



## **HYPOALLERGENIC DIET TIPS**

### **Breakfast ideas:**

- Protein shake: rice protein powder, rice or almond milk, berries and other allowable fruits. Blend together in blender.
- Gluten-free bread or rice bread with almond butter or some other allowable nut butter. A glass of rice milk or an herbal tea.
- Gluten-free cereal (eg. Cereal made with rice, amaranth, etc) with rice or almond milk.
- Bob's Red Mill gluten-free pancakes topped with unsweetened berry puree.
- Mixed raw unsalted nuts, raisins, cinnamon, chop in food processor. Enjoy with rice or almond milk. It's like granola but without the oats!
- Diced avocado and pineapple topped with walnuts.
- Any leftovers from lunch or dinner.

### **Lunch or Dinner ideas:**

- Quinoa (cooked in chicken broth with your favourite herbs), baked chicken breast seasoned with sea salt and herbs, steamed vegetables
- Baked sweet potato, roasted lamb seasoned with sea salt, garlic and rosemary, mixed green salad drizzled with olive oil and a squeeze of lemon.
- Soup containing allowable vegetable, grains, and/or meat, mixed green salad drizzled with olive oil and a squeeze of lemon.
- Soup containing allowable vegetable, grains, and/or meat, gluten-free bread with almond butter or other nut butter.
- Big mixed green salad with almonds, pumpkin seeds, sunflower seeds, and avocado with olive oil and lemon juice dressing.
- Stir-fry of mixed vegetables (snow peas, carrots, onions, garlic, broccoli, etc) and chicken marinated in sesame oil. Serve on top of a bed of brown rice. Can drizzle with extra sesame oil and sprinkle some sea salt to taste.
- Pesto (w/o parmesan cheese) mixed with brown rice penne pasta. Top with steamed asparagus and fresh basil.

### **Snack ideas**

- Fresh fruit.
- Raw vegetables with hummus (blended chick peas, tahini, minced garlic, and lemon juice) or other bean dips
- Rice cakes with nut butter (almond, pumpkin seed, hazelnut, etc)
- Rice crackers and guacamole (mashed avocados, minced garlic, lemon juice, and sea salt)
- Rice crackers and tapenade (olive and caper spread)
- Fruit smoothie: blend a combination of your favourite fruits and a little juice.
- Nuts and seeds.



### **Breads, crackers, cookies, pastas, and dairy alternatives**

#### Gluten-free bread brands:

Silver Hills Chia Chia bread  
Silver Hills Omega Flax bread  
Udi's (only if you are allowed eggs in your diet)  
Food for Life  
Glutino (some may contain eggs)  
other brands also available  
President's Choice (contains eggs)

#### Crackers:

Mary's crackers  
Glutino crackers (some types contain eggs)  
Rice crackers

#### Cookies:

Enjoy Life cookies  
other brands also available

#### Pastas:

Rice pasta by brands like Tikkayada, Rizopia, and others  
Corn pasta  
Asian rice noodles

#### Dairy alternatives:

Rice milk, Coconut milk, Almond milk, Flax milk (brands include: Rice dream, Coconut dream, Almond breeze, Flax delight, President's Choice, Natura)  
Ice cream: Coconut milk ice cream (brands include: Coconut Bliss, So Delicious)  
Yogourt: Coconut milk yogourt, Almond milk yogourt  
Cheese: Daiya "cheese" (comes shredded or in a block; melts just like real cheese)

### **Feel like baking your own baked goods, breads, or crackers?**

You can take almost any recipe and cater it to your diet.

If the recipe calls for (wheat) flour, replace it with gluten-free flour. You can find gluten-free flours in packages or in bulk. You may need to add 1-2 tsp of xanthan gum to your recipe. Xanthan gum will help your ingredients stay together. Normally, the gluten in flour does this. You may substitute cow's milk with an unsweetened milk alternative.

If a recipe calls for eggs, it may be substituted with some ground flaxseed depending on the recipe and how many eggs it requires. It may be easier to find a vegan recipe in this case.



### **Where do I buy some of these foods?**

Most big name grocery stores now carry many gluten-free products, such as breads and pastas. Gluten-free breads may sometimes be found in a fridge or freezer section. Rice pastas are usually in the pasta aisle. Bob's Red Mill carries a variety of grains and flours already packaged or you can buy grains/flours from bulk at the Bulk Barn, a grocery store, or health food store. Some big grocery stores now have a health food section where you can find a variety of food items suitable for your diet. Grocery stores with a health food section will most likely stock gluten-free breads and dairy alternatives in that section. Health food stores carry a wide selection of food items for gluten-free and dairy-free diets. They're a great one stop shop for such items.

### **Eating out on the Hypoallergenic Diet**

This can be sometimes tricky but not impossible. Many vegetarian and Asian food restaurants will offer items that you can eat. Watch out for soy sauce in Asian cooking though! Most soy sauces contain wheat. Many restaurant chains have nutritional charts on their website showing their menu items and which food allergens they contain.

### **Resources**

BE CREATIVE! Check out cookbooks that cater to gluten-free or dairy-free diets. Check out the web for recipe ideas.

#### Some cookbook recommendations:

Cookbooks catering to a raw-vegan diet

Cookbooks catering to a vegan diet (simply substitute wheat flours and pastas with gluten-free flours and rice or corn pasta)

The Wholelife Nutrition Cookbook (by Alissa Segersten and Tom Malterre)

Delicious Detox (by Carol Morley ND)

Cookbooks from Fresh Restaurant in Toronto <http://www.freshrestaurants.ca/cookbooks>

#### Websites with gluten-free or dairy-free recipes:

<http://www.csaceliacs.org/recipes.php>

<http://glutenfreegoddess.blogspot.com/>

<http://www.godairyfree.org/Table/Recipes/>

#### Health food stores and grocery store suggestions:

Commisso's (Niagara Falls)

Superstore

Zehrs

Food Basics

Sobey's

Metro

Bulk Barn

# Hart & Sol

INTEGRATIVE HEALTHCARE

Vita Health (3714 Portage Rd, Niagara Falls, 905-357-1094)  
Naturally Healthy (4025 Dorchester Rd, Niagara Falls, 905-374-8919)  
The Peanut Mill (191 Welland Ave, St. Catharines, 905-685-8848)  
Bamboo Natural Food (211 Martindale Rd, St. Catharines, 289-362-5637)