

FAILSAFE SHOPPING LIST FOR NZ

This shopping list is intended to be a guide to suitable failsafe brands in NZ and needs to be used in conjunction with Sue Dengate's books ('Fed Up', 'The Failsafe Cookbook', 'Fed Up with Asthma', 'Fed Up with ADHD' – see www.fedup.com.au) or Royal Prince Alfred Hospital Allergy Unit (RPAH) publications, 'RPAH Elimination Diet Handbook' or 'Friendly Food', or with help from a dietitian experienced in supervising the RPA simplified elimination diet. The '**RPAH Elimination Diet Handbook**' is a new publication with updated information so is recommended if you are starting off. It can be ordered from <http://www.sswahs.nsw.gov.au/rpa/allergy/>; select food intolerance link.

Always read labels as ingredients can change at any time. This list is not exhaustive and other products may be suitable. If you find a product that checks out as failsafe you think would be helpful to include please email robin.c.fisher@gmail.com Please let me know of any mistakes or changed ingredients which make any products listed unsuitable.

Avoid These Additives

Colours may be listed either by number or name

COLOURS:

Natural	160B (annatto)
Artificial	102, 104, 107, 110, 122-129, 132, 133, 142, 151, 155 102 (tartrazine), 104 (quinoline yellow), 107 (yellow 2G), 110 (sunset yellow), 122 (azorubine), 123 (amaranth), 124 (ponceau 4R/brilliant scarlet 4R) 127 (erythrosine), 128 (red 2G), 129 (allura red AC), 132 (indigotine/indigo carmine, 133 (brilliant blue FCF), 142 (Green S/acid brilliant green BS/food green S/ lissamine green), 151 (brilliant black BN/ brilliant black PN), 155 (Brown HT, chocolate brown HT)
PRESERVATIVES:	
Sorbates	200-203 200 (sorbic acid), 201 (sodium sorbate), 202 (potassium sorbate), 203 (calcium sorbate)
Benzoates	210-213 210 (benzoic acid), 211 (sodium benzoate) 212 (potassium benzoate), 213 calcium benzoate
Sulphites	220-228 220 (sulphur dioxide), 221 (sodium sulphite), 222 (sodium bisulphate/sodium hydrogen sulphite/acid sodium), 223 (sodium metabisulphite/disodium pyrosulphite), 224 (potassium metabisulphite/potassium pyrosulphite), 225 (potassium sulphite), 226 (calcium sulphite),

227 (calcium hydrogen sulphite/calcium bisulphite),
228 (potassium bisulphite/potassium hydrogen sulphite)

Nitrates, nitrites	249-252 249 (potassium nitrite), 250 (sodium nitrite), 251 (sodium nitrate/Chile saltpetre), 252 (potassium nitrate/saltpetre)
Propionates	280-283 280 (propionic acid), 281 (sodium propionate), 282 (calcium propionate), 283 (potassium propionate) Cultured dextrose, cultured wheat, cultured anything.
Antioxidants	310-312, 319-321 310 (propyl gallate/propyl 3,4,5-trihydroxybenzoate), 311 (octyl gallate), 312 (dodecyl gallate/dodecyl 3,4,5,- trihydroxybenzoate) 319 (tert-Butylhydroquinone/TBHQ), 320 (Butylated hydroxyanisole/BHA), 321 (Butylated hydroxytoluene/ BHA)

FLAVOUR ENHANCERS:

Glutamates	620 – 625 620 (L-Glutamic acid), 621 (monosodium glutamate/sodium hydrogen L-glutamate, Aji-no-moto, MSG), 622 (monopotassium glutamate/potassium hydrogen L-glutamate), 623 (calcium dihydrogen di-L-glutamate/calcium glutamate), 624 (monoammonium L-glutamate), 625 (magnesium di-L-glutamate) Hydrolysed vegetable protein (HVP), 129 other names http://www.fedup.com.au/news/blog/129-ways-to-add-msg-and-fool- consumers
Ribonucleotides	627, 631, 635 627 (disodium guanylate/guanosine 5'-(disodium phosphate)) 631 (disodium inosinate/inosine5'-(disodium phosphate)) 635 (sodium 5'ribonucleotide)
Artificial Sweetener	951 (aspartame/Nutrasweet/Equal)

See <http://www.fedup.com.au/information/information/complete-lists-of-additives> for more
information on food additives

FAILSAFE BRANDS

Vegetables

Any plain failsafe vege frozen e.g. *Pams Frozen Green Beans*

Canned beans in brine, including mineral salts such as calcium chloride (additive 509) e.g. *Craigs 'Three Bean Mix', 'Four Bean Mix', Chick Peas, Kidney Beans*, also *Delmaine* bean varieties in brine. Other brands could be suitable.

Plain potato oven fries may be suitable as an occasional treat (no skin, no herbs or spices), but best avoided during initial elimination and challenge for clearest results.

