

# The Failsafe Booklet

By Sue Dengate

This booklet is intended to accompany the DVD

*Fed Up with Children's Behaviour:  
effects of food and additives*

[www.fedup.com.au](http://www.fedup.com.au)

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# Contents

Introduction	3
We don't eat these - additives and processed foods	4
We eat these - fridge list	5
Recipes	
• Breakfast	6
• Drinks and icy poles	8
• Lunches and snacks	9
• Main meals	11
• Desserts, treats and celebrations	16
• Dips, spreads, sauces and jams	20
• Substitutes	22
We buy these - Shopping list	
• Foods	23
• Personal and cleaning items	26
See what happens - assessing your child	27
How do you get a difficult child to stick to this?	
• The ten commandments of failsafe eating	28
Recipe index and further information	29

*The information given is not intended as medical advice. Always consult with your doctor for underlying illness. Before beginning dietary investigation, consult a dietitian with an interest in food intolerance.*

# Introduction

Hello everyone

Two fathers emailed me. One said: 'We have our son on a lot of the readers' recipes from the website and have noticed a huge improvement in his demeanor'. The second (I'll call him Robert) wrote:

'I am an inch away from losing my temper again with my six year old son, who is driving us all to exasperation. When he is good he is a wonderful angel, but when he becomes oppositional, which can happen in a second, he is appalling. I love my boy, and I can't bear this. Do you have a straightforward page that I could attach to the fridge that says: *Buy these things - Feed him these things - and see what happens over three weeks???*'

So I've put together some hints about what we eat since the low salicylate diet provided a magic answer for our daughter's behaviour nearly 20 years ago.

**This booklet is a guide for families only wanting to cut down.** If you intend to avoid salicylates and amines strictly, please read more widely. There is more information in my books *Fed Up* and *the Failsafe Cookbook* ([www.fedup.com.au](http://www.fedup.com.au)). If you don't want to buy, use your library. See also the *RPAH Elimination Diet Handbook* and *Friendly Food* ([www.allergy.net.au](http://www.allergy.net.au)).

I hate hearing from parents that that they found the diet boring. If that's what you think, read the *Failsafe Cookbook*! One mother called it 'fantastic assistance in helping with meal planning,' another wrote:

'When I found out that he had been lunch swapping at school I reviewed his lunch box and bought your cookbook - now he is getting enough interesting things and variety so he feels that he is not missing out!'

Some children improve by avoiding a few additives but others do best on a full elimination diet. Seeing a dietitian gives you credibility with doctors and schools and - usually - a better chance of success. It's good to have your child's nutrition checked after you've settled into the diet. There is no need for this if you are only avoiding additives, but essential if you are avoiding major food groups such as gluten, dairy and salicylates.

Some dietitians are better than others. A less-than-supportive dietitian will give you a diet booklet and tell you the diet is unlikely to work, leaving parents thinking 'it's too hard'.

On the other hand, a supportive dietitian will spend an hour or two with you reviewing what your child can and can't eat, substitutes for favourite foods, meal suggestions and local shopping hints. They will offer phone support during your diet and check each item your child is eating if the diet needs fine-tuning – as many do. You can email us ([confoodnet@ozemail.com.au](mailto:confoodnet@ozemail.com.au)) for our list of supportive dietitians.

Remember Robert, the second father? His son needed some fine-tuning during the first six weeks. Then Robert wrote again after his son had been failsafe for five months to say that the improvement had been extraordinary. 'At the beginning the year he was diagnosed with ADHD and ODD, and you wouldn't believe it now,' he said.

I wish you the same success.

