



Food Allergies and Intolerances:

Sample menu for a Gluten-Free, Dairy-Free diet

Many people suffer from Food Allergies and Intolerances. It appears that Gluten and Dairy may be 2 of the most common.

- Food Allergy:** An adverse reaction of the immune system as a result of eating a specific food allergen. Antibodies develop when the offending protein (allergen) is eaten, and cause histamines to be produced which affect either the upper respiratory tract OR the skin (eczema / urticaria) OR the gastrointestinal tract. The severity of the reaction can range from mild (e.g. mild rhinitis) to very severe (e.g. anaphylaxis). Symptoms can be instantaneous or delayed by several hours.
- Food Intolerance:** An adverse reaction to food that does not involve the immune system. Often due to an enzyme deficiency, e.g. a lactase deficiency causes lactose (the milk sugar) intolerance. Symptoms usually occur within 30min-4 hours of consumption.
- Gluten:** One of the proteins found in wheat, rye, barley and to a lesser (often insignificant) extent in oats. Gluten in flour contributes to the elasticity and viscosity of the dough. Kneading dough will result in gluten developing enough so that the dough will rise easily (satiny surface).
- When allergic to gluten:
AVOID all foods containing wheat, rye or barley. Test tolerance to oats.
Alternative starches that CAN be INCLUDED: **Soya**, maize (mealies, sweetcorn, cornflour), rice, potato, sweet potato, sorghum.
- Tips:** READ FOOD LABELS for presence of GLUTEN / WHEAT / RYE / BARLEY / COW'S MILK DAIRY.
- Keep a healthy balance when planning meals (i.e. plan a source of carbohydrate, protein and fruit / vegetables at each meal / snack).
- Plan in plenty of variety.

MEAL	MENU IDEAS
Breakfast	Soya Life Premium Porridge + soya Life Soya Milk Add: a seasonal fruit
Mid-morning	2 peanut cookies / Soya Life muffins + 100ml Soya Life Instant Meal Replacement Drink
Lunch	Baked potato / Brown Rice / Sweet Potato + Palm-size portion of chicken / lean meat OR 4-6Tbs tuna OR hand-size portion of baked fish + steamed veggies / mixed salad
Mid-afternoon	Fruit
Supper	Baked potato / Brown Rice / Sweet Potato + Palm-size portion of chicken / lean meat OR 4-6Tbs tuna OR hand-size portion of baked fish + steamed veggies / mixed salad
Snack	Fruit / glass of Soya Life Soya Milk

NOTE: toddlers and pre-school children can have a bowl of Soya Life Porridge at all 3 main meals if desired

RECIPES (gluten- and dairy-free)

PEANUT COOKIES

Ingredients	Method
75ml milk-free margarine (70g) 50ml peanut butter (50g) 75ml brown sugar (60g) 100ml white sugar (80g) 1 medium egg 150ml Soya Life porridge (125g) 6ml cream of tartar 75ml chopped peanuts (50g)	1. Cream margarine, peanut butter and sugar until light and fluffy. Beat in the egg. 2. Sift together the dry ingredients (except the peanuts). 3. Stir the dry ingredients and the chopped peanuts into the creamed mixture to form a soft, non-sticky dough. 4. Roll into walnut-sized balls and press down with a fork onto a greased baking sheet. 5. Bake at 160 °C for 12-15minutes til golden brown. Cool slightly. Store in an airtight container.

SOYA LIFE MUFFINS

Ingredients	Method
200ml soya flour (100g) 100g Soya Life porridge (10 scoops) 1 Tbs baking powder (15ml) pinch of salt 100ml sugar (80g) 100ml sunflower oil (80g) 1 large banana, pureed 150ml water	1. Sift flour, baking powder, and salt twice. 2. Add porridge and sugar: stir in. 3. Mix oil, banana puree and water. Stir into the dry ingredients to make a stiff batter. 4. Spoon batter into greased muffin pans. 5. Bake at 180 °C for 20-25 minutes til brown. Cool on a wire rack.