



1a Silverwood Dr, Mornington 3931
M: 0412 949 901

Food Tolerance Test Results

INTOLERANCES

Please ELIMINATE the following foods:

REACTIONS

Please LIMIT the following foods:

Dairy	Cows milk, cream, cheese, yogurt Rice milk, Oat milk, Soy milk, Almond – sugar + malt free Goats products – cheese, feta, yoghurt, Sheep's products – milk, yoghurt Coconut products – vegan cheese (Sheese - Coles, Green Vie Mozzarella – speciality stores), yoghurts Soy yoghurt Cashew/almond cheese
Fats/Oils	Margarine – Nuttex, Meadow Lea Dairy Free, Flora Plant, Tablelands Dairy Free Buttery
Breakfast Grains	Wheat puffed/flakes, rye puffed/flakes, soy puffed/flakes, rice puffed/flakes, barley puffed/flakes, corn puffed/flakes, millet puffed/flakes, oats puffed/flakes, rolled oats /porridge
Flours	Wheat flour, rye flour, rice flour, barley flour, soy flour, maize/corn flour, oat bran/ oat meal, millet flour or meal, buckwheat flour, Gluten Free plain and self-raising flours
Crackers	Rice cakes – plain, rice crackers – plain, Ryvita, Gluten free crispbread
Breads	Rye, Gluten Free breads – dairy free, Woolworths Gluten free white loaf/Coles Gluten Free Traditional white loaf
Pasta	Rice, rice/corn, buckwheat, gluten free gnocchi
Eggs	Poached is best
Meat	Beef, lamb, fish, shellfish, chicken (free range/organic is preferred). Generally no pork is best Red meat – 3 times a week, mince, casseroles, roasts
Fluids	Filtered water or boiled – 1.5L a day, unflavoured mineral water, diluted juice 50/50 (apple or pear), Herbal teas – chamomile, limit peppermint
Nuts/Seeds	Raw and unsalted only, no more than 6-10 at one time per adult or 2-6 per child. Sunflower and pepitas (pumpkin seeds) – handful with fruit
Salicylates	Check Salicylate List Yes / No
Breakfast	Rice flakes, porridge, rice puffs, poached eggs
Lunch	Home made soup, gluten free bread sandwich, salad
Snacks	Rice cakes, fruit with seeds, 10 cashews
Dinner	Meat and veggies, rice, salad