

Norfolk Island shopping list

From Foodlands (Liz) except where otherwise specified

Thanks also to - Burnt Pine Pharmacy (Gerry)

- Health Food store (Emma)
- Rusty's Butchery (Joel)
- Slick's butchery (Slick)
- Wood Fired Bakery & Pizza (Brian)

Bread

- Mountain bread flatbread (NOT Pams or El Paso tortillas which contain 202/282 etc)
- It was really difficult to ascertain the full ingredients in bread – supermarket breads may contain antioxidants in the oil e.g. 320 so we can't recommend them at present
- Brian Fields at Wood Fired Bakery and Pizza has a range of wheat free/gluten free breads and will make failsafe bread on order: family bread (loaf), panninis, Turkish or ciabatta with soy/canola oil (no antioxidants) We checked his flour improver and all additives are permitted: stabilisers 479, 481, flour treatment agent 920, vitamin C 300 and calcium carbonate 170. This is available by advance order, contact Brian.
- Make your own bread using flour and yeast from Foodlands
- Make your own tortillas, see **recipe** below.

Cereals

Plain, additive free, no honey, no corn, no fruit.

- Rolled Oats
- Rice Bubbles
- Biogenic Puffed Brown Rice
- Meriram Psyllium Hulls (RPA recommended fibre supplement)
- Others such as Weetbix but be careful - although wholegrain cereals such as All-Bran, Weetbix and Vitabrits are permitted by RPA, many children and some adults react to chemicals in the wholegrain of wheat and may be badly affected by such cereals and wholemeal bread.

Pasta & Rice

- Pasta (spaghetti, macaroni) is failsafe except for coloured pasta
- Plain rice is failsafe – avoid basmati, jasmine or wild rice (salicylates)

Biscuits

Arnotts are safest because we know their oil doesn't contain unlisted antioxidants. Anything from NZ probably does. Choose those without added "flavours". For dairy free, make your own.

- Salada Crackers, Plain water crackers, Saos, Milk Arrowroot, Glengarry Shortbreads (only wheat flour, butter, sugar), Scotch Fingers, Milk Coffee
- Pam's plain rice crackers
- Rice Cakes plain not corn (e.g. Sunrice)

Nuts, Seeds, Lentils, Dried Beans

- Raw cashews (also from Health Food Store)
- Poppy seeds
- Red Kidney Beans (canned)
- Chicken peas
- 4 bean mix
- lentils red/brown (dried)
- Dried beans and chickpeas also from Health Food Store

Cooking oil

- Pure canola, soy, sunflower e.g. ETA canol, B&G canola NOT Top Cook oils with 319

Baking

- Dried yeast, Plain flour, Rye flour, SR flour, gluten free flours
- Bicarbonate of soda, Citric Acid
- For people who don't react to amines: Nestle dark choc chips

Eggs

- are failsafe

Milk

- Cows milk
- Goats milk (naturally contains A2 beta casein proteins)
- condensed milk
- milk powder
- UHT milk

Butter, Cream, Margarine

- Butter (pure butter e.g. Mainland NOT Mainland Country Soft which contains annatto colouring)
- Margarine: none recommended - everything I looked at contained either sorbate preservatives (200,202) or colour annatto. See Nuttelex under Dairy Free
- Cream

Cheese

- Philadelphia cream cheese in packet NOT tub (sorbates)
- People who don't react to amines can eat cheeses (avoid strong cheeses if you react to glutamates) NOT cheese slices – everything I looked at contained additives

Dairy Treats

- Wave Vanilla flavoured milk – no nasty additives, should be limited due to vanilla flavour.
- For people who can tolerate amines, chocolate flavoured milk may be OK but the strawberry flavoured milks I saw contained artificial colour listed as either 129 or allura red (as well as salicylates in strawberry flavour) although in Australia many brands are now switching to natural colour 120 cochineal.

Dairy free

- Soy milk (e.g. Sanitarium So Good and others)
- Rice milk
- Nuttelex Original margarine
- So Good Vanilla Bliss icecream see frozen below

Yoghurt

- Slimmers Choice natural yoghurt
- Fresh n Fruity natural yoghurt (NOT fruit yoghurts even if you can tolerate salicylates, they contain preservative 202)
- Easiyo natural yoghurt base to make your own (but be careful of a strong flavour – yoghurt should be fresh and mild otherwise it will contain amines) - or you can use a commercial yoghurt as a starter and after that use half a cup of your own yoghurt each time

Custard

- Edmonds custard powder with colours 101, 160a (NOT Foster Clark's with 102, 100)
- Swiss Maid custard in refrigerated cabinet (with natural colours 100, 160a – 100 is turmeric, some sensitive salicylate responders may have problems with that)

Sweeteners

- Sugar (caster, white), brown is limited NOT raw due to salicylates
- Golden Syrup (limited due to some salicylates)
- Maple syrup must be PURE (from the health food store)

Xylitol (from Health Food Store, not recommended by RPA as far as I know but some failsafers use it: NOT for people with irritable bowel symptoms, beware of laxative effect)

Snacks

- Red Rock Deli plain chips
- Parkers Pretzels
- Pappadums (plain e.g. Pataks)

