# **Expanding Commercial Foods for your Baseline Elimination Diet**

#### These foods are allowed, or can be tested, while on the Low Chemical Baseline Diet

Compiled by Joan Breakey with the able help of Ashleigh Jones. It adds to the detail on the overall list in Chapter 6 in *Are You Food Sensitive?* This list is not exhaustive, and other brands and suitable products can be tested for use instead. Individuals differ. If you suspect any particular food avoid it during your diet trial and test it later.

#### **Frozen Vegetables**

Australian Diced Onions	Frozen onions (any brand) This is a way of obtaining white onions, which are milder than brown.	MATERIAL CROWN  MATERIAL CROWN	Woolworths Select frozen julienne carrots (or any other brand) These are mild, so use when fresh carrots are strong.
freser challe cut Potato Chips	Plain frozen potato chips add interest to many meals. Check ingredients for spices and sulphites.	Stir Fry THISTYE Long for the desired	Birds Eye Thai Style Stir Fry vegetables (or any other brand) Check they contain no capsicum.

#### **Drinks**

Golden Circle Mango Nectar Use diluted, sweeten with sugar if desired.	golden GUAVA NECTAR	Golden Circle Guava Nectar Use diluted, sweeten with sugar if desired.
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## Fruit

golden Circle Pieces In Syrap	Canned Pineapple in Syrup (very small amount) Sweet pineapple contains only 25% salicylate of tart pineapple.	Australian Pear Halves	Canned Pear in Syrup Any brand, check ingredients for citric acid. Avoid canned fruit in fruit juice.
whole pitted lydies	Canned Lychees in Syrup (limited to 2 lychees)	FRUIT ICE COCONTY  FRUIT ICE COCONTY  FRUIT ICE COCONTY  FRUIT ICE COCONTY  Sold CONTY  So	Smooze Coconut & Pink Guava Occasional treat.
Weis' Mango ham	Weis Mango Bars Occasional treat.		

### Spreads

Fixed States  Fixed Was become facility  Fixed Was become facility  Fixed Was become facility  Fixed Was become facility  Fixed States  Fixed	Eskal Free Nut Butter Free of nuts, made from sunflower seeds.	macro Cashew Spread	Macro Cashew Spread Any brand, check ingredients and avoid products that are not 100% cashews.
OUT DOING	Dairy Soft Butter Oil Blend Avoid blends that contain colour or flavour.	LURPAK SPREADABLE  MINISTRACTION WAS ARRESTED ABLE  MINISTRACTION WAS ARRESTED ABLE  SPREADABLE  SPREADABLE  SPREADABLE  SPREADABLE  SPREADABLE  SPREADABLE	Lurpak Spreadable Avoid blends that contain colour or flavour.

### **Grains and Cereals**

COUNTRY LIFE 	Country Life Bakery White Bread (Gluten Free) Avoid wholemeal if motions are loose.	Thin Rice  Thin Rice	KanTong Thin Rice Wok Ready Noodles (Gluten Free)
WHITE OPTION BREAD CLUSTER FROM	Zehnder White (Potato) Bread (Gluten Free) Avoid wholemeal if motions are loose.	TETANDE. WHOLDHELL BEAD GUYES FAIL	Zehnder Wholemeal Bread (Gluten Free) Avoid wholemeal if motions are loose.
macro Organic Quinoa Flakes	Macro Quinoa Flakes (Gluten Free) Use as an ingredient in other foods e.g. Anzac biscuits, quiches	Southfur Gluten Free Weet-Bix	Gluten Free Weet Bix Avoid any variety which contains any spices, e.g. cinnamon.
BUCKWHEAT PUFFS	Puffed Buckwheat (Gluten Free)	SELF RAISING FLOUR	Has No Gluten Free Self Raising Flour

# **FODMAP Friendly Bread Options**

PEG CONTROL OF THE PER CONTROL O	Helga's Lower Carb 5 Seeds Bread	MILLERS LOAF	Artisan Sourdough Bakers Millers Loaf. Check sourdough breads do not contain any yeast.
DARK RYE	Artisan Sourdough Bakers Dark Rye		Brumby's Sourdough Vienna, Sourdough Baguette or Sourdough Round Roll
	Baker's Delight Authentic Sourdough Vienna, Authentic Sourdough Loaf, Authentic Mixed Seed Sourdough Loaf		

## **Dairy and Alternatives**

Ultimate  Bus uras usual	Danone Ultimate Yoghurt It is plain nicely sweetened yoghurt with no added flavour.	COCONUT Cream 400 mL	Woolworths Home Brand Coconut Cream
made CITECHIC SOY MILK	Macro Organic Soy Milk Ensure is fortified with calcium.	Vitasoy OAT	Vitasoy Oat Milk Not a true milk replacement (very low protein) but is a good calcium source if fortified.
VILASOY  RICE  WILLIAM  MARKET FOR  MARKET	Vitasoy Rice Milk Original Not a true milk replacement (very low protein) but is a good calcium source if fortified.	Soy Drink United Street Street	Woolworths Home Brand Soy Drink Compare protein with cow's milk. Ensure is fortified with calcium.
Nestile Health Scott  Alfaré  Valor par le la constante de la	Partially hydrolyzed formulas: Alfare, Pepti Junior Trial as an early test of milk tolerance.	CNUTRICIA PECCAT PECCAT Infont DHA/ARA Anion Acid Stored Anion Aci	Fully hydrolyzed/elemental: Neocate, Elecare Useful for very sensitive babies.

### Fish

OCEAN SELECTIONS All candid filler Hoki	Birds Eye Ocean Selections Fish fillets are not expensive in comparison to eating salmon when dining out!	HEY ZEALING HOKI QUITEI FIEE	Sealord New Zealand Hoki Gluten Free (contains onion and garlic)
ATLANTIC SALMON SKINLESS	Just Caught Atlantic Salmon Skinless Much less expensive than eating out.		

### **Convenience Foods**

Bubble 'n Squeak & with marked points & sugardibles	Birds Eye Bubble n' Squeak	BELL FARMS  BUBBLE 'N SQUEAK  600gc	Bell Farms Bubble n' Squeak
dim sims no added MSG	Woolworths Essentials frozen dim sims Always check ingredients are free from MSG and added colours, flavours.	PARE A PROPERTY OF THE PARE  PORT OF THE PARE  P	Jase's Kitchen Gluten Free Beef Pies Very useful product for wheat free low chemical diet.

### **Biscuits & Snack Foods**

Putterlingus gluten free  pure butter  pure shorthand	Butterfingers Pure Butter Shortbread (GF)	Patientures pure butter macadamia shortfrance	Butterfingers Macadamia Shortbread (GF)
ARNOUS AMARIES	Arnott's Rice Cookie Individuals differ in tolerance of flavour.	Coccupy Coccup	Freedom Foods Crunchy Coconut biscuits (GF)
CRUNCHY  Guadales  Oats 'n Honey	Nature Valley Crunchy Oats & Honey bars Individuals differ in tolerance of flavour.	CASHER CASES	Mrs May's Cashew Crunch
munch	Think Food Cashew Sesame Munch	Beneally of the second of the	Bonvallis Spanish Fruit Log (Date & Walnut)
SMITHS	Plain Potato Chips Any brand, check that ingredients are only Potato, Vegetable Oil, Salt.	Doritos Occupa- Occupa-	Plain Corn Chips Any brand, check that ingredients are only Corn, Vegetable Oil, Salt.