temperature is evenly distributed across the base of pan.

Place 1 cup sugar and 90 ml of water with a dash of citric acid into saucepan and stir over moderate heat until dissolved. Then increase heat to boil without any further stirring.

Cook until the syrup is just golden. Remove from heat. There will be ongoing browning of the sugar in the pan. When bubbles settle pour into little paper cupcake cases in a metal tray. Makes about 12

**HOMEMADE MARSHMALLOW**

Add 50 g powdered gelatine or 10 sheets of leaf gelatine to 1 cup of cold water and set aside.

Boil, for 15 minutes, 4 cups sugar and 2 cups boiling water and the softened gelatine mixture then cool until lukewarm. Next, beat this mixture in an electric mixer until thick and white. Pour into 2 wet lamington tins (28cm x 18cm) and refrigerate for about 12 hours. If left longer the surface dries more and it is easier to handle.

Cut marshmallow into squares with a large wet knife and turn out into a mixture of 1 cup of icing sugar and ½ cup of maize corn flour (cornstarch) – make sure each piece is well coated otherwise they will stick – store between layers of waxed paper or baking paper.

**CHECK** labels carefully for **FOOD ALLERGEN INGREDIENTS** (e.g. nuts, eggs and milk) if relevant

**CHECK** labels carefully for **“may contain traces” of allergens** if relevant. Imported sweets may not be labelled accurately

AVOID sweets with natural or added colours or flavours. Vanilla, musk or caramel may be suitable, but caramel may contain milk.

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**NUTS**

NUTS	NUT PASTE	GUIDELINES / HINTS	EASY RECIPES
<p><b>Raw cashews</b></p> <div data-bbox="125 568 850 1110" style="border: 1px solid black; padding: 10px; margin-top: 20px;"> <p>Cashew and other nut allergies can occur in the absence of a peanut allergy. 2% of young children have a peanut allergy and nearly half of those have a cashew allergy.</p> <p>Nuts can cause severe allergy reactions and the process of sensitisation that leads to allergies to foods like nuts, milk and eggs can start to develop in the foetus in late pregnancy and then in the baby after it is born if there is some form of exposure from the breastfeeding mother's diet, skin contact or from food traces on fingers of carers and siblings .</p> <p>The children most at risk of having a food allergy are those with a strong family history of asthma, dry skin or some eczema in infancy.</p> </div>	<p><b>Commercial cashew paste or butter</b> Choose brands made with lightly roasted cashew</p>	<p>Use only cashews. <b>AVOID</b> all other nuts and nut pastes</p> <div data-bbox="904 454 1254 584" style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p><b>LIMIT</b> intake to &lt;10 cashews per day, or 2 teaspoons of cashew paste or butter</p> </div> <div data-bbox="904 682 1254 1003" style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p>Roasting increases the natural flavour chemical content. Very light roasting is allowed but <b>AVOID</b> commercially roasted cashews.</p> <p>Note: roasting oils may contain antioxidants or antioxidants can be added to packaging to maintain product freshness</p> </div>	<p><b>HOMEMADE CASHEW PASTE or BUTTER</b></p> <p>Lightly roast raw cashews. Blend in a food processor with enough canola oil to make a spreadable paste. For 250 g cashews you will need about 1 tablespoon of oil. Add ½ teaspoon of salt and ½ teaspoon of sugar to flavour.</p> <p><b>CASHEW BISCUITS</b></p> <p>Mix 1 cup (135g) brown rice flour, ½ teaspoon bicarbonate of soda, ¼ cup soft brown sugar (55g) and ½ cup ground cashews. Stir well and add ¼ cup water and 1 teaspoon of vanilla. Mix to a dough.</p> <p>Cover hands with rice flour and roll dough into walnut-sized balls and press onto a tray lined with Glad Bake®. Flatten each biscuit with the back of a fork. Bake at 180°C for 10 to 12 minutes until light brown.</p> <p>Note these biscuits are best eaten on the day of baking.</p>

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## SNACKS

### PLAIN / SAVOURY SNACKS

**Rice Crackers**  
plain flavour – *Sakata*

**Rice Cakes**  
plain unflavoured – *Sun Rice, Real Foods, Pure Harvest, Easy Thins, Probios*

**Amaranth All Purpose Chips**  
Micronized Foods  
[www.allergyblock.com.au](http://www.allergyblock.com.au)

**Amaranth-Buckwheat Chips**  
*Select Foods*  
[www.selectfoods.com.au](http://www.selectfoods.com.au)

**Millet-Rice Cakes**  
*Pure Harvest, Orgran*

**Buckwheat- Rice Cakes**  
*Pure Harvest*

**Gluten-free Crackers (soy)**  
*Eskal, Freedom Foods*

**Gluten-free pretzels (soy)**  
*Eskal*

**Pappadums**  
plain or garlic flavour

**Rice Grissini Stick**  
*Rice & Rice by Probios*  
[www.olivegreenorganics.com.au](http://www.olivegreenorganics.com.au)

**MUNGBEAN CHIPS**

**Organic Mungbean Chips**  
*Spiral Foods*

**Organic Mungbean and Soybean chips**  
*Muso*

### PLAIN SALTED POTATO CRISPS

*Kettle Chips*  
*Red Rock Deli Sea Salt Chips*  
*Smith's Original Thin Cut and Crinkle Cut, Samboy plain salt flavour only*  
*Coles Thin-sliced Plain*  
*Thins Classic Original*  
*Pringle Light Original*  
*Colvan - Australia's Choice*

**LIMIT** the intake of crisps and other high salt fatty snacks for 2 reasons

1. The fat content can contain high levels of trans fats that cause hardening of arteries
2. Eating foods high in salt and fat affects appetite regulation and causes overeating