For people who don't react to amines:

- whole dried bananas (from the Health Food Store)

Sweets

Intended as treats, and limited

- Milky bar chocolate
- Pascalls White Marshmallows (you can buy in bulk when available and freeze; my kids like eating them frozen)
- Werthers Original butter candy
- Werthers chewy toffee (but contains maltitol – watch for laxative effect)
- B&G Milk Bottles (contain strong flavour, limited)
- B&G Jersey caramels (contain strong flavour, limited)

The Natural Confectionery Co sweets are free of artificial colours and preservatives but are not suitable for failsafers due to salicylates and amines in strong fruit flavours

Icecream cones

I couldn't find any that were OK – Pams contained 3 artificial colours (102, 110, 155) and possibly unlisted 320 in the veg oil.

Gluten Free

- Many options – e.g. Orgran gf flour and many others
- Rice Crumbs (Orgran) are used by most failsafers instead of preserved bread crumbs

Frozen

- Brussel Sprouts
- Frozen peas (not for the strict elimination diet but usually tolerated unless you are very sensitive to glutamates)
- Frozen beans
- Chickens Whole (plain not stuffed)
- Chicken Breasts
- Spring roll paper
- Pampas Puff Pastry (NOT B&G with 202, 281, 320)
- Birds Eye Hash Browns (but NOT chips which contain annatto 160b)
- NOT McCains frozen chips/potato products due to unlisted 320

- Sara Lee French Vanilla, Butterscotch
- Tip Top vanilla, Hokey Pokey (NOT French vanilla with 102, 110)
- Sanitarium So Good Vanilla Bliss (dairy free and low fat – recommended!)

Drinks

- Water is the best drink – I couldn't believe the wonderful quality of Norfolk tap water
- Soda water (best is the local Cascade Drinks soda water in glass bottles)
- Decaf coffee e.g. Nescafe
- Carob powder (a chocolate powder substitute, Emma at the health food store will order it for you)
- For people who don't react to amines: cocoa with no added flavours
- Whisky (Scotch whisky e.g. Johnnie Walker not bourbon)
- Gin (with preservative free tonic)
- Vodka

Treats (limited) Lemonade: Preservative free (no 211, e.g. Schweppes lemonade in bottles but read the label) Tonic: Preservative free (no 211, e.g. Schweppes Tonic in small glass bottles) Both the above are permitted in limited quantities – one glass per week of lemonade – on the elimination diet, due to salicylates and amines in lemon flavour.

Fruit & Vegetables

- Canned pears in light syrup (e.g. SPC)
- Fresh pears in season (soft Williams, not crisp China or similar)
- potatoes (white or brown NOT red e.g. Pontiacs, NOT small new)
- cabbage
- celery
- garlic
- spring onions
- leeks
- chives
- mung beans
- iceberg lettuce
- chokos (easy to grow at home, good in stir fries)

If you can tolerate amines/glutamates

- people who don't react to amines can eat pawpaw & bananas
- people who don't react to glutamates can eat green peas (& grow your own)

From Music Valley/Sat produce markets

- spring onions, leeks, green beans, cabbage, iceberg lettuce

For people who can manage some moderate salicylates (note you will probably have to limit amounts):

- sweet potato (easy to grow yourself)
- fresh corn on the cob (can grow yourself)
- carrots
- butternut pumpkin (I saw some at the health food store)
- tamarillos (easy to grow yourself, long harvesting season, see recipe below)
- mangoes (can grow yourself, freeze well)
- parsley (use for colour not flavour)

Fish

- Seafood should be very fresh (preferably within 12 hours of capture), fish should be white (not pink e.g. salmon or tuna). People who don't react to amines can eat seafood and e.g. plain tinned tuna and salmon
- Very fresh shellfish can be failsafe (e.g. oysters, scallops), prawns are never failsafe (sulphited)

Meat

- Beef, lamb, veal or rabbit NOT pork. Fresh not cryovaccinated is best.
- Failsafe sausages are available from Rusty's or Slicks (pre-order for fresh although there may be some leftover from an order or frozen)

Household cleaners (all preferably fragrance/perfume/aroma free)

- Lux flakes
- Omo sensitive washing powder

- Vinegar and soda bicarb for cleaning instead of smelly cleaners
- No air fresheners (who needs them with wonderfully clean Norfolk air)
- Washing-up liquid – choose the least smelly (the only fragrance free one we know of is difficult to get: <http://www.seventhgeneration.com/Free-and-Clear>)

Toiletries (all preferably fragrance/perfume/aroma free)

- Shampoo & Conditioner (e.g. Dermaveen from the Pharmacy)
- Deodorant: e.g. Simple roll on from pharmacies; Crystal Mix spray on from the Health Food Store; QV spray from pharmacies
- Soap e.g. Simple or Dove from supermarkets (QV bars from the pharmacy)
- Moisturisers: Dermaveen, QV, Cetaphil or Alpha Keri from the pharmacy

