









Pantry Suggestions for Special Dietary Needs




The following can assist you with suggested items for your pantry to manage allergies and intolerances. Remember this is a **GUIDE** only – always check labels and if you are unsure, contact the food manufacturer.

FOOD GROUP	SUGGESTIONS	COMMENTS
Grain (Cereal) Foods 	Gluten free commercial flour mixes	Check labels for statements regarding ingredients such as – may be free from gluten, wheat, nuts, dairy, egg and yeast, some mixes may contain soy flour Check the label for allergen advice Some mixes contain xanthan or guar gum to minimise crumbling and improve texture and stability Xanthan or guar gum can be bought separately from supermarkets or health food stores
	Maize cornflour	Useful gluten free alternative for thickening sauces and custards, also low in salicylates and amines
	Gluten free pasta	An easy substitute for wheat pasta – check ingredients for allergen advice
	Gluten free baking powder	Check the label for allergen advice. To make your own: 1 tsp baking powder = ½ tsp baking soda + ½ tsp cream of tartar
Fruit & Vegetables 	Pears – well ripened or canned in syrup	All foods listed on the left are low in the food chemicals salicylates, amines and glutamates Other fruits low in food chemicals include: golden delicious apples, pawpaw (not overripe) 

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	<p>Potatoes – large and thickly peeled</p>	<p>Other vegetables low in food chemicals include: cabbage, iceberg lettuce, beans, plain legumes, brussel sprouts, shallots, garlic, or leeks.</p> 
<p style="text-align: center;">Dairy</p> 	<p>Lactose free milk is cow’s milk with the lactose removed</p> <p>Plant based dairy alternatives:</p> <p>Soy, rice and oat milk or yoghurt (nut based alternatives have not been included as OSHC settings are generally nut free)</p>	<p>Suitable for people with dairy allergies or on lactose free diets</p> <p>The high protein content and similar nutrient profile makes soy milk an easy substitute for cow’s milk</p> <p>Choose a variety that is also gluten free to maximize versatility</p> <p>Check the label for allergen advice</p> <p>Purchase fortified dairy alternatives (calcium – 100mg per 100mL and added vitamin B12)</p>
<p style="text-align: center;">Egg Alternatives</p>  	<p>Pureed fruit Gelatine Baking powder Chia seeds Tofu Flaxseed Xanthan gum Commercial egg replacers (available in supermarkets and health food stores)</p>	<p>Equals one egg in a recipe:</p> <ul style="list-style-type: none"> ▪ 1 sachet gelatine and 2 tbsp warm water (do not mix until ready to use) ▪ 2 tbsp water and ½ tsp baking powder ▪ ½ large, mashed banana – for cakes and muffins ▪ ½ cup apple sauce/apple puree or pureed prunes – for cakes and muffins ▪ 1 tbsp ground flaxseed/linseed mixed with 3 tbsp water ▪ 1 cup soft mashed tofu ▪ ½ tsp xanthan gum with ½ cup water – let stand; it thickens and can be whipped like an egg white ▪ 1 tbsp chia seeds and 2 ½ tbsp of water (soak until thickened) ▪ Commercial egg replacer – follow packet instructions

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<p>Lean Meats & Alternatives</p> 	<p>Lamb or beef</p> <p>Poultry – skin removed</p> <p>Fish</p> <p>Tofu and other protein rich plant foods</p>	<p>Note that amines are produced with storage – meat and alternatives should be as fresh as possible (avoid cryovac packaged varieties if possible)</p> <p>Freeze if not for immediate use</p> <p>Tofu is made from soybeans and is a great meat substitute that is high in protein. Other protein rich plant foods include beans, lentils, chickpeas</p>
<p>Fats & Oils</p> 	<p>Sunflower, canola or safflower oils</p> <p>Milk and soy free margarine</p>	<p>These oils are low in the food chemicals salicylates, amines and glutamates</p>
<p>Miscellaneous</p> 	<p>Pure vanilla essence</p>	<p>Must be pure vanilla as imitation vanilla essence contains additives that may cause reactions in children with food intolerances</p>
	<p>Gluten free yeast extract</p>	<p>Check the label for allergen advice</p>