





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

	<p>Frozen onions (any brand) <i>This is a way of obtaining white onions, which are milder than brown.</i></p>		<p>Woolworths Select frozen julienne carrots (or any other brand) <i>These are mild, so use when fresh carrots are strong.</i></p>
	<p>Plain frozen potato chips add interest to many meals. <i>Check ingredients for spices and sulphites.</i></p>		<p>Birds Eye Thai Style Stir Fry vegetables (or any other brand) <i>Check they contain no capsicum.</i></p>

Drinks

	<p>Golden Circle Mango Nectar <i>Use diluted, sweeten with sugar if desired.</i></p>		<p>Golden Circle Guava Nectar <i>Use diluted, sweeten with sugar if desired.</i></p>
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Fruit

	<p>Canned Pineapple in Syrup (very small amount) <i>Sweet pineapple contains only 25% salicylate of tart pineapple.</i></p>		<p>Canned Pear in Syrup <i>Any brand, check ingredients for citric acid. Avoid canned fruit in fruit juice.</i></p>
	<p>Canned Lychees in Syrup (limited to 2 lychees)</p>		<p>Smooze Coconut & Pink Guava <i>Occasional treat.</i></p>
	<p>Weis Mango Bars <i>Occasional treat.</i></p>		






Spreads

	<p>Eskal Free Nut Butter <i>Free of nuts, made from sunflower seeds.</i></p>		<p>Macro Cashew Spread <i>Any brand, check ingredients and avoid products that are not 100% cashews.</i></p>
	<p>Dairy Soft Butter Oil Blend <i>Avoid blends that contain colour or flavour.</i></p>		<p>Lurpak Spreadable <i>Avoid blends that contain colour or flavour.</i></p>



Grains and Cereals

	<p>Country Life Bakery White Bread (Gluten Free) <i>Avoid wholemeal if motions are loose.</i></p>		<p>KanTong Thin Rice Wok Ready Noodles (Gluten Free)</p>
	<p>Zehnder White (Potato) Bread (Gluten Free) <i>Avoid wholemeal if motions are loose.</i></p>		<p>Zehnder Wholemeal Bread (Gluten Free) <i>Avoid wholemeal if motions are loose.</i></p>
	<p>Macro Quinoa Flakes (Gluten Free) <i>Use as an ingredient in other foods e.g. Anzac biscuits, quiches</i></p>		<p>Gluten Free Weet Bix <i>Avoid any variety which contains any spices, e.g. cinnamon.</i></p>
	<p>Puffed Buckwheat (Gluten Free)</p>		<p>Has No Gluten Free Self Raising Flour</p>




FODMAP Friendly Bread Options

	<p>Helga's Lower Carb 5 Seeds Bread</p>		<p>Artisan Sourdough Bakers Millers Loaf. Check sourdough breads do not contain any yeast.</p>
	<p>Artisan Sourdough Bakers Dark Rye</p>		<p>Brumby's Sourdough Vienna, Sourdough Baguette or Sourdough Round Roll</p>
	<p>Baker's Delight Authentic Sourdough Vienna, Authentic Sourdough Loaf, Authentic Mixed Seed Sourdough Loaf</p>		

Dairy and Alternatives

	<p>Danone Ultimate Yoghurt <i>It is plain nicely sweetened yoghurt with no added flavour.</i></p>		<p>Woolworths Home Brand Coconut Cream</p>
	<p>Macro Organic Soy Milk <i>Ensure is fortified with calcium.</i></p>		<p>Vitasoy Oat Milk <i>Not a true milk replacement (very low protein) but is a good calcium source if fortified.</i></p>
	<p>Vitasoy Rice Milk Original <i>Not a true milk replacement (very low protein) but is a good calcium source if fortified.</i></p>		<p>Woolworths Home Brand Soy Drink <i>Compare protein with cow's milk. Ensure is fortified with calcium.</i></p>
	<p><u>Partially</u> hydrolyzed formulas: Alfare, Pepti Junior <i>Trial as an early test of milk tolerance.</i></p>		<p><u>Fully</u> hydrolyzed/elemental: Neocate, Elecare <i>Useful for very sensitive babies.</i></p>











Fish

	<p>Birds Eye Ocean Selections <i>Fish fillets are not expensive in comparison to eating salmon when dining out!</i></p>		<p>Sealord New Zealand Hoki Gluten Free (contains onion and garlic)</p>
	<p>Just Caught Atlantic Salmon Skinless <i>Much less expensive than eating out.</i></p>		

Convenience Foods

	<p>Birds Eye Bubble n' Squeak</p>		<p>Bell Farms Bubble n' Squeak</p>
	<p>Woolworths Essentials frozen dim sims <i>Always check ingredients are free from MSG and added colours, flavours.</i></p>		<p>Jase's Kitchen Gluten Free Beef Pies <i>Very useful product for wheat free low chemical diet.</i></p>

Biscuits & Snack Foods

	<p>Butterfingers Pure Butter Shortbread (GF)</p>		<p>Butterfingers Macadamia Shortbread (GF)</p>
	<p>Arnott's Rice Cookie <i>Individuals differ in tolerance of flavour.</i></p>		<p>Freedom Foods Crunchy Coconut biscuits (GF)</p>
	<p>Nature Valley Crunchy Oats & Honey bars <i>Individuals differ in tolerance of flavour.</i></p>		<p>Mrs May's Cashew Crunch</p>
	<p>Think Food Cashew Sesame Munch</p>		<p>Bonvallis Spanish Fruit Log (Date & Walnut)</p>
	<p>Plain Potato Chips <i>Any brand, check that ingredients are only Potato, Vegetable Oil, Salt.</i></p>		<p>Plain Corn Chips <i>Any brand, check that ingredients are only Corn, Vegetable Oil, Salt.</i></p>