

Dietary Requirement Info Sheet

Allergy or Food Lifestyle	What they cannot have	Suggested Replacements
Gluten Free <i>*Good awareness but growing diagnosis</i>	Oats, Rye, Barley or Wheat Burghul, Couscous, Spelt, Farro, Kamut or Semolina	Rice, corn (maize), sago, tapioca, buckwheat, quinoa, teff, arrowroot, nuts, soy, gluten free flour blends, legumes, unprocessed meats, butter, oils, foods labelled gluten free
Dairy Free <i>*Can cause death if anaphylactic</i>	Milk, milk products, cream, cheese, butter, yoghurt, lactose-free products	Sorbet, vegan cheeses and ice creams, oils, coconut milk/cream, soy/almond milk products, foods labelled dairy free
Egg Free <i>*Can cause death if anaphylactic</i>	Eggs or any products containing egg powder as an ingredient	Mashed ripe banana (gram for gram), Orgran commercial egg replacer, emulsified chia/flax seeds, peanut butter, apple sauce, foods labelled egg free. This is trial and error as each recipe performs differently with the above replacement.
Nut Free <i>*Can cause death if anaphylactic</i>	Check with client if Peanut or Tree Nut.	Substitute Peanuts for any other tree nut (cashew, macadamia). If fully nut free: seeds (sunflower or sunflower flour), commercial seed butters, beans, pretzels, bread crumbs.
Vegan <i>*Lifestyle choice but currently most popular & growing fast</i>	Any food products produced by animals including: meat, fish, chicken, some food colours, natural flavours & additives, dairy, bee products, eggs, anchovies in sauces (eg: Worcestershire), some beer & wines, lollies, some deep fried products, some pesto, pastas, shellac, some bakery products & gelatine	The safest is to select foods labelled vegan due to the many colours and additives derived from animals across all food products. Some safe raw ingredients include: coconut oil, legumes, nut butters, hemp/flax/chia seeds, tofu, plant-based milks and yoghurt, whole grains, nutritional yeast (for a savoury cheese flavour)
FODMAP (Fermentable Oligosaccharides Disaccharides, Monosaccharides And Polyols) <i>Currently used to treat Irritable Bowel Syndrome + many Coeliac's have developed.</i>	Varies to individual: some people can tolerate more than others. Avoid large amounts of: wheat, rye, onions, garlic, legumes, lentils, cauliflower, lactose – milk, custard, yoghurt, ice cream, honey, agave syrup, some fruits, sugar replacers (natural or chemical), cashews	Almond milk, brie cheese, feta, hard cheese, lactose-free milk and cream, soy milk, eggs, tofu, corn, oats, quinoa flakes, sour dough, spelt breads, dark chocolate, rice malt syrup, macadamia, peanuts, walnuts, corn flakes, plain cooked meats/poultry/seafood.

*If there is a combined allergy eg. *Gluten & Nut Free* note both sections: you'll need a gluten free bread crumb.

Coeliac and FODMAP: check gluten free section but also note in FODMAP could not have oats, spelt, or non-gluten free corn flakes.

Any questions please call Melinda 0405 844 372 or email melinda@melindasgfg.com