### SWEET SNACKS

**BISCUITS**

*Lemon wafer biscuit Eskal (soy)*  
may contain traces of tree nut

*Gemfreez Sweet Rice Biscuits*  
*Gumnut Country Bakehouse*  
(03 54223334)

*Coronilla Crunchies with Quinoa*

Original and lightly frosted rice and quinoa snacks  
[www.olivegreenorganics.com.au](http://www.olivegreenorganics.com.au)

*Designer Cookie Mix* with "low" ingredients  
Order from the website  
[www.designerphysique.com.au](http://www.designerphysique.com.au)

*Versatile Muffin Mix*  
[www.gcfree.com.au](http://www.gcfree.com.au)

### EASY RECIPES

**RICE FLOUR SHORTBREAD**

1 box rice flour (375 g). Reserve ½ cup for flouring the board. Mix in 2/3 cup castor sugar, 2 teaspoons of gluten-free baking powder and just under 1 cup Nuttelex® and knead till a smooth paste. Turn onto floured board and cut into shapes or press into a lined or non-stick lamington tin tray. Bake at 150°C for about 45 minutes until light brown in colour.

Follow recipe for *Designer Cookie Mix* on the website  
[www.designerphysique.com.au](http://www.designerphysique.com.au)

Use Glad Bake® or a similar product to line trays.

Bakeliners are a new reusable product to line trays  
[www.bakeliners.com.au](http://www.bakeliners.com.au)

Magic Baking Sheets order at  
[www.chefsresource.com/mbs.html](http://www.chefsresource.com/mbs.html)

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**GRAINS & FLOURS (Gluten-free)**

GRAINS	FLOURS	PRODUCT INFORMATION	EASY RECIPES
<p><b>Rice</b></p> <p><i>Calrose Rice</i></p> <p><i>Arborio Rice</i></p> <p>Brown rice</p> <p>Long Grain rice</p> <p><i>Doongara® Clever Rice</i></p> <p>White Glutinous Rice</p> <p><i>Quick Cooking Rice</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>AVOID</b> Basmati rice and Jasmine rice because of the strong flavour</p> </div> <p><b>Rice Bran</b></p> <p><b>Rice Crumbs</b></p> <p><i>Casalare, Orgran, Freedom Foods</i></p> <p><b>Millet</b></p> <p>hulled or unhulled, flakes, meals, puffed</p> <p><b>Amaranth</b></p> <p>flakes or puffed</p> <p><b>Quinoa</b></p> <p>flakes or puffed</p> <p><b>Psyllium Husks</b></p>	<p><b>Rice Flour</b> (white and brown) <i>McKenzie's</i></p> <p><i>Demeter Organic Instant rice porridge, Lundberg baby rice cereal, Planet Organic Creamy brown Rice baby Cereal</i></p> <p><b>Millet flour</b></p> <p><b>Ground rice</b></p> <p><b>Arrowroot flour</b></p> <p><b>Besan (chickpea) flour</b></p> <p><b>Buckwheat flour</b></p> <p><b>Cornflour (cornstarch)</b></p> <p><b>Potato Flour</b></p> <p><b>Quinoa flour</b></p> <p><b>Sorghum flour</b></p> <p><b>Tapioca flour</b></p> <p><b>Gluten Free Plain Flour</b></p> <p><i>Casalare, Orgran, White Wings, Freedom Foods All purpose flour (s*)</i></p> <p><b>Gluten Free Self Raising Flour</b> – <i>Simple Baking Mix, White Wings, Orgran</i> <a href="http://www.orgran.com/home.php">www.orgran.com/home.php</a></p>	<p>WEBSITES FOR INFORMATION &amp; ON-LINE SHOPPING</p> <p><a href="http://www.glutenfreeshop.com.au">www.glutenfreeshop.com.au</a></p> <p><a href="http://www.countrylifebakery.com.au">www.countrylifebakery.com.au</a></p> <p><a href="http://www.organicgrocer.com.au">www.organicgrocer.com.au</a></p> <p><a href="http://www.fourleafmilling.com.au">www.fourleafmilling.com.au</a></p> <p><a href="http://www.allergyblock.com.au">www.allergyblock.com.au</a></p> <p><a href="http://www.laucke.com.au">www.laucke.com.au</a> – this website has many recipes for suitable gluten-free baking of breads and cake</p> <div style="border: 1px solid black; padding: 10px; margin-top: 20px;"> <p><b>GRAINS and FLOURS to AVOID</b></p> <p>Wheat and its various products - semolina, couscous, spelt, graham flour, wheaten corn flour, durum, atta flour, borgol, burghul, bulgur wheat</p> <p>Rye, triticale</p> <p>Barley, malt</p> <p>Oats</p> <p>Maize Flour, polenta</p> </div>	<p><b>HOMEMADE GLUTEN-FREE PLAIN FLOUR FOR BAKING</b></p> <p>In baking, a blend of flours works best, e.g. one part each of rice flour, potato flour, arrowroot and maize cornflour (cornstarch)</p> <p>Sift the flours together 3 times before using, then substitute by weight, not by volume when converting recipes.</p> <p>The addition of xanthan or guar gum or <i>Orgran GfG</i> will also greatly improve the texture of your gluten-free flour. To 1 cup of flour blend <b>ADD</b>:</p> <ul style="list-style-type: none"> <li>• ¼ teaspoon Guar or Xanthan gum for <b>cakes</b></li> <li>• 1 teaspoon for <b>breads</b></li> <li>• 2 teaspoons for <b>pizza crust dough</b></li> <li>• 30g <i>Orgran GfG</i> for <b>cakes, breads or pizza crust dough</b></li> </ul>

