



**Carbohydrates (CHO)**

- o Carbohydrate requirements per day:
- o 40-50% energy (4cal/gm)
- o Match energy expenditure
- o 8-10 servings of fruit and vegetables per day:

Vegetables	Fruit	Breads, Cereals, Grains
-75gms or 1/2 cup cooked vegetables, -75gms or 1/2 cup cooked beans, peas or lentils, -1 cup salad vegetables, -1 potato	-1 medium piece eg. Apple, banana, orange or pear - 2 small pieces eg. apricots, kiwifruit or plums -1 cup of diced pieces or canned fruit, -1/2 cup juice -dried fruit eg. 4 dried apricots	-2 slices of GF bread, -1cup(250mls) cooked rice -GF pasta or noodles 1 cup porridge -1/3 cup breakfast GF cereals flakes -1/2 cup GF muesli

- o Choose one serving from each group to supply daily needs:
1. Red-purple foods: red apples, grapes, berries, red cabbage, beetroot and wine- (anthocyanins)
  2. Orange foods: carrots, mangoes, pumpkin, apricots (beta-carotena)
  3. Orange yellow foods: oranges, lemons, carrots (flavonoids)
  4. Green foods: broccoli, brussels sprouts, (glucosinolates)
  5. White-green foods: leeks, onion, garlic, (allyl sulfides)
  6. Red foods: tomato, pink grapefruit, watermelon, guava & papaya (lycopene)
  7. Yellow-green foods: corn, spinach, lettuce & peas (lutein, zeaxanthin)

**YOUR CHO REQUIREMENTS:**

- o servings per day \_\_\_\_\_
- o serving suggestions:

**Fats**

- o Fat requirements per day:
- o 20-40% energy (9cal/gm)
- o 3 types of fat and example serves are:

**YOUR FAT REQUIREMENTS:**

- o 2-3 serves- (25/30gms a serve):
- o grams per day \_\_\_\_\_

Saturated Fats	Unsaturated Fats	Trans Fats
- Found in "hard" fats and animal fats eg: marbled red meat, chicken skin, - Best avoided - One teas Cultured unsalted Butter may be OK	- One tbsp Olive/cold pressed vegetable Oils - 165gm (small) avocodo - 60gms nuts - 185gms fish	<b>AVOID</b> - found in margarines, most commercial and take away fired and precooked foods.

# Low Stress Diet Elimination Sheet

FOOD	INCLUDE	AVOID
Meat, Fish, Poultry	Lean meats, game meats, turkey, chicken without skin, oily deep sea fish, tinned salmon & tuna, eggs	Fatty meats, processed meats e.g: salami, frankfurts, ham, bacon, sausages, tinned meats e.g: spam, shellfish, processed pre made fish e.g: fish fingers, burgers, rissoles
Grains, Cereal	Rice, millet, quinoa, sorghum, buckwheat, tapioca, amaranth, oats, corn, arrowroot, potato flour, gluten free products	Wheat, rye, barley, contaminated oats, spelt, kamut, malt, wheaten cornflour, couscous, burghal, semolina, durum, gluten containing products (see Gluten Free Handout)
Fats, Oils	Cold pressed olive, flaxseed, canola, safflower, sesame, walnut, almond, coconut oils, avocado, nuts/seeds, oily fish	Margarine, butter, lard, palm oil, skin for duck & chicken, trans fats (hydrogenated and/or processed fats & oils), packaged: mayonnaise, butters, deep fried foods.
Vegetables	All fresh, steamed, raw, frozen, stir fried, juiced or roasted. Low GI & GL	Tinned, processed, manufactured e.g: frozen potato gems, creamed corn
Legumes, Beans	Broad, haricot, red kidney, borlotti, cannelloni, garbanzo beans, Lentils, chickpeas, split green peas, dhal.	Soybean and soy products, peanuts, tinned "baked beans"
Fruits	All fresh, in season, non chemically dried, fresh juice in moderation, frozen	Processed and packaged juices, dried fruits, fruit minces and tinned pie fillings, caution with salicylates
Dairy Foods	See Milk Free Diet Handout	All cow, goat, sheep, buffalo products e.g: milk, yoghurt, cheese, ice cream, butter
Seeds, Nuts	Fresh shelled almond, brazil, walnut, pecan, macadamia and hazelnuts, Cashews, Tahini, Sesame, pumpkin & sunflower seeds	Packaged roasted, salted, chocolate coated, sugar coated, honey roasted, dry roasted (rancid) nuts & seeds and peanuts
Beverages	Filtered water, herbal teas, natural mineral water, green tea	Coffee, black tea, caffeinated & carbonated soft, sports, energy and milk drinks, alcohol
Sweeteners	Xylitol, stevia, pure maple syrup, brown rice syrup	Sugar-castor, white, brown or raw, glucose syrup, corn syrup, icing sugar, maltodextrin
Dressings, Jams, Spreads	Apple cider vinegar, sugar free jams, nut butters except peanut	Processed commercial "dressings", malt vinegar, tomato & BBQ sauce jams, vegemite, promite, marmite, peanut butter.
Herb, Spices & Condiments	Fresh and dried herbs, spices, garlic, chilli.	Commercial pickles, sauces, gravy, stock cubes/liquids, soy sauce, tomato purees, salt
Snacks	Home made pop corn, plain corn chips, rice cakes/crackers, gluten and dairy free goods	Packaged chips, snack foods, lollies, chocolates, liquorice, packaged biscuits, cakes, bakery goods, frozen deserts