Continental Surprise Dried Sliced Green Beans – useful for tramping etc

Note in NZ spring onions, NOT shallots are failsafe (difference in terminology between Australia and NZ). See picture of NZ spring onions

http://www.vegetables.co.nz/select_a_vegetable/spring_onions.asp

MasterFoods Crushed Garlic – Can use sparingly instead of fresh garlic if you wish

Fruit

Canned pears in sugar syrup (not juice). Look for soft and ripe. Brands include *Watties, Budget, SPC*.

Watties brand appears the most reliably soft brand

Southern Cross and *SPC* – don't have citric acid.

Pasta, noodles, flour, rice

Many brands are suitable (no colour, flavour or preservative).

Rice, white, brown or gold but not wild or fragrant such as basmati and jasmine

Dried pasta – lots of brands. For instant noodles, Budget noodles are failsafe (oil is palm oil with antioxidant 306 made from corn) suitable but throw away chicken and seasoning packet. *Fantastic Dried Noodles*, both '*thin*' and '*Wide*' varieties are quick cooking and failsafe.

Fresh pasta – made from failsafe ingredients. *Pams* and *Delmaine* have suitable options, but there could be other brands.

Bread

No preservative 280-283, no whey, no vinegar, no honey, no corn, no seeds, no 260-264 e.g. *Brumbys* and *Bakers Delight* plain or poppy seed loaves and rolls (not multigrain).

Soft white and brown loaves (they are likely pre-sliced and in a cellophane bag) made in Countdown 'in store' bakeries is failsafe as oil is canola and has no antioxidants in it.

From research done 2010 it appears that most if not all branded packaged breads sold in supermarkets etc no longer contain additive 320 (BHA); this includes Tip Top and Home Brand breads among others, but you can't tell by looking at the label as any additives in oil are not required to be listed as oil makes up less than 5% of ingredients in bread. However they mostly all contain 260 -264, usually 263, which is acetic acid or its salt. RPAH Allergy Unit does not consider this a problem additive but more sensitive people could well react to it. Worth challenging this after completing other challenges if you tolerate failsafe wheat/breads.

For Christchurch residents, *Vic's BakeHouse Batard Bread* and *Plain and Poppy Seed Bagels*. *Organic Sour Dough* and *Rye Sour Dough* would be moderate in amines from the sourdough but otherwise failsafe. Check website (<http://www.vics.co.nz/bakehouse/breads.html>) for retail outlets and further information.

De Brood Bakery Half Baked Rolls – available chiller section some New World Supermarkets

Flat breads *Mountain Bread – roll ups* (may be other products in the range)
 Danny's Real Pita Breads (several varieties)
 Signature Range Pita Bread White Pockets
 Jabal Pita Pockets

Croissants *Pams Ready Bake from Frozen Croissants*

Bread Mix *Bin Inn Crusty White and Focaccia Breadmixes*

Yeast Etc Plain granulated yeast, *Elfin Instant Dry Yeast*, *Edmonds Surebake*,
 Bin Inn Bread Improver

Breakfast cereals

Wheat cereals *Kelloggs Special K and Allbran*

Sanitarium San Bran, Bran Flakes, Puffed Wheat, WeetBix, Bran Bix
Pams Wheat Biscuits, Vita Brits, Budget Breakfast Biscuits
Kamut Puffs (this is an ancient grain similar to spelt)

Rolled Oats Many brands of rolled oats, including wholegrain rolled oats. *Harroways* brand endeavours to avoid cross contamination from other gluten sources.

Oat cereals *Sanitarium Oatmores Original*,
Harroways Oat Singles (instant plain), Pams Mac Oaties,
Uncle Tobys Creamota

Rice Cereals *Kelloggs Rice Bubbles, Pams Rice Snaps, Sanitarium Ricies*

Sweeteners, toppings, spreads

O'Canada Pure Maple Syrup, Queens Pure Maple Syrup

Maltexo Original Malt Extract

Rice syrup, rice malt

Glucose syrup –contains significant amounts of sulphites. It needs to be well heated to drive off sulphites

Home made pear jam made with jam setting mix

Icing sugar –there is no pure icing sugar in NZ. All choices contain added starch e.g. tapioca flour or maize or wheaten cornflour. Both maize cornflour and tapioca will contain sulphite preservative whether listed or not unless derived from organic source e.g. *Ceres icing sugar* won't have sulphite traces. Maize cornflour almost definitely will contain sulphite preservative whether listed or not. *Chelsea* and *Pams Icing sugar* both have tapioca starch. Tapioca starch and maize cornflour are both gluten free.

Healthfood Section

Carob powder e.g. Lotus Brand, avoid dark bitter carob powder from Turkey. Not everyone tolerates carob powder.