**Section 1: LOW CHEMICAL FOODS & PRODUCTS: *Gluten, wheat & dairy free* (s\*) indicates the possibility of soy**

**BREADS & BREAD MIXES (Gluten-free)**

BREADS	BREAD MIXES/ BATTERS	RECIPES	RECIPES
<p><b>BREADS – ready-made</b></p> <p><i>Country Life Bakery</i> – visit the website to choose a bread that’s right for you  <a href="http://www.countrylifebakery.com.au">www.countrylifebakery.com.au</a></p> <p><i>R &amp; R Bakery Products</i> (order from  <a href="http://www.glutenfreeshop.com.au">www.glutenfreeshop.com.au</a>)</p> <p><i>Naturis Bakery</i> (02 9948 4097)</p> <p><i>Urambi Hills Bakery</i> (02 6285 3597)</p> <p><i>Allerjean Allergy Bakehouse</i>            (02 9997 2777; 0402 900 190)            2 Hunter St, Warriewood Beach</p> <p>Other brands may be suitable</p> <div style="border: 1px solid black; padding: 10px; margin-top: 20px;"> <p><b>AVOID breads containing:</b></p> <p>Preservative (propionate 282), vinegar, honey, spices, fruit and olives</p> <p>Other grains containing gluten, corn and seeds apart from a sprinkle of poppy seeds</p> </div>	<p><b>Gluten-free bread or mixes for home baking</b></p> <p><i>Abundant Earth Brown Rice bread Mix</i></p> <p><i>Freedom Foods Loaf Mix</i> (soy)</p> <p><i>Healtheries Simple W &amp; GF bread mix</i> (may contain tree nuts)</p> <p><i>Laucke: Easy Bakers Special White Instant Oven Bread – gluten-free but contains soy</i></p> <p><i>Orgran Easy bake gluten free bread mix</i></p> <p><i>R &amp; R Bakery Products: Easy Mix &amp; Bake Brown and White rice bread mix</i> (soy)</p> <p><i>Miss Roben’s Potato Bread Mix</i>  <a href="http://www.qcfree.com.au">www.qcfree.com.au</a></p> <p>If bread mixes not available at your local health food store or supermarket order from  <a href="http://www.glutenfreeshop.com.au">www.glutenfreeshop.com.au</a></p> <p><i>Orgran Buckwheat Pancake Mix</i>  <i>Orgran Pizza &amp; Pastry Multi-mix</i> (soy)  <a href="http://www.orgran.com/home.php">www.orgran.com/home.php</a></p> <p><b>Crispy batter Mixes</b> – <i>Casalare, G &amp; C Crispy Batter</i>  <a href="http://www.crispybatter.com.au">www.crispybatter.com.au</a>  <i>Designer Muffin Mix</i> (Carob)  <a href="mailto:info@designerphysique.com.au">info@designerphysique.com.au</a>            (07 55205547)</p>	<p><b>PEAR AND CHIVE MUFFINS</b></p> <p>2 cups (300g) gluten-free self raising flour OR gluten-free plain flour sifted with 4 teaspoons of gluten-free baking powder            Add 2 teaspoons of baking powder and 2 tablespoons of brown sugar.            Stir in ½ cup drained, chopped canned pears and 2 tablespoons finely chopped chives.            Add a mixture of 1 cup rice drink and 1/3 cup canola oil and 2 beaten eggs. Mix and add to the flour/pear mixture. Mix until just combined and place into lined muffin tray            Bake 20 minutes at 180°C.            Remove from oven and set aside for 5 minutes before turning out.</p>	<p><b>HOMEMADE GLUTEN-FREE PANCAKES</b></p> <p>Use Buckwheat Pancake Mix (<i>Orgran</i>) and follow the instructions on the packet.</p> <p><b>FOR FLAT WRAPS</b> - Follow pancake directions and make into a flat wrap by adding an extra 1/3 cup fluid to the recipe instructions on the box</p> <p><b>HOMEMADE CRUMPET BREAD – Free of egg, gluten, milk, and soy</b></p> <p>Mix together the following dry ingredients - 2 cups white rice flour + 1 cup brown rice flour + ½ cup rolled rice or quinoa 3 teaspoons dried yeast, 3 teaspoons of gum, 1 ½ teaspoons of salt 3 tablespoons of sugar 6 teaspoons of “No Egg”.</p> <p>Add 1 ¾ cups rice drink and 4 tablespoons canola oil and mix briefly.            Place mixture in bread machine bucket. Flatten down and set machine to shortest bread cycle.</p> <p><b>TOAST FOR BEST RESULTS</b>  <b>STORE IN FREEZER</b></p>

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## CEREALS & RUSKS (Gluten-free)

### BREAKFAST CEREALS

Use rice, amaranth, millet, quinoa or buckwheat cereals

#### Rice Flakes

*Lowan Wholegrain Rice Flakes, Healtheries Rolled Rice*

#### Puffed Rice

*Abundant Earth, Pureharvest (Puffed Brown Rice), Lotus*

#### Rice Cereal

*Probios Rice & Rice Bolle di Riso*

#### Millet Puffs

*Abundant Earth, Good Morning*

#### Buckwheat Puffs

*Good Morning*

#### Quinoa

*Quinoa Puffs -Spiral Foods, Coronilla Crunchies with Organic Quinoa Quinoa - Original and Lightly Frosted - Olive Green Organics*

#### Amaranth Breakfast Cereal

*Micronized Foods Pty Ltd, Select Foods Pty Ltd*

### BABY RICE CEREALS

#### Baby Rice Cereal

(rice flour ± added vitamins or iron)

*Abundant Earth Organic Rice cereal, Bellamy's Organic Baby Rice*

*Demeter Holle Organic Instant Rice Porridge*

*Four Leaf Milling*

*Lundberg oven roasted brown rice baby cereal*

*Planet Organic Creamy Brown Rice*

*Rice Cous Cous*

[www.olivegreenorganics.com.au](http://www.olivegreenorganics.com.au)