## DAIRY FREE DIET

- This diet should not be continued for more than 1 month without taking calcium supplements.
- It takes two weeks of this diet to see results.
- Even if no improvement occurs within 2 weeks, it is essential to add each food back separately to see if the symptoms can be provoked or worsened.
- Add small amounts the first day because there is an increased sensitivity to the food.
- Eventually add larger amounts for the next 3 days.

### AVOID THESE FOODS:

- Milk - cow, sheep, goat, (fresh, powdered, skimmed),
- All Cheeses from these milks
- Cream/Ice Cream
- Butter, & most margarines
- Yoghurt
- Chocolate - all chocolate flavours including Milo, Fortagen, Aktavite, Quik etc, and Cocoa.
- Cola cross-reacts with chocolate and causes symptoms so avoid Coke & Cola drinks, Tab etc.
- Green Cordials contain Cola so avoid all green cordials
- Beef & Gelatine - Sometimes (not only in babies), sensitivity to milk also means sensitivity to beef & gelatine

Many foods contain milk e.g. Mayonnalse, Coffee Mate, Mousse, Sustain, Twisties, Cheezels.  
Always read the label (NB: Sodium caseinate = casein from milk & whey).

### SOME SUBSTITUTES:

- Milk - Rice milk; avoid soymilks as soy allergy is becoming more frequent in Australia.
- Ice cream - Sorbets, tofu or home made desserts.
- Butter - Nuttalex is one of the only dairy free spreads available.

Breakfast is the main hurdle! Use fruit juice or rice milk if cereals are to be continued.

### OTHER FOODS TO BE WARY OF:

- Breakfast cereals may contain milk eg. Muesli - always check labels.
- Biscuits often contain milk eg. Jatz - always read ingredients.
- Breads - many are milk free but you need to check.
- Cakes: make your own as they will contain milk unless specified, avoid packet mixes

### DAIRY AND BABIES/CHILDREN:

70 - 80% of children outgrow their milk 'allergy' by 2 years of age. However many will redevelop their problem again in later life. It is important to note that cow's milk intolerance symptoms vary over the years. A colicky, irritable, unhappy infant who never sleeps is a typical early pattern. There may be spontaneous remission and nothing may further develop for years. However eczema, recurrent colds and wheezy bronchitis, glue ear and even migraine may occur later. Recurrent croup is especially suggestive of cows' milk intolerance.