Carob buttons – in NZ they all seem to have a dairy product base (lactose) and flavour (vanilla/vanillin) so best not used on elimination/challenge phase

Cashew nuts, raw or lightly roasted, and in limited quantities

Cashew butter – e.g. Ceres Cashew Butter (this is lightly roasted), Wholegrainorganics Cashew Butter (made from raw cashew nuts). You may have to order on line, see www.wholegrainorganics.co.nz

Cakes, muffins, biscuit and pancake mixes etc

Alison Holsts Baking Mix

*Greens Original Pancake Shake, Edmonds Pancake and Pikelet
maple syrup). Hansells Pancakes in a Flash*

Mix (do not use the

Pastry

Highmark Spring Roll and Wonton Pastry

New Way Flaky Pastry

Biscuits

Plain Water Crackers and crispbreads

Arnotts: Original Salada, Wholemeal Salada

Arnotts Water Crackers Original

Arnotts Vitawheats Original

Arnotts Classic Cream Crackers

Arnotts Cruskits Original, Rye (97% fat free), Bran & Malt, Rice (all Cruskits contain dairy)

Ryvita Original

Kavli Crispy Thins (rye)

Arnotts Supreme Classic Flakey Pastry Crackers (contains dairy)

Arnotts Original Cruskits (contains dairy)

Griffins: Huntley Palmers Original (contains dairy), Huntley Palmers Water Crackers (contains dairy),

Huntley Palmers Lite Bread Original (contains dairy), Griffins Original

*Huntley & Palmers Wholegrain Crackers - Original Mixed Grain, Snax, Huntley & Palmers Somerset
Crackers (contains dairy)*

Budget Snacking Crackers

Sweet Biscuits

Shortbreads made from flour, butter and sugar e.g. *Arnotts Glengarry Shortbreads (contains dairy), Pams
Butter Shortbreads (contains dairy), Arnotts Scotch Finger (contains dairy)*

Arnotts Original Shredded Wheatmeal (contains dairy)

Arnotts Milk Arrowroot including Sports Mini Arrowroots(contains dairy,)

Arnotts Milk Coffee (contains dairy)

Arnotts Scotch Fingers (contains dairy)

*McVities Digestives – best limited in the elimination and challenge phase as some react to too much
whole grain wheat.*

Desserts

Cones

Eskal Cones (gluten free)

Meringues

Ernest Adams Meringue Nests (note egg white now re-categorised to moderate amine so not suitable for initial elimination and challenge period)

Meat

Use the day you buy or freeze and eat within four weeks. Once cooked freeze and eat within a week. Ensure mince is preservative free. Avoid vacuum sealed/cryovaccated meats as these meats can be high in amines – only way to know is to ask your butcher. Sausages made to failsafe recipe – see ‘The Failsafe Cookbook’.

Fish

Eat on day caught or bought. Fish needs to be very fresh and RPAH no longer recommends freezing. Avoid dark or red fleshed fish.

Eggs

Preferably free-range or organic

Egg Replacer

Orgran egg replacer

Dairy Foods

Milk

Milk — plain fresh (full cream, lite, ultra lite, balance, calci-smar, calci-trim, traditional, standard, homogenized, farmhouse, zero lacto, buttermilk, cultured buttermilk etc.) *e.g. Meadowfresh, Pams etc*

Milk — UHT (long life)

Milk — condensed

Milk — powdered

Milk — evaporated

Milk — reduced lactose/lactose free *e.g. Liddells*

Note A2 milk may be better tolerated than milk with A1 protein in it. All sheep’s milk and goats milk is naturally A2 milk. A2 cow’s milk is available in quite a lot of Countdown Supermarkets. *Blue River Dairy* sheep’s milk powder is available – email

sales@blueriverdairy.co.nz to find out where you can purchase it. It’s mild tasting.

Lewis Road Double Caramel flavoured milk. Suggest use only as a treat as it contains vanilla so may not be suitable for the more salicylate sensitive. Avoid if you are struggling to reach baseline. See [Lewis Road Double Caramel flavoured milk](#)

Cream – fresh cream, sour cream, canned including canned reduced cream, long life, crème fraiche - thickened cream – check ingredients *Anchor Thickened Cream* is currently failsafe.

Yoghurt (plain) – use with caution, especially the sharp flavoured as it likely contains some amines (eliminate if struggling to get to baseline). *Neudorf* Sheep’s Milk Yoghurt is an A2 option - see

<http://www.neudorfdairy.co.nz/stockists-xidc16933.html> but exercise caution initially as it has a sharp

flavour (prob moderate amines and may not be suitable for elimination diet phase). Fruit flavoured yoghurts are high in food chemical content.

Fresh White Cheeses

All cheeses must be very mild, not sharp tasting. There could well be more cheeses that I haven't listed. Let me know.