*Organic Baby Cereal*

*Hepworth's Organic Natural Baby Cereal* [hepworths@tpg.com.au](mailto:hepworths@tpg.com.au)

#### Baby Millet Cereal

*Four Leaf Milling Baby Millet Cereal*

The tiny amount of gluten in rice products labelled "...may contain traces of gluten" is unlikely to be the cause of any reaction at the time cereals are being introduced

### BABY RUSKS

*Rice Grissini Stick - Rice & Rice by Probios (100% rice)*

[www.olivegreenorganics.com.au](http://www.olivegreenorganics.com.au)

*The Gluten Free Co Organic Rice Baby Rusks* [g.a.l@bigpond.com](mailto:g.a.l@bigpond.com)

#### EASY HOMEMADE GLUTEN FREE RUSK

Slice gluten-free bread into "fingers". Place on an oiled baking tray and bake 1½ hours at 100°C. Store in an airtight container.

#### HOMEMADE GLUTEN FREE RUSK

Make up 1 cup of well-cooked potato or well-cooked white Calrose rice with or without a small amount of well-cooked green beans (depending on what your baby can tolerate) and puree in food processor.

Add 1 teaspoon canola oil and 1.5 cups rice flour and process till it makes a thick dough consistency. Shape into "fingers".

Place on an oiled baking tray and bake 20minutes at 200°C. Cool. Microwave for 2 minutes. Leave to harden before use.

Store in an airtight container.

### EASY RECIPES

#### HOMEMADE RICE PORRIDGE

Mix 4 tablespoons ground rice with 2 cups water/formula/rice milk. Simmer for 5 minutes.

Sweeten to taste with golden or rice syrup

#### HOME-MADE TOASTED MUESLI

Blend together a mixture of gluten-free products 1 cup rice flakes, ½ cup rice bran and 1 cup puffed rice and 1 cup puffed amaranth. Heat 2 tablespoons canola and 2 tablespoons golden syrup and pour over the dry mixture. Stir until well combined. Spread on lined baking trays and bake in the oven at 180°C for 5 minutes or until golden. cool

STORE IN AN AIRTIGHT CONTAINER IN THE FRIDGE TO MAINTAIN FRESHNESS

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**PASTA, NOODLES, WRAPS & CRACKERS (Gluten-free)**

PASTA, NOODLES & WRAPS	CRACKERS	RECIPE	
<p><b>Gluten free pasta &amp; noodles</b></p> <p><i>Orgran</i> - Pasta Rigati, Rice &amp; millet pasta, Buckwheat Spirals, Brown Rice Rigati, Rice Spiral Pasta &amp; Rice Spaghetti, Rice &amp; Soy Lasagne (s*), Legume Soup Shell Pasta (s*), Split Pea &amp; Soya Pasta Shells</p> <p><i>Freedom Foods - Enriched spaghetti Healtheries</i>- Simple wheat &amp; gluten-free lasagne sheets</p> <p><i>Casalare</i> - Rice spirals, Organic brown rice twists, Rice noodles, White rice pagoda, Rice Macaroni</p> <p><i>Naked Foods</i> - Rice spirals, Rice macaroni</p> <p><i>San Remo</i> Spirals (s*), Lasagne sheets (s*), Spaghetti (s*), Fettuccine (s*)</p> <p><i>Coronilla</i> spaghetti with quinoa, macaroni with quinoa <a href="http://www.olivegreenorganics.com.au">www.olivegreenorganics.com.au</a></p> <p><i>Spiral Foods</i> 100% buckwheat noodles <i>Berconia</i> – <a href="http://www.theglutenfreebeaut-spot.com">www.theglutenfreebeaut-spot.com</a></p>	<p><b>Rice Noodle plain no added flavour</b> Rice Sticks Rice Vermicelli Bean Thread noodle</p> <p><b>Rice Paper Rice Spring Roll Wrappers</b> as in Vietnamese spring rolls - Look in Asian aisle of supermarket <i>Blue Dragon (Vietnam)</i>, <i>Erawan brand rice paper</i>, <i>Trident</i></p> <p><b>Rice spaghetti</b> White or brown</p>	<p><b>Plain Rice, millet or buckwheat</b></p> <p><i>Real Foods</i>, <i>Sun Rice</i>, <i>Probios Rice &amp; Rice cakes - Galette alla quinoa</i>, <i>Coles Farmland</i></p> <p><i>Pure Harvest Organic Rice Cakes</i> (trace s* &amp; n*), <i>Naturally Good Kasha Toasted Buckwheat Crispbread</i> (s*, tree nuts*) <a href="http://www.naturallygoodproducts.com.au">www.naturallygoodproducts.com.au</a></p> <p><i>Freedom Foods Gluten-free Crackers</i> (s*)</p> <p><i>Orgran Rice &amp; Millet Crispbread</i></p> <p><i>Pure Harvest Gluten-Free Millet Crispbread</i></p>	<p><b>FLAT BREAD</b></p> <p>Sift together ¾ cup rice flour, ¾ cup potato flour OR use the gluten-free flour mix, 1 teaspoon salt and 1 teaspoon baking powder. Make a well in the centre and add 2 tablespoon canola oil and gradually stir in ¾ to 1 cup of warm water until a thick batter is formed.</p> <p>Heat about 1 cm of oil in a large pan.</p> <p>Pour pancake size amounts of batter into the pan and fry until golden brown. Turn and cook the other side. Drain on a paper towel.</p> <p>This recipe needs to be eaten soon after cooking for the best taste</p> <p>Non –stick baking sheets are safe to 250°C</p> <p>Bakeliners <a href="http://www.bakeliners.com.au">www.bakeliners.com.au</a></p> <p>Magic Baking Sheets order at <a href="http://www.chefsresource.com/mbs.html">www.chefsresource.com/mbs.html</a></p>