### REMEMBER!

A SMALL AMOUNT OF AN OFFENDING FOOD DOES MATTER!  
THE DIET IN THE INITIAL 2 WEEKS MUST BE STRICT

## THE GLUTEN FREE DIET

Gluten is a protein found in:

- Wheat
- Rye
- Oats
- Triticale (a cross between wheat & rye)
- Barley

There are many obvious foods that contain gluten such as breads, cakes, cereals etc. but there are also whole ranges of foods that are not obvious sources of gluten, such as sausages, processed meats, soups, stock cubes, sauces, milk etc. However do not be discouraged as there are also a lot of products that are gluten free - both naturally gluten free, substitute products and also commercial products

### SHOPPING FOR THE GLUTEN FREE DIET

The first and most important point when shopping for gluten free food is to become a "LABEL READER", if you have any doubt about the ingredients printed on the labels don't buy the product.

Food labels are required to state:

- The common name of the product
- The name and address of the manufacturer, packer, importer or vendor
- The ingredients listed in descending order of their relative proportion by weight

A gluten free diet omits all products made with these cereals. Other varieties of wheat: kumot, spelt (dinkel or german wheat), bulgar (burghul), durum, couscous etc. must also be excluded

### WHEN IN DOUBT - LEAVE IT OUT

Many manufacturers also provide a panel of nutritional information. Foods sold as gluten free will state on the nutrition panel "no detectable gluten".

Many products are gluten free but make no claim to be so. You will have to scrutinise the ingredients list to determine whether they are suitable. Avoid any manufactured food, which has no ingredients list. Avoid any product if the ingredients list contains any of the following:

- Wheat, rye, barley, triticale, oats
- Flour, all types unless a gluten free source is specified.
- Pasta, semolina,
- Farina or thickeners,
- Wheatstarch, starch or thickener (unspecified),
- Cereal; bread, biscuits, batter, crumbs,
- Cornflour (unspecified or wheat based)
- Malt

Be aware that there may be small traces of gluten in any of the following additives:

- Modified starch or thickening agent
- Additive numbers 1400-1450 (of wheat origin or unspecified)
- Malt flavouring and malt extract
- Maltodextrin (of wheat origin)
- Hydrolysed protein (of wheat origin)

FOOD	INCLUDE	AVOID
FLOURS. STARCHES	Arrowroot, Maize (corn), polenta, maize cornflour, cornmeal, buckwheat & pure buckwheat flour, quinoa, sorghum, sago tapioca, rice (white & brown), wild rice, rice flour, ground rice, rice bran, glutinous rice, Pea, gram, lupin, potato, lentil & soya flours	All varieties of wheat including kumot, spelt (dinkel or german wheat), bulgar (burghul), durum, couscous, Wheat starch, wheaten cornflour, wheat & multigrain flour, wheat germ, wheatmeal, wheat bran, semolina, triticale, rye, barley, pearl barley, oats, oatmeal (there are several varieties of millet some of which appear to affect coeliacs)
CEREALS & FARINACEOUS PRODUCTS	Plain non malted rice or maize (corn) breakfast cereal ie. Puffed rice or corn, cornflakes (not malted type), glutted free muesli, infant rice cereal, Gluten free pasta, rice noodles & vermicelli, taco shells made from pure maize flour	Wheat based & mixed grain breakfast foods, muesli, oat porridge, infant cereal (except rice), Pasta, spaghetti, macaroni, noodles, lasagne, ravioli, etc, Gluten & gluten steaks
BREADS, BISCUITS, CAKES, PASTRIES ETC.	Gluten free bread, biscuits, cakes & pastries, Gluten free bread, biscuits, cake & pastry mixes Rice bread* Rice cakes (plain) Rice crackers (plain)	All regular bread & rolls (including multi-grain), rye bread, wuppertaler, wupabrot, pumpernickel breads, barley bread. Sour dough, commercial breads even if made from non gluten grains & flours if the sour dough itself contains a cereal, soya commercial breads containing wheat or gluten. Biscuits, cakes, slices, crispbreads, pastry, pizza bases, pancakes, waffles, doughnuts, oat cakes etc. Ice cream wafers & cones, Rusks