Cream Cheese – *Philadelphia* blocks and *Philadelphia Original* and '*Lite Spreadable*' tubs (not 'extra lite' or mini tubs as they have preservative), *Anchor* varieties (note *Anchor* cream cheese varieties contain a flavour which suggests from my research it could contribute amines and glutamate so the more sensitive may not tolerate), *Tararua* varieties also have flavour added so try with caution.

Cottage cheese – *Canaan Cottage Cheese*, *Karikaas Quark*

Epicurian Skinny Cottage (Cheese) including their skinny cottage cheese – You can order it from Epicurian Dairy Co. Ltd, email info@epicdairy.com. It is also available in some New World, Pak n Save, Supervalue and Fresh Choice supermarkets in Auckland. In Christchurch it's available from selected New Worlds including St Martins, South City and Stanmore Rd. It's available across the country; if you can't find it contact Epicdairy for distributor in your area.

Ricotta cheese (if you can find one without preservative)

Meadowcroft Fresh Chevre Goats Cheese – there is one made from goat's milk, culture, rennet, salt. Not sure if this is mild enough (may still have some amines) but the mildest I've found – feedback welcome. It can be ordered from http://www.cheeseshop.co.nz/order_form.html#goats Another one is *Puhoi Valley 'farm fresh' goats' cheese* with essentially the same ingredients. It tastes mild to me but would love feedback.

Icecream

Ice cream (may contain egg, and may contain gluten) *Tip Top Vanilla*, *Hokey Pokey*, and *Lighten-Up* seem to be least flavoured. More flavoured alternatives are *Pams Vanilla and Hokey Pokey*, *Talleys Vanilla and Hokey Pokey*, *Talleys Guiltfree Vanilla and Hokey Pokey*, *Killinchy Vanilla*, also *Deep South Vanilla* which I'm not sure where it sits in terms of how strong the vanilla flavour is.

Kohu Road Salted Caramel Icecream. See [Kohu Road Salted Caramel ice cream](#) Doesn't vanilla!

Blue River (Vanilla) Icecream is made from sheep's milk so is A2. Check www.blueriverdairy.co.nz for outlets.....**21.2.16 currently not available but Blue River Dairy hope to be able to start making it again in about a year.**

It is best to make your own plain icecream without vanilla added over the elimination phase of the diet as it's easy to exceed tolerance with vanilla flavouring.

Rice Desserts

Watties and Pams brand creamed vanilla rice, including light options

Make your own over the elimination phase of the diet; recommend avoiding adding vanilla for flavouring

Custard Powder

Orgran Custard Powder (this is gluten free)

Cream

Fresh, light, rich, sour, canned, UHT, thickened (may contain gluten), e.g. *Tararua Sour Cream*, *Tararua Sour Cream Lite*, *Tararua Crème Fraiche*, *Tararua Lite Crème Fraiche*
Anchor whipped cream

Butter & Margarines

Butter – salted or unsalted, also cultured with lactic acid is okay. Many brands are suitable.

Dairy blends and modified butters – (no colouring, no sorbate preservative, no antioxidants) *Mainland Buttersoft* (including low salt), *Mainland Semi-Soft*, *Tararua Supersoft Butter* and *Tararua Supersoft Butter Lite* are suitable

Ghee or Clarified Butter – check no preservatives or additives in the ‘additives to avoid list’ at beginning of shopping list. *Canary Clarified Butter (Ghee)* is failsafe.

Alpha One Rice Bran Oil Spread 55% - it has red swirls on the container (note the ‘60% and 70% less saturated fat than butter varieties have sorbate preservative so are not suitable)

At present there don’t seem to be any other margarines (other than *nuttelex* – see below) that are failsafe due to preservatives and or annatto colour (160B) being added. Please let me know if you find something suitable.

Non Dairy Foods

Margarines

Nuttelex – is increasingly available; *original* is failsafe but not all other varieties though most could well be – read ingredient list to check. Here is a fairly recent list of outlets that sell it – you will see it’s available in some supermarkets – and there are probably a few others e.g. Liberty Market in Christchurch. It can often be purchased through <http://www.thecrueltyfreeshop.co.nz/vegan-food/allergy-friendly?p=3> and they will freight it to you.

Palm oil, canola oil and a little salt can be combined to make butter/substitute. Approx half and half palm kernel oil (which is solid) and canola gives a good spreadable texture. See oils section for details to buy palm kernel oil.