## Section 2: Low chemical SOY PRODUCTS (g\*) indicates the possibility of gluten

SOY PRODUCTS			
SOY DRINKS – Calcium fortified	SOY DRINKS – No added calcium	SPREADS, TOFU & DESSERTS	EASY RECIPES
<p><b>Gluten-free</b></p> <p><i>Australia's Own Premium Natural Soy Drink</i>  <i>Coles Soy &amp; Light Soy</i>  <i>Farmland Soy Drink</i>  <i>Kingland Soy Milk</i>  <i>Pure Harvest Nature's Enriched Soy</i>  <i>Sanitarium –</i>  <i>So Good Regular(g*)</i>  <i>So Good Lite (g*)</i>  <i>So Good Fat-free (g*)</i>  <i>So Good Essential (g*)</i>  <i>So Good Vanilla (g*)</i>  <i>So Good Soyaccino (g*)</i>  <i>Smooth White –</i>  <i>Regular &amp; Low fat</i>  <i>Soy Life –</i>  <i>Fresh Original, Fresh Low Fat</i>  <i>Fresh No Fat, Fresh Hi-Cal+</i>  <i>Soy Life –</i>  <i>Longlife Original, Longlife Low Fat</i>  <i>Vitasoy - LUSH Vanilla</i></p> <p><b>Soy drinks - with added gluten</b></p> <p><i>So Natural Light, Calci-Forte</i>  <i>Vitalife – Original, Low Fat</i>  <i>Vitasoy - Fresh Light Calci-Plus,</i>  <i>Calci-Plus High Fibre</i></p>	<p><b>Gluten-free</b></p> <p><i>Australia's Own Malt Free Soy Drink</i>  <i>Aussie Soy - Pure Harvest</i></p> <p><b>Containing gluten (malt)</b></p> <p><i>So Natural Original</i>  <i>Vitasoy-</i>  <i>Creamy Original</i>  <i>Light Original</i></p> <p><b>Soy powder</b></p> <p><i>FG Roberts Soy Compound Powder</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>People with wheat intolerance</b></p> <ul style="list-style-type: none"> <li>• Can use maltodextrin</li> </ul> <p><b>People with coeliac disease</b></p> <ul style="list-style-type: none"> <li>• Should <b>AVOID</b> malt from barley and maltodextrin</li> </ul> </div>	<p><b>Cream cheese</b></p> <p><i>Kingland Soy Cream Cheese</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>This product can be used as a spread, or to make a cake frosting or cheesecake</p> </div> <p><b>Tofu</b> – many brands are suitable</p> <p><b>Soy yoghurts</b></p> <p><i>Soyganic Foods Soygurt – natural and vanilla flavours</i>  <a href="mailto:info@soyganicfoodsaustralia.com">info@soyganicfoodsaustralia.com</a></p> <p><i>Soy Life Vanilla Crème Yoghurt</i></p> <p><b>Frozen desserts</b></p> <p><i>No Moo Bar - Vanilla Flavour</i>  <i>Soyganic Foods Soy gelati – crème caramel flavour</i>  <i>Fruccio Vanilla Frozen Soy Dessert -</i>  <i>may contain traces dairy and nuts</i></p>	<p><b>Homemade Soy Custard</b></p> <p>Mix 1 tablespoon corn flour (from maize) with 1 tablespoon sugar and add enough soy drink to make a smooth paste.</p> <p>Heat 1 cup soy gently until quite hot, then add the paste and stir constantly until mixture thickens. Serve hot or cold</p> <p>This makes a thick pouring custard. Adjust quantity of corn flour and sugar to give the consistency and sweetness preferred.</p> <p>To add colour to the custard add either a couple of saffron threads to the corn flour paste at the start <i>or</i> add a beaten egg yolk (if no egg allergy) after removing from the heat at the end of the cooking process</p>

**Section 3: Low chemical DAIRY PRODUCTS (g\* indicates possibility of gluten, e\* egg content and n\* possibility of nuts)**