Sue Dengate

# We don't eat ...

- **These nasty additives**

## **Colours**

All artificial colours

Annatto natural colour 160b

## **Preservatives**

200-203 sorbates

210-218 benzoates

220-228 sulphites

280-283 propionates

249-252 nitrates

## **Synthetic antioxidants**

310-312 gallates

319-321 TBHQ, BHA, BHT

## **Flavour enhancers (600 numbers)**

620-625 glutamates including MSG (621)

627-635 nucleotides: sodium guanylate (627), sodium inosinate (631), ribonucleotides(635)

Hidden glutamates: yeast extract, HVP, HPP, hydrolysed, autolysed or formulated, vegetable, plant, wheat or soy, protein

- **These processed foods**

- Take away foods: McDonalds, KFC, Burger King, Hungry Jacks, Pizza, Chinese, and others including most 'Fish & Chip Shop' foods – all are too high in additives and fat
- TV dinners and packet meals
- School lunch treats: pies, sausage rolls, hot dogs, mini pizza, nuggets, 'yummy drummies', doughnuts, fairy bread, instant noodle meals, flavoured chips, flavoured corn chips, twisties, cheetos, burger rings, noodles with flavour sachets and other packet snack foods.
- ALL snack biscuits, for example: Pizza and BBQ shapes, '...in-a-biscuit', dippers, savoury tiny teddy snacks.
- Coloured, flavoured lollies
- Coloured, flavoured ice cream
- Coloured, flavoured or preserved tubes, icypoles or slushies
- Sports drinks such as Powerade, Gatorade
- Soft drinks
- Cordial
- Caffeine enhanced drinks/ energy drinks
- Commercial BBQ chicken (generally loaded with flavour enhancers)
- Bread with 282, whey powder or vinegar
- Cup-a-soups, stock cubes (with added or hidden flavour enhancers)

# We eat these (The Fridge List)

## **Breakfast**

Rolled oats, porridge  
Rice Bubbles, Weetbix (limit 2 every second day at first)  
Milk, A2 milk, soymilk, ricemilk  
Egg (boiled, scrambled, poached, toad in the hole, French toast)  
Toast with e.g. butter only; or home made cashew spread, golden syrup, home made pear jam  
Pancakes with pure maple syrup  
Pear Smoothie

## **Lunch**

Additive free sandwiches, rolls or wraps e.g. chicken, egg and lettuce (see Sandwiches)  
HFC (Halliwell Fried Chicken) chicken nuggets, see recipe  
Fried rice  
Hard boiled egg, omelette, vegetable frittata  
Failsafe salad  
Baked potato with cream cheese and chives  
Chicken pasta  
Home-made pie or sausage roll  
Chicken, lamb and/or vegetable soup/stew

## **Main meal**

Home-made chicken nuggets and chips  
Failsafe burger/pizza/frittata  
Spaghetti with garlic mince topping  
Ten-minute stir fry (chicken, beef, lamb, egg, vegetables)  
Home-made fish fingers or panfried fresh fish  
Grilled lamb/steak/ chicken/failsafe sausages with vegetables  
Roast chicken/beef/lamb with vegetables  
Chicken, lamb and/or vegetable soup/stew

## **Drinks**

Water – filtered, bottled, spring, mineral, soda, tap (if no nasty taste); decaf coffee; unflavoured milk, A2 milk, soymilk, ricemilk, So Good Soyaccino soymilk; magic cordial, see recipe

## **Snacks**

Fresh ripe peeled pear or canned in syrup (limit 2 per day) • home-made muffins • buttered plain wheat crackers such as Saladas • Brumby's white iced finger buns • plain (not flavoured) rice cakes with pure butter or Nuttelex, home-made pear jam and Failsafe hummus (see recipe), see shopping list • trail mix made from unsulphited pears, Chic Nuts and raw cashews, see shopping list • home-made icypoles, see recipe • home-made chicken noodle soup, see recipe • home-made scones or pikelets • home-made potato wedges or hot chips, see recipe • sandwiches • kidney beans or butter beans on toast • anything from the lunch or main meals menu, e.g. pasta • plain or vanilla yoghurt, see shopping list • Narni's custard cups, see recipe • plate of crunchy failsafe salad vegetables e.g. celery sticks filled with cream cheese, failsafe hummus or red bean paste, see recipes • home-made rolled oat bars or other biscuits, see recipes • toast and home-made pear jam or other spreads • unflavoured, preservative and antioxidant free plain chips (potatoes, oil, salt)