FOOD	INCLUDE	AVOID
DAIRY FOODS & EGGS	Milk - fresh & long life, plain powdered, canned evaporated & condensed. Buttermilk, goats milk, infant formulae, soy beverages & infant formulae*. Cream - fresh & canned. Cheeses - plain, block, sliced & sticks. Processed cheeses*. Plain yoghurt & fruche. Plain ice-creams & confectionary*. Eggs - all types	Malted milks. Flavoured milks*. Artificial cream. Ice-cream & ice confectionary containing thickeners & cereal components, especially flavoured & gourmet types. Custard powders & ready made custards*. Fruit flavoured yoghurt & fruche in which the fruit component contains a thickener*. Non dairy whiteners & creamers*. Cheese mixtures, pastes, spreads*, Cheese dips & gourmet or fruit cheeses*.
MEAT, FISH & POULTRY	Fresh, smoked, corned, pickled & salted. Canned without sauce or cereal. Ham on the bone.	Soups containing thickeners, cereals or grains i.e. barley, noodles, macaroni. Commercial soups.
VEGETABLES	All types of fresh, frozen & canned vegetables so long as no thickener is added. Potatoes, sweet potatoes, yams home prepared chips & oven chips. Fresh herbs. Pulses, legumes & lentils. Dried peas, split peas, gram peas. Soya, borlotti, cannelloni & garbanza beans. Dried beans i.e. kidney.	Commercial vegetables in a sauce i.e. baked beans*. Hot chips & potato wedges coated with flour. Vegetable or potato salads*. Processed or canned varieties of legumes*. Peas pudding, mush peas containing thickener.
FRUIT, SEEDS & NUTS	All types of fresh, dried, canned, stewed & preserved fruits so long as no thickening is added. Nuts & seeds in shells, shelled or roasted provided only salt &/or oil is added.	Fruit mince & Christmas mince* Pie fillings & commercial thickened fruit products*. Dry roasted nuts.
SOUPS	Clear soups & soups thickened with allowed flours*	Soups containing thickeners, cereals or grains i.e. barley, noodles, macaroni. Commercial soups
FATS & OILS	Oils - vegetable & seed Cream & butter. Margarine both poly & mono unsaturated types	None except wheat germ oil
SALAD DRESSINGS	Pure cider vinegar. White vinegar*.	Malt vinegar. Salad dressings & mayonnaises*.
JAMS & SPREADS	All jams, marmalade, honey, golden syrup, treacle, maple syrup, molasses, Peanut butter*.	Vegemite, Marmite & Promite. Meat & fish pastes*.
HERBS, SPICES & CONDIMENTS	Pepper, salt, herbs, spices, curry powder, mustard powder (check these for an anti-caking agent which may contain gluten). Tomato sauce.	All commercial sauces, pickles, relishes, chutneys, compound mustard, prepared mustard, mustard paste*. Soya sauce*, tomato puree*.
BEVERAGES	Water, mineral water - plain & flavoured, still or carbonated. Soft drink - sweetened or diet type, fruit & vegetable juice, cordials without barley, soda & tonic water, sports electrolyte type drinks, tea, herb tea, coffee (pure, instant & decaffeinated)	Barley drinks i.e. Barley water, lemon barley. Cereals & cereal tea, coffee substitutes. Drinking chocolate & similar flavourings for milk
ALCOHOL	Wine, cider, liqueurs, spirits, champagne, sherry, port, brandy, whisky, gin & vodka	Beer, ale, lager, porter, stout
MISCELLANEOUS	Sugar - white, brown, castor. Pure icing sugar, jelly, gelatine. Popcorn, plain potato crisps*. Plain corn chips & taco shells* Candy floss & fairy floss. Plain dark & milk chocolate (no fillings).	Icing sugar mixture. Vanilla & flavouring essences*. Flavoured crisps & packet snack foods*. Stock cubes & gravy mixes*. Sweets, lollies & filled chocolates & chocolate snack foods*. Liquorice