Spreads

Ceres Natural Cashew Butter

Soy Milks

Calcium fortified soy drinks

So Good Regular soy milk (gluten free)

So Good Lite (gluten free)

So Good Essential (gluten free)

So Good Fat-free (gluten free)

Vitasoy Unsweetened (gluten free)

Vitasoy Creamy Original (contains gluten)

Vitasoy Light Original (contains gluten)

Pams Soy Drink (contains gluten)

Pams Light Soy Drink (contains gluten)

Get Natural Calci-Forte (contains gluten)

Get Natural Light (contains gluten)

Soy drinks (not calcium-fortified)

Get Natural Original (contains gluten)

Get Natural Australia's Own Malt Free (gluten free)

Soy drinks (from the refrigerator)

Anchor Soy Life

Bean Me Up

So Good Original (gluten free), and any other *So Good* Lite (gluten free)

Other Soy Products

Soy cream cheese (*King Land Soy Products*)

Tonzu Organic Soy Yoghurt (care – may contain some amines)

Tofu, Silken tofu (lots of brands suitable, calcium fortified if calcium sulfate is added). **Note** Tofu has been re-classified as **moderate** in amines by RPAH

So Good Vanilla Good Bliss Creamy Vanilla (frozen dessert/icecream) Note contains gluten

Rice Milk

Vitasoy Protein Enriched Ricemilk

Vitasoy Ricemilk.

'Get Natural' Rice Milk (fortified)

Australia's Own Rice Milk (unfortified)

Rice Dream Enriched or unfortified

So Good Rice Milk

Be aware that while the oils in Rice Dream, Get Natural and Australia's own are not cold pressed they are expeller pressed and are likely to contain higher levels of natural chemical than the refined supermarket oils. Vitasoy uses a refined oil so is probably the 'safest'. *Vitasoy Protein Enriched Ricemilk* is also calcium fortified.

Oat Milk

Pure Harvest Brand but use with caution as the oil may be cold or expeller pressed.

Darifree Milk is a dairy free 'milk' powder and can be purchased from

<http://www.vancesfoods.com/darifree.htm> or from www.biomedcafe.com.au I don't know of any NZ outlets for it. It's hypo allergenic, protein free and made from potato derived maltodextrose, vitamins and minerals.

Oils

Avoid antioxidant preservatives (310- 321), and not cold/expeller pressed except for soy.

Sunfield Safflower Oil

Sunfield Canola Oil

Homebrand Canola, Sunflower and Soya Oils

Simply Canola Oil (is theoretically failsafe but for some unclear reason sensitive people often react to it – interested in your experience if you're game to try it)

Capri Canola oil 1 litre bottles from Raeward Fresh outlets in Christchurch. For people living in Christchurch you can buy bulk amounts by arrangement with e.g. cartons of either 2 or 3 litre containers (12 litres total or may sell you less) from Quality Shortening Distributors, ph Telephone: 03-342 7171 (Greater Christchurch area)

Cleo Sunflower Oil (5 litre pack) from Bin Inn

Cold/expeller pressed soy oil e.g. from Piko Wholefoods (Christchurch).

Rice Bran oils (provided antioxidant free) e.g. *Sunfield Rice Bran Oil* or *AlfaOne Rice Bran Oil*. It appears that a few people, probably those sensitive to bran react to it; reaction is likely to be a slow build-up reaction. *Sunfield Rice Bran Oil* may be the best tolerated rice bran oil as it's highly refined.

Palm (Kernel) Oil is usually well tolerated. You can order from www.wholegrainorganics.co.nz or if you want to buy in bulk from Ceres you may be able to get your local Bin Inn store to get it in for you. If

you're in Christchurch Liberty Market you can buy *Spectrum Organics All Vegetable Shortening* though if you use it a lot it will be cheaper to buy in bulk as above.

Chef Mate Canola Oil Cooking Spray, Chef Mate Soy Bean Oil Cooking Spray

Pure dripping without preservatives/antioxidants 310-312 & 319-321 made from beef and lamb is failsafe. *Premium Pure Beef Dripping* is failsafe.

Drinks

Water

Tap water, filtered water, plain mineral water, plain spring water, soda water (*Budget or Schweppes* or use a soda stream to make soda [carbonated] water at home)

Milk

Plain, malted milk (*?brands*), soymilk

Decaffeinated Coffee

Decaffeinated coffee –instant e.g. *Nescafe*

Decaffeinated coffee -ground beans e.g. *Lavazza*

Other

Sanitarium Soyaccino

Tonic water (unpreserved e.g. *Schweppes*, not low joule) – best limited to a treat while on elimination phase as flavour contains natural lemon juice

Homemade magic cordial (2 cups water, 2 cups sugar, 1 teasp. citric acid). Use like cordial. Add soda water to make into lemonade or freeze for iceblocks.

Alcohol

Gin, whiskey, vodka

Home Cooking

Preferably iodised salt, but if not tolerated sea salt or rock salt

Salt substitutes e.g. *Cerebos Lite Salt, Greens Lo Salt*

Horley's Baking Powder is gluten free

Nestle White Cooking Compound Melts

Snacks

Copper Kettle Chips – sea salt flavour (half brown/half blue packet)

BlueBird Traditional Crinkle Cut and *BlueBird Original Ready Salted*, including the large packets with mini packets inside. Unfortunately the outside label lists 319 in error as this is old packaging. Bluebird no longer uses antioxidants in the oil of their chips.