**Treats and sweets** see Desserts, Treats and Celebration

**Vitamins** see Vitamin icypole recipe

**Toothpaste** see Personal Cleaning Products

**WARNING:** some people may need to avoid dairy foods and/or gluten or certain allergens

# Breakfast

## Five-minute oats

Oats are the new health food in Britain where sales have increased 80 per cent in the last five years due to their nutritive value - oats are low in saturated fat, low in salt, high in fibre and have a naturally low GI (glycemic index).

1/2 cup plain rolled oats per person

Follow microwave instructions on packet.

Serve with any or all of the following from the shopping list: pears, whichever form of milk you are using (milk, A2 milk, soymilk, ricemilk), yoghurt and/or light brown sugar. The two in our family who have passed their amine challenge have sliced bananas. Those of us who can manage a few more salicylates can sometimes have stewed rhubarb from our moderate salicylates allowance – rhubarb is another traditional food making a big comeback overseas for health reasons.

## Commercial Cereals

Rice Bubbles are the safest packaged cereal. Plain additive-free wheatbased commercial cereals are failsafe but many children with behaviour problems do better without the wholegrain of wheat in products like Vitabrits, Weetbix, Allbran and wholemeal bread. If using these, limit intake to one small bowl every second day at first and cut them out if you realize the diet isn't working (see Checklist of Common Mistakes on the website).

## Aussie toad in the hole

This is what the Palmer's Island students eat on the DVD.

1 egg

1 slice of failsafe bread (see shopping list)

Nuttelex or failsafe oil for frying (see shopping list)

Spread both sides of the bread with Nuttelex. Place a cookie cutter or a small glass over the middle of your bread and press hard to make a round hole. Place the bread flat on the surface of a preheated frying pan and crack the egg into the centre hole. Cook for about two minutes while the bread browns and the egg hardens, then flip and repeat on the other side.

*Variations* • omit the Nuttelex, and use failsafe oil for frying • use this recipe for French toast, simply dip your slice of bread in the beaten egg before frying, serve with pure maple syrup • eggs can also be served boiled, scrambled, poached or as an omelette with toast

## Toast

Toast some failsafe bread (see shopping list) and see Spreads, e.g. Nuttelex, pear jam, CSR golden syrup, raw cashew butter with options, easy carob spread (spread butter, sprinkle over carob powder, mix lightly with knife), Vegemite substitute (recipe below)

### **Vegemite Substitute**

A mother wrote 'I started reading your website as my 11 month old son still doesn't sleep through the night. I was pretty lucky that the first 2 things I took out of his diet, Vegemite and margarine, have helped dramatically.' The mother who developed this recipe says: 'the kids love it and eat it all up the day it is made'.

500g minced beef  
500g assorted failsafe vegetables  
water as needed  
salt to taste

Put meat and vegetables in a pot just covered with water, bring to the boil and simmer until cooked. Add salt to taste and blend until smooth. Eat on the day of cooking or freeze in small containers or icecube trays and use the day it is thawed. Can also be used with pasta or as a pizza topping – *thanks to Jane*

Vegemite is yeast extract, high in natural glutamates like MSG. The more you eat, the more likely you are to be affected.

### **Pancakes**

There are two types of pancakes, thick pancakes which rise because they are made with baking powder and thin pancakes or crepes made without rising agents. Thick pancakes are easier. I enjoy Orgran buckwheat pancake premix which is additive free and has no added flavours, but this is a classic pancake recipe for those in my family who don't like the taste of buckwheat.