Supplements recommended by RPA

- Calcium: Caltrate 600 mg, plain white unflavoured tablets. (Not coloured, fizzy or flavoured with extras) available from Burnt Pine Pharmacy
- FGF Iron from Abbotts available from Burnt Pine Pharmacy
- Antacid (& food reaction antidote): ENO antacid powder, regular (not lemon) flavour available from Burnt Pine Pharmacy
- Elevelit pregnancy supplements can be ordered from Burnt Pine Pharmacy (you don't have to be pregnant and the dose is usually halved for children under 12)
- Amcal One a Day Multivitamins (half dose per day for children) available off-island
- Orthoplex children's by mailorder http://www.b2bworld.com.au/hp/category77_1.htm
- Melrose Flaxseed Oil (RPA recommended omega supplement) - Health Food Store

Painkillers: recommended by RPA: paracetamol and codeine (NOT aspirin or neurofen or anything that contains a warning for aspirin sensitive asthmatics) Most panadol products contain potassium sorbate (preservative 202) except:

1) Panadol Mini Caps have 3 artificial colours in the gelatine capsule but are OK if you empty out the contents and mix with 1 tbspn of failsafe icecream or golden syrup). Check dose for children (ask Gerry or email us for the Children's Paracetamol Recipe)

OR 2) Panadol Children's Chewable 125 mg - ingredients: paracetamol, mannitol, saccharin, maize starch, stearic acid. The main problem with these is the mannitol. Mannitol and other polyol sweeteners in foods have to carry a warning "Excess consumption may have a laxative effect". NOT OK for children with irritable bowel symptoms.

OR Off-Island – Herron paracetamol and some own brand pharmacy products are preservative free

Other medications: avoid colours, preservatives and flavours if possible

Eating out: We ate Brian Fields' (Wood Fired Oven & Pizza) creamy chicken pies and they seemed to be failsafe (forgot to ask if they have pepper in them but they tasted mild and homemade); the Golden Orb does a good soy decaf ... and I'm sure there are others ...

Norfolk support:

- **For failsafers**, email Lucy: lucytoons@ninet.nf
 - **For coeliacs:** Margaret Buffet (local contact for Coeliac NSW) 0011 67 2322005
- At Hilli's café nearly everything is gluten free
- Dino's and the Garrison have 3 or 4 GF items each
- Many cafés have GF items

Off-Island support

- email confoodnet@ozemail.com.au for our list of supportive dietitians in Australia/NZ
- see www.optimumintake.com.au for online nutrition analysis (\$49)
- email with 'subscribe' in the subject line to:
failsafe_newsletter-subscribe@yahoogroups.com (free newsletter, 4 per year)
AND
failsafebasic-subscribe@yahoogroups.com (free email parent group)
- see more groups at <http://www.fedupwithfoodadditives.info/support/email.htm>

How to get vitamins and other pharmaceuticals into kids

If needing to empty paracetamol and antibiotics out of capsules, I have found the best way is to mix the nasty medicine with a tablespoon of failsafe icecream. My favourite is the So Good Vanilla Bliss because it is low fat (2.9%, similar to a tablespoon of milk) and dairy free but there are many other failsafe icecreams available in Foodlands, including Peters Original vanilla, Sara Lee French Vanilla and Tip Top vanilla - but *not* Tip Top French Vanilla which contains 2 artificial colours.

For children's half doses of vitamins, you can cut a tablet in half, crush it and mix into a spoonful of icecream, golden syrup or pear jam, or. Or dissolve tablets in a small quantity water and add to magic cordial icypoles (half a tablet per icypole, 1 icypole per day). Frozen mixtures are particularly successful because they numb the taste buds. Parents say their children love the colour of failsafe vitamin icypoles. B vitamins have a natural orange appearance and Vitamin B2 is actually approved as food colour 101 (Riboflavin).

RECIPES (From Failsafe Newsletter # 60)

Home-made flour tortillas

3 cups of plain flour
1 tsp salt
1/3 cup failsafe oil eg canola
1 cup of warm water

Make up the dough in a breadmaker and then cut, roll and cook OR make it without a breadmaker. Sift the dry ingredients into a large bowl. Make a well in the centre, add the oil and water, and mix with a fork or blunt knife until a soft dough forms. Transfer to a floured board and knead for five minutes until smooth. Put in a clean bowl, cover and stand in a warm place for an hour. Divide the dough into 12 pieces and roll each out into a 20cm circle – this might take practice. Heat frypan over medium heat and dry cook tortilla for one minute each side, pushing down gently if it puffs up a bit. Stack on a plate and serve immediately or allow to cool, stack, wrap in foil, then freeze. Can be reheated in microwave or pan. - thanks to Anne

Poached tamarillos in syrup (not for strict elimination diet)

Easy to grow in the Norfolk climate and a source of Vitamin C and A, tamarillos are moderate in salicylates. You can eat them fresh (cut in halves and scoop out flesh with a spoon). Or poach for a sweeter flavour.

4 tamarillos
1 cup sugar
1 cup water

Dip each tamarillo into boiling water for 1 minutes, then the skin should be easily peeled off. Boil sugar and water and slip in sliced tamarillos for about 3 minutes. Serve as a topping over failsafe custard, yoghurt or icecream. Can also be frozen.

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Food Intolerance Network

www.fedup.com.au

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