BlueBird Light Plus – sea salt flavour (green packet)

Proper Crisps – sea salt flavour

ETA Naturals, lightly salted

Heartland Potato Chips – southern salted variety (labeled gf)

Red Rock Deli – sea salt flavour

Most chips listed above (except perhaps Heartland and Red Rock Deli) have high oleic oil. As high oleic oil seems not to be tolerated by some people, chips are best avoided or used only as a special treat during the elimination and challenge phase. They also may still have some skin and may be made from yellow fleshed potatoes which will increase salicylate level.

Happy Snack Company Roasted Chick Peas

Coronilla Qrunchies with quinoa, Original

Spiral Foods Organic Mung Bean Chips

ETA Original Pretzels

Pataks Original Plain Pappadums

Mother Earth Cashew Nuts, roasted in high oleic sunflower oil (same as chips). Probably a little too roasted to be strictly failsafe but you might like to try when you've done the basic challenges. Raw 'safest', limit to no more than 10 a day in elimination phase.

Sweet Treats

Tip Top mini vanilla icecream tubs – use as treat only while during elimination phase

Tip Top lemonade popsicles – no more than one a week and best avoided during the elimination phase as they contain lemon juice in the flavouring

Nestle White Cooking Compound Melts – use only as treat if at all during the elimination challenge phase as they have unlisted vanillin flavoring, new packaging includes flavouring.

Baby Products

Only Organic First Cereal (Ground wholegrain rice [100%] & Vit B1)

Wheat-free foods

Breadman Pumppernickel (rye) and Breadman Rye Sourdough– both made with sour dough so will almost definitely have some amines and possibly glutamate so not for the ultra sensitive.

Crispbreads – plain Ryvitas, Kavli, PureHarvest Barley Crispbreads

Nairns Oatcakes, blue packet 'mini oatcakes', yellow packet 'fine milled' oatcakes and green packet organic oatcakes (note organic variety contains organic oils so may have a slightly higher chemical content)

Bonnie Oat Crackers Original, mainly available some outlets Auckland, but can order online. See

<http://bonniegoods.co.nz/oat-crackers/>

Gluten-free foods

Assume that any product containing cornflour, maize starch, potato flour, potato starch, arrowroot or tapioca flour will contain traces of sulphites whether labeled or not; allergen labeling requires sulphites to be declared but they can be at a level below test detection and be a problem to the very sensitive. Organic flours won't have them added but will still have been used in the initial processing of the ingredient. Most sulphite preservative disappears with cooking. People eating a gluten free diet tend to consume more products where sulphites can be present/or have been used in processing that food.

Cereals

Healtheries Rolled Rice, Abundant Earth Puffed Rice, Ceres Organic Rice Cereal Original, Lowan Rice

Flakes, Lowra Rice Semolina, Freedom Foods Rice Puffs, Erewhon Crispy Brown Rice Whole Grain

Cereal, Amaranth Breakfast Cereal(Amaranth Australia Pty Ltd), Irupana Puffed Quinoa, Rolled Quinoa,

Irupuna Rolled Quinoa

Breads

Thoroughbread Natural, ingredients are freshly ground brown rice, plain rice flour, tapioca, sea salt, yeast, citric acid, guar gum, plain sugar, egg. It is available from Harbourside (Chaffers) Market by Te Papa in Wellington. It pays to order as it sells out fast. The company will also courier an order anywhere in NZ. Email thoroughbread@gmail.com
Dovedale Gluten Free Buns (contain dairy)

Biscuits/Crispbreads

Rice Crackers (*Pam's Original Rice Crackers* (standard and minis), *Ceres Organics Rice Crackers*, *Sakata Plain Rice Crackers* –the more sensitive don't tolerate the Sakata brand as the cooking process appears to allow natural glutamate to form, or perhaps more likely contaminated by glutamates from flavoured varieties)
Rice Cakes - plain, millet or buckwheat. e.g. *Healtheries Grain Wafers* (wholegrain rice variety),
Crispbreads
Pure Harvest Rice & Millet and Rice & Buckwheat Crispbreads, *Arnott's Rice Cruskits* (dairy)
Kasha Toasted Buckwheat Crispbreads
Orgran Crispbreads/Crispibites Chose the varieties with failsafe ingredients e.g. buckwheat, quinoa, sorghum

Pastry

Pizza & Pastry multi-mix (*Orgran*)
Bakels Gluten Free Health Pastry Mix

Pancakes

Buckwheat Pancake (Orgran)
Healtheries, pancake mix
Gluten Free Goodies Company Pancake, Pikelet and Waffle Mmix

