








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

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	<p>Potatoes – large &amp; 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><b>Dairy Alternatives</b></p> 	<p><b>Plant based dairy alternatives:</b> Soy, rice and oat milk or yoghurt (nut based alternatives have not been included as ECEC settings are generally nut free)</p>	<p>The high protein content and similar nutrient profile makes soy milk an easy substitute for cow's milk. Choose a variety that is also gluten free to maximize versatility <b>Check the label for allergen advice</b> Purchase fortified dairy alternatives (calcium – 100mg per 100mL and added vitamin B12)</p>
<p><b>Egg Alternatives</b></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"> <li>1 sachet gelatine and 2 tbsp warm water (do not mix until ready to use)</li> <li>2 tbsp water and ½ tsp baking powder</li> <li>½ large, mashed banana – for cakes and muffins</li> <li>½ cup apple sauce/apple puree or pureed prunes</li> <li>1 tbsp ground flaxseed/linseed mixed with 3 tbsp water</li> <li>1 cup soft mashed tofu</li> <li>½ tsp xanthan gum with ½ cup water – let stand; it thickens and can be whipped like an egg white</li> <li>1 tbsp Chia seeds and 2.5 tspn of water (soak until thickened)</li> <li>Commercial egg replacer – follow packet instructions</li> </ul>

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<p><b>Lean Meats &amp; Alternatives</b></p> 	<p>Lamb or beef Poultry – skin removed Fish Tofu Protein rich plant foods</p>	<ul style="list-style-type: none"> <li>• Note that amines are produced with storage – meat and alternatives should be as fresh as possible (avoid cryovac packaged varieties if possible)</li> <li>• Freeze if not for immediate use</li> <li>• Tofu is high in protein and a healthy meat substitute</li> <li>• Protein rich plant foods include beans, lentils, chickpeas.</li> </ul>
<p><b>Fats &amp; Oils</b></p> 	<p>Sunflower, canola or safflower oils Milk and soy free margarine</p>	<p>These oils are low in the food chemicals salicylates, amines and glutamates</p>
<p><b>Miscellaneous</b></p> 	<p>Pure vanilla essence</p>	<p>Must be <b>pure</b> vanilla as <b>imitation</b> vanilla essence contains additives that may cause reactions in children with food intolerances</p>
	<p>Gluten free yeast extract</p>	<p><b>Check the label for allergen advice</b></p>