1 cup self-raising flour  
1 large egg  
1 cup of milk, A2 milk, soymilk or ricemilk

Blend together flour, egg and milk until smooth. Cook in a hot, lightly oiled frypan. When first side is golden brown, and top is dry, turn carefully with a spatula, and brown the remaining side. Serve with pure butter or Nuttelex and pure maple syrup.

### **Pear smoothie**

1 pear half (fresh or canned in syrup *not juice*)  
1 cup milk, A2, soy or rice milk

Blend until frothy.

Other options: 1 tbsp homemade yoghurt • 1 tsp carob powder plus 2 tsp sugar • 1 raw egg (for an egg flip, not recommended in the USA where raw eggs nearly always carry salmonella) • the people in our family who passed their amine challenge can have bananas and pawpaw, also known as papaya - yellow which contains only amines, not red which contains some salicylates as well • we also use mango slices or stewed rhubarb from our salicylate allowance (after challenge, ask your dietitian).

### **Gluten free breakfasts**

I'm the only one in the family who is gluten free and I eat Freedom Foods wheat free oats – but check with your dietitian or doctor. Only about 1 in 7 coeliacs are affected by rolled oats, most can tolerate them; however, not recommended for your supervised elimination diet. Some alternatives: puffed rice (crumbled rice cakes e.g. Sunrice plain) • millet porridge e.g. Lotus Organic French Millet from health food stores • the Orgran buckwheat pancake mix is good and free of added flavours • gluten free bread with a poached egg or Nuttelex and pear jam – check labels on gluten free bread - my favourite is Naturally Gluten Free Oriental loaf, toasted

# Drinks & Icyroles

A study at Boston Children's Hospital monitored the weight of over 100 teenagers, putting half of them on unsweetened or artificially sweetened drinks and letting the other half continue to consume sugary drinks. They concluded that a single 330 ml can a day of sweetened drinks could lead teens to put on half a kg a month, 6 kgs a year. We don't recommend artificial sweeteners, so save sugary drinks for treats. Water is the best drink.

## **Magic cordial**

Our great grandmothers used to call this 'poor man's lemonade': no colour, no preservatives.

1 cup sugar  
1 cup water  
½ - 1 tsp citric acid.

Place water and sugar in a 2 cup jug and heat in microwave for two minutes. Stir until sugar is dissolved. Add citric acid. Store in refrigerator. Dilute to taste with water or soda water, about 1:4. With a pinch of vitamin C powder (ascorbic acid) it can be served hot or cold as a soothing drink for colds and flu.

## **Other failsafe drinks**

Water • spring water • soda water • home-made milkshakes - from milk, soymilk or ricemilk, flavoured with carob, decaf or caramel topping (see recipe), permitted icecream • preservative-free lemonade and tonic e.g. Schweppes in bottles limited to less than one small glass a week because there are moderate salicylates and amines in the lemon juice flavour - save them for parties.

## **Icyroles and icecups**

You will need your own icyrole moulds or plastic cups. Adjust dilutions to suit individual tastes. More water makes the icyrole harder, more sugar makes it softer. You can use: • plain water • magic cordial, diluted • pear syrup diluted with equal quantities of water (limit 2 whole pears or equivalent per day) • baby pear puree, or canned pears, blended without syrup • yoghurt or home-made iced decaf with extra sugar • A2 milk, soymilk or ricemilk with maple syrup and/or carob powder • see Smoothie recipe in the Breakfast section

Icyroles are not permitted on the strict elimination diet. Peters Lemonade icyroles are moderate due to lemon flavouring; Peters Choc Billabong are good if you have passed the amine challenge

## **Vitamin icyroles**

I take an Amcal One-a-Day multivitamin & mineral supplement sometimes – one of the very few supplements without any nasty additives, flavours, salicylates or amines. Many failsafers have found the easiest way to get these into children is to dissolve the tablet in any of the icyrole mixtures above, stir well, and spread over at least two icyroles since the dose for children is half a tablet per day if nutrition is inadequate. Children like the orange colour which is the natural colour of vitamin B1.

