
Food intolerances can occur at any age and arise as a result of ingestion of an ingredient that a person is sensitive to. Symptoms usually include abdominal bloating, diarrhoea, headaches, weakness and fatigue.

1. *Gluten* is present in wheat, rye, oats and barley. Gluten, when consumed in the presence of abnormal gut bacteria in the small intestine, may contribute to damage to the intestinal lining, potentially resulting in compromised nutrient absorption. Strict life-long avoidance of gluten is required by people who have Coeliac disease.
2. *Lactose* intolerance is the most common of food sensitivities. When people are deficient in the enzyme LACTASE, they are unable to digest lactose-containing foods, such as milk. Dairy products are a good source of calcium and protein. Therefore, these nutrients need to be supplemented by other foods in the diet.
3. A high refined carbohydrate diet (e.g. white bread, refined cane sugar) can lead to symptoms of intolerance. Therefore, it is necessary to reduce the amount of total *sugar* consumed. Other sugar intolerances arise as a result of lacking specific enzymes required to metabolise the specific sugar, for example, *fructose*.
4. Low levels of *salicylates* and *amines* from different foods can build up to cause an adverse reaction. Foods that have high amine content include chocolate, cheese, wine and fish products.
5. Foods that have a high *salicylate* content include dried fruits, tomato products, vegemite and almonds.

DIETARY SUGGESTIONS

1. Because people with Coeliac disease are often deficient in zinc, fibre, iron, thiamine, folate and vitamin B12, it is necessary to include rice, legumes, lean meats, green leafy vegetables and eggs as part of a regular diet.
2. The *lactose* in cheese, yoghurt and buttermilk has already been broken down and may be better tolerated for those with lactose intolerance.
3. Consume lactose reduced milk, calcium fortified soy or rice drinks. Brands include *Dairy Farmers*, *So Natural* and *Australia's Own*.
4. Consume wholegrain carbohydrates, such as multi-grain breads and cereals, instead of refined products.
5. The natural chemical content of fruits change as they ripen: *salicylate* levels **decrease** as the food ripens, whereas *amines* **increase** with ripening.
6. It is important to read food labels carefully and to know the codes for food additives.
7. Watch out for food additive **621** (MSG) if you are sensitive.
8. Avoid food products containing artificial colours & food additives such as benzaldehyde, eucalyptol, and BHT-BHA.
9. Reduced the intake of refined carbohydrates such as white flour, bread and sugar.
10. See a qualified wholistic health professional trained in nutritional and environmental (integrative) medicine who can comprehensively evaluate your symptoms and who can develop an individualised, strategic intervention plan.

Food & Chemical INTOLERANCES

1. *Gluten / Wheat*

2. *Dairy*

3. *Sugar*

4. *Amines (inc. MSG)*

5. *Salicylates*



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FOOD & CHEMICAL INTOLERANCES PRODUCTS

- Gluten Free, Wheat Free
- ★ No Added Sugar
- ♣ Dairy Free
- ▶ Low Salicylate

Biscuits – 97% Fat Free

- ♣★ Apricot Temptation (GI - 47)
- ♣★ Spicy Apple Sensation (GI - 47)
- ♣★ Blueberry Bliss (GI - 47)
- ♣★ Sticky Date (GI - 47)
- ♣★ Zesty Ginger (GI - 47)

Gluten/Wheat Free Biscuits

- ♣▶ Chocolate Daydream
- ▶ Chocolate Blitz
- ♣• Crunchy Coconut
- ♣• Sultana Splitz
- Florentines
- Triple Choc Bites
- Caramel Crunch

Fruit spreads

- ★♣ Apricot (GI - 29)
- ★♣ Raspberry (GI - 26)
- ★♣ Strawberry (GI - 29)
- ★♣ Marmalade (GI - 27)

Snacks

- ★♣ Baked Corn Chips - Plain
- Fried Corn Chips:
- ★ Plain
 - Cheese
- ★♣ Chick Pea chips (GI - 44)
- ★•♣▶ Potato Chips
 - ♣ Crackers
 - ♣ Snack Bread – Dry Crackers
 - ♣ Snack Pack:
 - Gluten/Wheat Free, Dairy, Nut, Egg Free
 - Hommus Dips & Crackers
 - Spinach & Garlic Dips & Crackers

Sauces

- ★♣ Tomato Pasta Sauce

Pastas

Enriched with a vitamin & mineral blend & added fibre

- ★♣ Enriched Rice (GI - 51)
- ★♣ Enriched Spaghetti (GI - 51)

Spreads

- ♣ Vege Spread (gluten free/yeast free)
- ★•♣ Soy Butter

Confectionery

Fruit strips enriched with a vitamin & mineral blend

- ★♣ Apple & Apricot (GI - 29)
- ★♣ Pear & Peach (GI - 29)
- ★♣ Plum & Apple (GI - 29)

Slices/Bars

Gluten Free, Wheat Free Slices:

- ★♣ Strawberry Multipack – **Medium GI (58)**
 - Choc Chip Multipack
- ♣ Omega Bar – good source of omega 3 & 6 (GI - 21)
 - Break Bar

• Nutritious Snack Bars:

- Gluten Free, Wheat Free, Low Carb, High Fibre
- Yoghurt Coated Almond & Apricot
 - Almond & Apricot
 - Macadamia & Pineapple
 - Simply Nuts

Breakfast Bars

- ★♣ Hi-Lite Breakfast Bar (GI – 53)
- ★♣ Gluten Free Breakfast Bar (GI – 50)
- ★♣ Super Berry Breakfast Bar - **Medium GI (57)**

Breakfast Cereals

- ★♣ Hi-Lite enriched with vitamin C, iron & folate (GI - 54)
- ★♣▶ Rice Flakes with Psyllium
- ♣▶ Rice Puffs with Psyllium
- ♣ Corn Flakes with Psyllium
- ★♣ Ultra Rice with Psyllium
- ★♣ Yeast Free, Wheat free Muesli (GI - 44)
- ★♣ Gluten Free, Wheat Free Muesli (GI - 50)
- ★♣▶ Porridge Quick Oats - Contamination Free (GI - 50)

Beverages

Organic grape juices

- ★♣ Black Muscatel
- ★♣ Shiraz
- ★♣ White Muscatel
- ▶• Energy Drinking Chocolate

Bakery

- ★▶ All-Purpose Flour
- ★• Pancake Shake - **Medium GI (61)**
- Custard Mix
- Corn Fritter Shake (GI - 34)

Cookbook (RRP \$24.95)

Low Allergenic Fragrant Free Body Range

- ▶ Natural shampoo & conditioner
- ▶ Crystal deodorant stick
- ▶ Crystal deodorant spray
- ▶ Crystal roll on deodorant
- ▶ Aluminum free roll-on Deodorant.
- ▶ Body soap

Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of carbohydrate according to their effect on blood glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology. Low GI ≤ 55
Medium GI = 56 - 69
High GI ≥ 70

The Freedom Foods cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes food preparation and cooking easy. Visit Freedom Foods website www.freedomfoods.com.au or free-call 1800666231 for further information.