DAIRY PRODUCTS			
MILK		CUSTARD & ICE CREAM	RECIPE
<p><b>Fresh Pasteurised Milk</b> Full cream, skim, <i>HiLo, Shape, Lite White, Physical, Tone</i> Buttermilk <i>Farmer's Best</i> (may g*)</p> <p><b>Long Life Milk</b> UHT Milk Longlife Milk Canned Sweetened Condensed Milk Canned Evaporated Milk</p> <p><b>Toddler Milk</b> <i>Neslac® Toddler Gold</i> (Nestlé) <a href="http://www.nutrition.nestle.com.au">www.nutrition.nestle.com.au</a></p> <p><i>PediaSure Nutritional Powder</i> (Abbott)</p> <p><i>S26 Toddler Milk</i> (Wyeth)</p> <p><b>Small Tetrapak Milk</b> <i>Thomas &amp; Friends Vanilla Milk</i> <i>The Wiggles Vanilla Milk and Full Cream Milk,</i> <i>Devondale Full Cream Milk 200 ml, 125 ml, Skim Milk 200 ml, Smart Milk 200 ml, Point One 125 ml packs</i></p>	<p><b>Lactose-free &amp; Low lactose milks</b></p> <p><i>Lactaid Reduced-fat, Low-fat and Nonfat Milk</i></p> <p><i>Liddell's Lactose-Free Milk</i></p> <p><i>Harvey Fresh Lactose-Free UHT Milk and Skim Milk</i></p> <p><i>Zymil Fresh and Longlife Lactose Free Milk</i></p> <p><b>Powdered Milk</b></p> <p><i>Devondale Skim Milk Powder</i></p> <p><i>Nestlé Malted Milk Powder</i> (g*)</p> <p><b>Goat Milk</b></p> <p><i>Paul's Goat Milk</i></p> <p><b>Vanilla flavoured milks</b></p> <p><i>Sustagen French Vanilla Oak Vanilla Malt</i> (g*)</p>	<p><b>Custard</b> <i>Paul's No Fat, Vanilla &amp; Trim Custard</i></p> <p><i>Ideal Dairy Natural Vanilla</i> (g*)</p> <p><b>Baby Custard</b></p> <p><i>Heinz Egg Custard</i> (e*) &amp; <i>Vanilla Custard</i></p> <p><i>Heinz Crème Caramel</i></p> <p><i>Golden Circle Vanilla Custard</i></p> <p><b>Dairy Desserts</b></p> <p><i>Parson's &amp; Tom Piper Rice Cream</i></p> <p><i>Le Rice Classic Vanilla</i></p> <p><i>Delico Vanilla &amp; Original Rice Pudding Dessert</i> (g*)</p> <p><b>Ice cream</b></p> <p><i>Home Ice Cream Natural Vanilla &amp; Vanilla Ice Cream Cups</i> (n*)</p> <p><i>Peter's Original Vanilla</i></p> <p><i>Sarah Lee Classic French Vanilla</i> (e*), <i>Honeycomb &amp; Butterscotch</i> (e*, g*)</p>	<p><b>HOMEMADE ICE CREAM</b></p> <p>Beat 600ml cream (not low fat) until firm peaks form when beater removed and fold in 1 tin of sweetened condensed milk – place in the freezer section of refrigerator – Enjoy</p> <p><b>Variation</b> – Use <i>Nestlé Top'n'Fill Caramel</i> instead of condensed milk for a caramel flavoured ice cream</p> <p><b>Variation</b> – add bits of honeycomb (not made with honey) or Milky Bar etc. to create other flavour varieties</p> <p><i>Nestlé Top'n'Fill Caramel</i></p>
<p>AVOID milk with any added flavours other than Vanilla</p>		<p>People with a <b>MILK ALLERGY</b> and <b>MILK INTOLERANCE</b> should avoid all products made from cow's milk, goat milk and sheep milk. This includes normal baby formulas, lactose-free formulas, cheese, yoghurts, custard, cream and ice cream and food with traces of milk.</p> <p>People with the common form of <b>LACTOSE INTOLERANCE</b> tolerate cheese and LOW-LACTOSE milks. Full fat yoghurts may also be tolerated because the fat content modifies the rate of digestion.</p>	

**Section 3: Low chemical DAIRY PRODUCTS (g\* indicates possibility of gluten, e\* egg content and n\* possibility of nuts)**

DAIRY PRODUCTS			
SPREADS & CREAM	CHEESE	CONFECTIONERY	RECIPE
<p><b>Butter</b> – salted or unsalted</p> <p><b>Margarines</b>  <i>Meadow Lea</i> (only the 'cholesterol-lowering' variety)  <i>Golden Pastures</i>  <i>Mrs McGregor's</i>  <i>Eta 5-star Canola</i></p> <p><b>Fresh Cream</b> - fresh , thickened, light (18% fat), regular (35% fat), rich (48% fat)]</p> <p><b>Canned Reduced Fat Cream</b></p> <p><b>UHT Cream</b>  <i>Liddell's Lactose Free Light Cream</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>AVOID dairy blends that contain 160B, flavour enhancers and preservatives</p> </div>	<p><b>Cream cheese</b>  <i>Philadelphia Block Original, Farmland, Kraft Neufchatel</i></p> <p><b>Cottage cheese</b>  <i>Lesna &amp; Gippsland Creamed Cottage Cheese, Skimmed Cottage Cheese – Bead Foods P/L</i></p> <p><b>Quark</b>  <i>Biodynamic Quark - b. -d. Farm Paris Creek</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Quark can be frozen with or without adding some sugar or maple syrup and used as an iced treat</p> </div> <p><b>Ricotta cheese</b> - traditionally ricotta is made by adding acetic acid, lemon juice or vinegar to milk so all brands may not be suitable for very sensitive individuals</p> <p><i>Mamma Lucia, Paesanella, Pantalica Ricotta and Low fat Ricotta, Lemnos Organic Ricotta</i></p> <p><b>Mascarpone</b>  <i>Paesanella, Pantalica</i></p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>LIMIT sweets to a few small pieces per day</p> </div> <p><i>Nestle Milky Bar Original, Creamy Caramel</i></p> <p><i>Nestle White Melts Cooking Chocolate</i></p> <p>Plain Carob buttons/bars – plain (Check label for soy or milk)</p> <p><i>Homebrand Jersey Caramels</i></p> <p><i>Nice and Natural Homemade Russian Fudge</i></p> <p><i>Gran's Fudge Vanilla flavour (may contain nuts)</i></p> <p><i>Allen's 'Milkshakes'</i></p> <p><i>Pascall's Columbines</i></p> <p><i>Werther's Original</i></p> <p><b>Carob Cakes</b>  <i>Naturally Good Products - Carob Rice Cakes</i>  <i>Carob Rice Cake Bites</i>  <i>Carob Buckwheat Bites</i>  <a href="http://www.naturallygoodproducts.com.au">www.naturallygoodproducts.com.au</a></p>	<p><b>HOME MADE COTTAGE CHEESE</b>  <i>The process takes about 18 hours so start in the afternoon. This recipe makes 500g of product.</i></p> <p>Combine 5 cups skim milk, 5 cups whole milk and ½ cup fresh buttermilk in a stainless steel pot.</p> <p>Warm to 38°C (100°F) stirring a little. Remove from heat.</p> <p>Dissolve 2 junket tablets in ¼ cup water, add to milk in pot. Mix well for 1 minute.</p> <p>Cover the pot and stand at room temperature for 18 to 24 hours or until a firm curd covered with whey (nearly clear liquid) has formed on the surface. Test the solidity of the curd by inserting a knife between the side of the pot and the curd. It should hold together. If not, leave it stand a few more hours.</p> <p>Line a large sieve or colander with a double layer of dampened cheesecloth or 2 layers of very fine nylon curtain mesh. Tip as much of the whey as possible into the sieve and let it drain through and then GENTLY dip the curds into the sieve. Allow to drain for 2 hours or until dripping slows. Tie the corners of the cloth to form a bag and hang above the bowl for another hour or so until no more liquid drains.</p> <p>Add ½ teaspoon salt to ¼ cup milk and stir into curd.</p> <p>Refrigerate and consume within 3 days so make half or share.</p>

