



Food Intolerance Handbook

Volume 2

Challenges, liberalising
& living with intolerances

Royal Prince Alfred Hospital

**HEALTH PROFESSIONAL
CONTACT DETAILS**



DIETITIAN:

Phone:

Fax:

Email:

Address:



DOCTOR:

Phone:

Fax:

Email:

Address:



Food Intolerance Handbook

Volume 2

Challenges, liberalising & living with intolerances

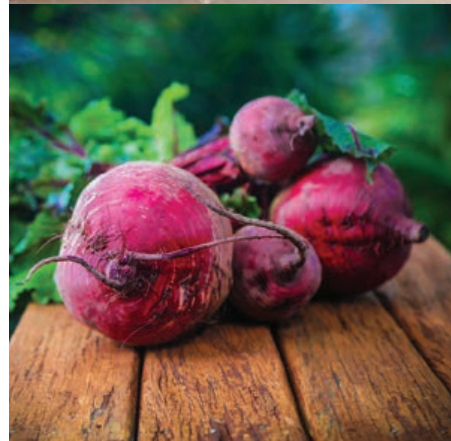
To be used in conjunction with
Food Intolerance Handbook Volume 1

© Anne Swain, Velencia Soutter, Robert Loblay
Allergy Unit, Royal Prince Alfred Hospital

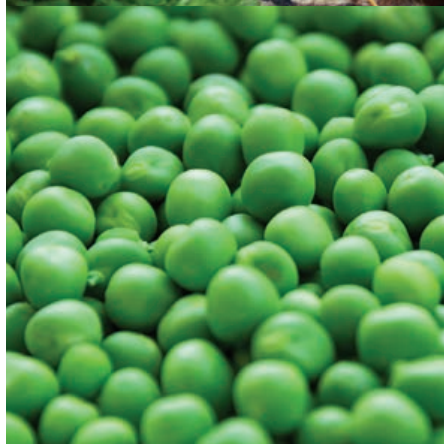
www.slhd.nsw.gov.au/rpa/allergy

Contents

Introduction	1
Introduction	2
Natural food chemicals	2
Food additives	2
Food intolerances	3
Testing for food intolerances	4
Using this handbook	6
Troubleshooting	8
Challenges	9
Planning your challenges	11
Special precautions	12
Challenge instructions	13
How to challenge	14
Salicylate challenge	16
Amine challenge	18
Natural glutamate & added flavour enhancers	20
Glutamate challenge	21
Food additives	22
Food additive challenges	23
Wheat challenge	26
Dairy challenge	27
Soy milk challenge	27
Symptom triggers	28
Frequently asked questions	29
Personal diet	31
Going on to your 'Personal Diet'	34
Low salicylate diet	36
Low amine diet	40
Low glutamate diet	44
Low salicylate, low amine diet	48
Low amine, low glutamate diet	50
Low salicylate, low glutamate diet	54
Low salicylate, low amine, low glutamate diet	58
Wheat, dairy & soy	60
Liberalising to find your threshold	61
Liberalising to find your threshold	64
Guidelines	66
Salicylates	70
Amines	74
Natural glutamates	78
Using the charts to explore other foods	82
Wheat, dairy & soy foods	84
Food additives	86
Adjusting your diet	87
Adjusting your diet	88
What to do if you're pregnant	90
If your baby diet-sensitive?	91
Working out your 'FODMAP' tolerance	92
Fructose	94



Contents



Living with food intolerances	95
Eating out & social occasions	96
Packing or buying lunch	97
Travel	98
Smells & fumes	99
Medications	101

Healthy eating	103
Healthy eating	104
The Australian dietary guidelines	105
Vegetarian & vegan diets	106
Sport & exercise	107
Low-moderate chemical sources of major nutrients	108
Vitamin A	110
B-group vitamins	112
Vitamin B12	113
Folic acid	114
Iodine	115
Vitamin C	116
Vitamin D	117
Calcium	118
Iron	120
Zinc	122
Magnesium	123
Protein	124
Recommended daily intake for girls	126
Recommended daily intake for boys	127
Recommended daily intake for women	128
Recommended daily intake for men	129

Food additives	131
Food colours	132
Sorbates	134
Sulphites	136
Benzoates	138
Nitrates & Nitrites	139
Propionates	140
Antioxidants	141
Glutamate & flavour enhancers	142

Workbook	143
Current diet	144
Challenge plan	145
Challenge results	146
Personal diet & liberalising plan	148
Food & symptom diary	149