



Food Challenge Product List

To be used in conjunction with the
RPAH Food Intolerance Handbook Volume 2*

Disclaimer: this guide is up-to-date as of August 2022[^]. Please read all labels carefully as ingredients may change

WHERE TO BUY: Products have been labelled with A=Aldi, C= Coles, I=IGA and/or W = Woolworths. Individual stores may vary.
This list is not exhaustive, and other products are suitable to use.

CONTAINS WARNINGS:

wheat

milk

soy

NOTE: CONFUSING TERMINOLOGY AND INGREDIENTS – ADDRESSING COMMONLY ASKED QUESTIONS

Maize Flour, Corn Flour, Maize Polenta, Corn Polenta = (Milled corn) =	AVOID
Maize Starch, Corn Starch =	ALLOWED
Dextrose/Maltodextrin from Corn/Maize =	ALLOWED
Soy Flour and Soy Protein (limited amounts in certain commercial products) =	ALLOWED
Pea/Split-pea Starch and Split-pea Flour =	ALLOWED
Pea Flour and Pea Protein (in small amounts within commercial products) =	ALLOWED
Soy Oil and Soy Lecithin (322) =	ALLOWED
Palm Oil and Rapeseed Oil =	ALLOWED

WHEAT



DAIRY

SOY



SALICYLATE



AMINE



milk

GLUTAMATE

620-625, 627-635



Flavour sachet only

soy

milk

wheat & soy

ANTIOXIDANT

310-312, 319-321



Hot commercial chips cooked in oil containing artificial antioxidants e.g. Oporto, Nandos or Grill'd chips

IMPORTANT:
Ask for chips without chip salt

FOOD COLOURS

102, 104, 110, 122-129, 132, 133, 142, 143, 151, 155



PROPIONATE

280-283



wheat

wheat

milk

NITRATE

249-252



SORBATE

200-203



milk

BENZOATE

210-218



SULPHITE

220-228



Preserved dried pears also available from e.g. The Source Bulk Foods or a number of online stores

***To order visit: www.slhd.nsw.gov.au/rpa/allergy/resources**

^If you notice a product formulation change, please feel free to notify us at SLHD-RPAAllergy@health.nsw.gov.au