## Section 4 : Low Chemical WHEAT & GLUTEN CONTAINING FOODS & PRODUCTS

### BREADS & PASTA (containing gluten)

BREADS	GUIDELINES	BREAD MIXES	PASTA
<p>The following bakeries have websites with detailed information about their bread ingredients and are free from preservatives</p> <p>Bakers' Delight  <a href="http://www.bakersdelight.com.au">www.bakersdelight.com.au</a>            Bills Organic Stoneground  <a href="http://www.billsorganics.com.au">www.billsorganics.com.au</a>            Brumby's Bakery  <a href="http://www.brumbys.com.au">www.brumbys.com.au</a>            Country Life Bakery  <a href="http://www.countrylifebakery.com.au">www.countrylifebakery.com.au</a>            Mountain Bread  <a href="http://www.mountainbread.com.au">www.mountainbread.com.au</a></p> <p>There are many small local and regional bakeries that make specialty breads free from preservatives</p> <p>Breads are also available online from suppliers such as  <a href="http://www.organicgrocer.com.au">www.organicgrocer.com.au</a>  <a href="http://www.allergyblock.com.au">www.allergyblock.com.au</a></p>	<p>Check that breads DO NOT contain:-</p> <ul style="list-style-type: none"> <li>• Preservatives – 280's, 220,s, 200's</li> <li>• Vinegar/Honey</li> <li>• Corn/Seeds</li> </ul> <p>Use only wholemeal or white breads</p> <p>For those with allergies check ingredient list for presence of milk, egg and soy and nut traces</p> <p>Coles &amp; Woolworth's have a large variety of suitable breads, rolls, French sticks &amp; croissants</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>AVOID all fried, crispy and quick cooking (2-minute) versions of noodles (don't use even without the flavour sachet)</b></p> </div>	<p><b>Bread mix</b>  <i>Laucke Flour Mills</i>  <a href="http://www.laucke.com.au/premixes.asp">www.laucke.com.au/premixes.asp</a>            Gives a detail list of ingredients for the following – check for egg, milk and soy in ingredient lists</p> <p><i>Laucke SuperSoft White Bread Premix</i>  <i>Laucke Fibre White Premix</i>  <i>Laucke Crusty Bread Premix</i>  <i>Laucke Meal Premix</i>  <i>Laucke Dark Meal Premix</i>  <i>Laucke Dark Rye Premix</i>  <i>Laucke Light Rye Premix</i></p> <p><i>Lowan Whole Foods Bread Mixes</i>  <a href="http://www.lowan.com.au">www.lowan.com.au</a>  <i>Crusty White</i>  <i>Light Rye</i></p> <p><i>Tip Top Kitchen Collection Bread Mix</i>  <i>White</i>  <i>Wholemeal</i></p>	<p>Wheaten Flour Spaghetti, Pasta made with durum wheat, [no colour, flavour, fillings]</p> <p><b>Wheat Noodles –</b></p> <p><i>Changs, Trident Longlife Noodles</i></p> <p>Hokkien Noodles</p> <p>Udon Noodles</p> <p>Soba Noodles</p> <p>Check packaging for artificial colours, flavours and preservatives</p> <p>Barley Pasta            Rye Pasta            Couscous            Burghul</p>

## Section 4 : Low Chemical WHEAT & GLUTEN CONTAINING FOODS & PRODUCTS

BREAKFAST CEREALS (containing gluten)		
BREAKFAST CEREALS (check ingredients if there are allergies)	RECIPE	
<p><b>WHEAT CEREALS</b> - choose plain with no added flavours, fruit, nuts or spices</p> <p><i>Kelloggs -</i>  <i>Allbran</i>  <i>Guardian</i>  <i>Mini-Wheats</i>  <i>Special K,</i>  <i>Uncle Tobys Wheat cereals -</i>  <i>Bran Flakes</i>  <i>Bran Plus</i>  <i>Rice Flakes</i>  <i>Organic Vita Brits</i>  <i>Vita Brits</i>  <i>Vita Weeties</i>  <i>Wheat Flakes</i></p> <p><i>Sanitarium-</i>  <i>Weet-Bix(nut-free)</i>  <i>Weet-Bix Organic</i>  <i>Lite Bix,</i>  <i>Puffed Wheat.</i></p> <p><i>Abundant Earth -</i>  <i>Organic Puffed Kamut</i></p> <p><i>Kelloggs Rice Bubbles</i></p> <p><b>Wheat Germ</b>  <b>Semolina</b></p>	<p><b>OAT CEREALS</b> – choose plain, no added flavour cereals</p> <p><i>Uncle Tobys Oat Cereals</i>  <i>Instant Porridge</i>  <i>Quick Oats</i>  <i>Traditional Oats</i>  <i>Rolled Oats</i>  <i>Morning Sun</i>  <i>Rolled Oats,</i>  <i>Quick Cook Oats</i></p> <p><b>OAT DRINKS</b></p> <p><i>Pure Harvest Oat Milk</i></p> <p><b>Bran</b> - Wheat, Barley or Oat Bran</p>	<p><b>Baby Cereals:</b></p> <p><i>Organic Four Leaf Milling</i>  <i>Baby Porridge</i></p> <p><i>Bellamy's Organic Baby Porridge</i></p> <p><b>MUESLI</b></p> <p>Combine allowed ingredients from the gluten-free and gluten containing cereals and add some maple syrup, rice syrup or some chopped fresh or preservative-free dried pear for sweetness.</p> <p>To make toasted muesli mix the dry ingredients with some rice bran or canola oil and some brown sugar and place on an oven tray and bake at about 150°C until lightly toasted.</p>