Pasta

Rice (*Orgran, Calsare*), Rice & Millet and Buckwheat Spirals (*Orgran*)
White Rice Noodles (*Calsare*)
Brown Rice Rigati (*Orgran*)
Rice Spiral Pasta & Rice Spaghetti (*Orgran*)
Rice & Soy (*Orgran*)
Legume Soup Shell Pasta (*Orgran*)
Wheat Free/Gluten Free Spaghetti & Lasagne (*Orgran & Freedom Foods*)
Gluten Free Pasta's Elocin Foods
Bean (mung) thread – available in specialty Asian food shops. Choose brands made from green bean thread (mung beans)
Quinoa and rice pasta e.g. *Chantal Organic Quinoa & Rice Spaghetti Pasta*
San Remo Gluten Free Penne, Ceres Gluten-free Fusilli (ingredients rice flour and quinoa flour)

Baking

Freedom Foods All Purpose Pre-Mix
Healtheries Simple Wheat & Gluten Free Baking Mix, Healtheries Simple Wheat and Gluten Free Bread Mix
Orgran Plain and SR flours

Orgran Easy Bake Bread Mix

(Horleys All Purpose Gluten Free Wheat Free Breadmix, Horleys All Purpose Gluten Wheat Free Baking Mix)

Orgran Gluten Substitute

Breadcrumbs

Orgran rice crumbs

Custard Powder

Orgran Custard Powder

Other Gluten free products

Naturally Good Carob Rice Cake Bites

Naturally Good Carob Rice Cake (individually packaged a bit like a Cookie Time biscuit)

Egg Substitute

Orgran No Egg

Spreads

Ceres Natural Cashew Butter (lightly roasted cashew nuts and sea salt)

Rice Protein Powder

Natural Health Supplements (NHS) Rice Protein, nothing added is recommended by RPAH as safe to use. This is an Australian brand – there may be others suitable – avoid anything made with sprouted rice and/or fermentation processing.

For Babies

Kialla Organic White Rice Flour available from www.nutsonline.co.nz and possibly also Chantal Organics makes a good baby porridge - The Kialla flour just "melts" into the water and after 10 mins of cooking 1 heaped T in 1 c water makes a tasty porridge.

Bathroom, Laundry and Medications

Toothpaste

There is no suitable toothpaste that I'm aware of for retail sale in NZ but suitable toothpastes can be ordered online from Australia.

Alfree Plain Toothpaste does not contain fluoride. See <http://www.alfree.com.au>

Pharmacy Health Plain Toothpaste (formerly Soul Pattinson's Plain toothpaste) contains fluoride, can be ordered online from www.greataussiefood.com.au

Plain & Sensitive Toothpaste varieties from Oral Hygiene Solutions, contains fluoride, by mail order www.oralhygiensolutions.com Report from a finCant member that postage very expensive and product runny (new recipe)

From the USA, Cleure Original (no flavor) <http://www.cleure.com/Best-Sensitive-Teeth-Toothpaste-p/den01.htm>

Another toothpaste option from the USA - order from Iherb (Iherb postage reasonable) is Kid's Spry Tooth Gel made by Xlear (no flavor or fluoride, grapeseed extract as preservative)

More information at <http://fedup.com.au/factsheets/support-factsheets/toothpaste>

Home made option is mix 3 parts baking soda, 1 part salt adding 3 teaspoons of glycerol/glycerine to each quarter cup dry mixture.

Soap

Choose uncoloured, low perfume e.g. *Dove Extra Sensitive*, *Q.V. Bar* (soap free), *Ego*, *Earthwise Natural Soap Fragrance Free* (contains oatmeal), *Simple* (will shortly be unavailable)

Ecostore Fragrance Free Handwash/Refill

'Buffy' available by mail order from <https://www.purplesoap.co.nz/inventory/display/158> has been developed especially for failsafers. If you want to order less than \$30.00 worth, this can be done by direct credit. You will need to contact 'purplesoap'.

Shampoo/Conditioner etc

Dermaveen Oatmeal Shampoo and Conditioner (pharmacy range), *Arrowcare Derma Gentle Shampoo* (pharmacy range – contains colloidal oatmeal) *A'kin Unscented Very Gentle Shampoo*, *A'kin Unscented Very Gentle Conditioner*, *Ecostore Fragrance Free Shampoo and Conditioner* (no essential oils), see <http://www.ecostoredirect.co.nz/hair-care-1/shampoo/shampoo-fragrance-free.html>. *Simple Shampoo and Conditioner* if you can still find it –it's a discontinued line – is usually also fairly well tolerated; it does have some fragrance. *Skybright Colloidal Silver Shampoo and Conditioner* (Health 2000 stocks this).

Deodorant

Perfume free e.g. *Simple*, *Mitchum*. Avoid aerosols. Alternative is rock crystal available from health shops or body crystal spray (don't recommend it with aloe vera).

QV Naked (fragrance free) Spray Deodorant

Shaving

Schick Sensitive(fragrance free) Gel

Moisturisers

Q.V. often well tolerated. Preservative may be a problem for the extra sensitive. *Q.V. Intensive Body Moisturiser* has BHT as a preservative rather than benzoate.

Aquacare/HP Manufactured by Allergen. Preservative is benzyl alcohol.

If you're supersensitive palm kernel oil makes a good moisturizer. See details for purchase under oils section.

Babies

Lansinoh, *PureLan* pure lanolin cream (preservative free). Use for sore nipples etc. Can also be used on cracked lips, rashes etc.

Dishwashing Liquid

Choose one with minimal fragrance e.g. *Ecostore Lemon* or *Fragrance Free*, *Budget* brand has no fragrance

Dishwasher Powder

Ecostore Dish Powder (has light lemon fragrance), *Ecostore Dishwash Tablets* (these are fragrance free).

There may be other suitable brands but go for something minimally fragranced, especially if your dishwasher seals don't make a tight fit.

General Cleaning

Avoid fragranced cleaning products. Bicarb soda, vinegar in pump bottle (some people find vinegar smell too strong) and microfibre cloths are useful tools. *Ecostore Unscented Cream Cleanser* is okay, and some of their other cleaning products seem only minimally fragranced e.g. *Ecostore Multipurpose Cleaner* and *Ecostore Bathroom and Shower Spray* would recommend avoiding in initial elimination and challenge phase but may prove suitable to use down the track.

Shoe Cleaning

Woly Shoe Cream works like nuggit though with much bigger price tag but much lower odour

Washing Powder

Persil Sensitive, all types, but be aware that the powder as it usually has a bit of a smell, probably cross contamination from the standard fragranced Persil products.

Earthwise Fragrance Free Laundry Powder or Liquid

Surf Sensitive

Ecostore both unfragranced or with natural lemon– lemon fragrance doesn't linger once clothes washed.

Ecostore Laundry Soaker and Stain Remover (is unfragranced)

Natural Blend Eco Friendly Laundry Powder

Soap Nuts

Lux Flakes may be all right for some but now have fragrance added so not recommended for the more sensitive.

If you suspect skin irritation from washing powder try a fragrance free laundry detergent.

Toilet Paper & Tissues

Unfragranced and uncoloured

Sanitary Products

e.g. sanitary pads and panty liners. Choose unfragranced .

For the Extra Sensitive

Brevis Pharmaceuticals make *Sensitive* dish washing liquid, laundry liquid, shampoo and conditioner which are colour and fragrance free. Phone/fax (06) 761 8707. They freight throughout NZ.

Sunscreen

Without PABA, low fragrance

Eg. *Sunsense* Low Irritant, *Sunsense* Toddler Milk (*Ego*), *Invisible Zinc* (available some pharmacies, tinted version should be okay as well).

The preservatives in *Invisible Zinc* seem to be better tolerated by the extra sensitive than benzoate preservative which is commonly added to sunscreen.

Sunscreens almost always have a preservative. Preservative free sunscreens almost definitely will be high in salicylates. Cover up where possible.

Insect Repellent

Aeroguard Odourless Insect Repellent available in both pump and aerosol containers. Use with care and sparingly as this is an insecticide (picaridin). Pump bottle application will be tolerated better by the very sensitive. I have a document with some alternatives, mainly natural. Email robinfisher@xtra.co.nz for this.

Medicines

Preferably plain white tablets. Avoid flavoured syrups. The following medsafe link allows you to search ingredients of NZ approved medications – both prescription and OTC

<http://medsafe.govt.nz/regulatory/DbSearch.asp>

Pams capsules and tablets tablets (but not caplets/capsule shaped tablets), Medco Paracetamol Tablets and Capsules, Paracare Tablets, Capsules and Captabs are gluten free and preservative free.

Multivitamins

Blackmores Sustained Release Multi with Antioxidants – RPAH info says high in B1, B2, B3, B6, B12, E.

Adult RDI vitamin A. See www.blackmores.com.au/products/sustained-release-multi

Golden Glow Adult Multi-Vitamin & Mineral tablets can be ordered on line reasonably economically from Australia, <http://www.goldenglow.com.au/product/Adult-Multi-Vitamin-and-Mineral/12/59> - May be split for children. Coating is iron oxide so failsafe.

Elevit pregnancy supplements are recommended by some dietitians for use during the RPA elimination diet (whether pregnant or not, half dose for children). For more information: www.elevit.com.au. (high in iron, no vitamin A, contains lactose; most dairy intolerance is to milk protein)

Orthoplex Children's Formula, see http://www.b2bworld.com.au/hp/category77_1.htm

Calcium

Caltrate

Osteo 600

Calcium Carbonate Powder

Other options for supplements including calcium see
<http://www.fedupwithfoodadditives.info/factsheets/Factsupplements.htm>

Food Chemical Reaction Relief

Eno Regular Jar has blue labels with 'Eno' written in yellow

Email and online support is a great way to make the failsafe journey easier. **Join our new NZ Facebook Page** at <https://www.facebook.com/groups/finNZ/>