## Section 4 : Low Chemical WHEAT & GLUTEN CONTAINING FOODS & PRODUCTS

### CAKES, PASTRY, & DESSERTS (containing gluten)

FLOUR	CAKE, MUFFIN & BISCUIT MIXES	PANCAKES	DESSERT
<p>Wheat Flour - bleached, unbleached, wholemeal, plain, self raising</p> <p>Wheaten Corn flour</p> <p>Rye Flour</p> <p>Barley flour</p>	<p><i>Laucke Flour Mills</i>  <a href="http://www.laucke.com.au/premixes.asp">www.laucke.com.au/premixes.asp</a>            Gives a detail list of ingredients for the following – check for egg, milk and soy in ingredient lists</p> <p><i>Laucke Bun Premix</i>  <i>Laucke Yeast Donut Premix</i>  <i>Laucke Cake Donut Premix</i>  <i>Laucke Big Top Muffin Premix</i>  <i>Laucke Starlight Sponge Premix</i>  <i>Laucke Scone Mix</i></p> <p><i>White Wings</i>  <i>White Wings Cake Mix – White</i>  <i>White Wings Cake Mix – Golden</i>  <i>White Wings Meringue Topping Mix</i></p> <p><b>PASTRY</b>  <i>Pampas</i>  <i>Butter Puff Pastry</i>  <i>Spring Roll Pastry</i></p> <p>Lion Pastry mix</p>	<p><i>Greens (m*,e*)</i>  <i>Original Pancake Shake</i>  <i>Low Fat Pancake Shake</i>  <i>Maple Pancake Shake</i></p>	<p><b>Some desserts contain milk, soy, egg</b></p> <p>Pavlova (e*)</p> <p><i>Pavlova Magic (e*)</i></p> <p><i>Nanna's Waffles</i></p> <p>Kelloggs (Limit 1 per day)  <b>Contain milk and possible nut traces</b>  <i>LCM rice bubble treat</i>  <i>LCM cereal and milk bar treat</i>  <i>LCM rice bubble treat plus caramel</i></p> <p><b>Ice cream cones</b></p> <p><i>Betta Foods Australia</i>  <a href="http://www.bettafoods.com.au">www.bettafoods.com.au</a>  <i>Natural Party Square Cups (no nuts)</i>  <i>Natural Cup Cones Vanilla (no nuts)</i>  <i>Natural Cornet Cones (no nuts)</i>  <i>Natural Waffle Cones</i></p>

## Section 4 : Low Chemical WHEAT & GLUTEN CONTAINING FOODS & PRODUCTS

### BISCUITS (containing gluten)

#### DAIRY-FREE

**ALWAYS CHECK THE LABEL for details about ingredients**

**Some generic brands may be suitable**

**Wheat crispbread** (*wheat flour only*)

*Snider Carmel Matzos*

*McVities Original Digestive (nut-free)*

*Albatross Mini Toasts*

*Arnotts*

*Original water cracker*

*Salada original,*

*Salada 97% fat free*

*Saltine*

*Vita Weet Original*

*Vita Weet Sandwich Size*

*Thin Captain*

*Carr's Water crackers*

*Nabisco:*

*98% Fat Free Premium*

*Crispbread,*

*Premium Hi-fibre & Premium*

*98% fat free*

**Rye Crispbread** (nut free, egg free and wheat free)

*Kavli*

*Crispy thin crispbread*

*Golden Rye*

*Ryvita Original Rye*

*Parker's*

*Baked wheat mini pretzel*

*Baked wheat pretzel sticks*

*Baked wheat pretzel twists*

*Val Verde Grissini Traditional Italian breadstick*

*Holland House Sponge Fingers (contains egg)*

*Arnotts (may contain traces egg and tree nuts)*

*Teddy Bear*

*Nice*

*McVities Original Hob-Nobs (may contain traces of nuts)*

#### WITH DAIRY

**The following contain milk and can contain egg , soy lecithin and possible nut traces**

*Arnotts*

*Cruskits Rye 97% fat free*

*Cruskits Original*

*Jatz Original & Jatz Light*

*Jatz Sticks*

*Wholemeal Sao*

*Sao Original*

*Bran & Malt Cruskits,*

*Nabisco*

*Ritz Crackers Original*

There are many generic brands of biscuits that may be suitable. ALWAYS read the label carefully

*Arnotts*

*Farmbake Butter Shortbread*

*Glengarry*

*Lattice*

*Malt-O-Milk*

*Marie*

*Milk Arrowroot*

*Milk Coffee*

*Morning coffee*

*Scotch Finger*

*Shredded Wheatmeal*

*Paradise*

*Rich Shortbread*

*Oatmeal Highlander*

*Unibic Parisienne Biscuits*

*Walkers Pure Butter Shortbread*

**Antioxidants and other preservatives may be added to biscuit ingredients and/or packaging material to preserve freshness**