**Numb the tastebuds** for medication • I hate that unlisted artificial colouring is permitted in medications. If I really have to take antibiotics etc, I ask for them in capsules, so I can empty the powder out. It is easiest to take mixed with 1 tbspc icecream.

# Lunches & Snacks

'Breakfast is easy, dinner is easy. It's the lunches and snacks I find hard on this diet.'  
– Parent, Darwin

Lunches and snacks can be sandwiches, leftovers from last night's dinner or anything from the main meals section. Minimise sugary snacks.

## **Sandwiches**

Use preservative-free bread, rolls, toast, croissants, toasted sandwiches, jaffles, gluten-free bread or plain rice cakes.

**Some spreads:** • cream cheese with thinly sliced celery or chopped chives • Failsafe hummus or red bean paste see recipes • carob spread (mix Nuttelex or milk with carob powder) • homemade cashew paste with or without maple syrup, see recipe • Nuttelex or pure butter with pear jam • Vegemite substitute, see recipe p 7 • if you pass your amine challenge you can also have mashed banana or tuna and if dairy is OK you can also have mild cheeses (not slices with preservative and colour)

**Some sandwich fillings:** home-cooked chicken, lamb and beef with lettuce or salad • cold leftover rissoles or sausages • sliced hard-boiled egg • or warm hardboiled egg mashed with a little milk • failsafe hummus or red bean paste (See Sauces and Spreads) • and see below

## **Super salad rolls or wraps**

The secret ingredient for getting salads into kids is the mayonnaise – “tastes like lemon mousse” said one failsafer.

1 Brumbys or Bakers Delight roll or Mountain Bread  
1 sliced hardboiled egg  
1 cup celery, lettuce, cabbage, shallots, finely sliced  
(grated fresh beetroot and/or carrot and/or sliced snow peas - all moderate sals – from your allowance after you have finished challenges)

Mix salad ingredients with 1 tbsp Mighty Mayo or Red Bean Paste or Failsafe Hummus (see Dips and Spreads). Assemble all fillings.

## **Slimmers' salad**

I lost 10 kg in 10 weeks - weight I put on after breaking my arm on the Larapinta Trail - by eating this salad for lunch, combined with extra exercise and fewer snacks.

½ cup kidney beans  
½ cup cooked green beans  
1 cup of celery, cabbage, shallots, lettuce all finely sliced  
1 tbsp Birgit's pear ketchup or red bean paste or failsafe hummus  
fresh chives, chopped  
1/2 tsp parsley or less, finely chopped (parsley has been upgraded to High in salicylates)

Mix vegetables with ketchup, top with fresh chives and parsley. Enjoy.

See more recipes in my books and at [www.fedupwithfoodadditives.info/information/recipes.htm](http://www.fedupwithfoodadditives.info/information/recipes.htm)

### **Sausage rolls**

You can make your own sausage rolls from raw mince (flavoured with shallots, garlic, salt), form into sausage shape and place on the middle of a half sheet of Pampas pastry (see shopping list). Roll over, prick top. Cut to required lengths. Bake 20 minutes or until cooked. – *thanks to Wade*

### **Pies**

Many families say buying a pie maker is the easiest way to embark on an elimination diet, however, pastry is high in fat. A lower-fat option is to use mashed potato topping instead of the top pastry and try a slice of buttered bread (butter side down) instead of bottom pastry

Use Pampas frozen puff pastry (see shopping list) or make shortcrust pastry yourself: sift 225 g of self-raising flour with ¼ tsp salt, rub 125 g of Nuttalex or pure butter into flour until mixture resembles coarse breadcrumbs then mix with a little water to make a stiff dough. Turn onto a floured board and knead a little. Handle as little as possible and chill in the refrigerator for 30 minutes before use. Roll out as required on a floured board.

### **Pie filling suggestions from failsafers**

- 'My recipe for the pie involves throwing everything into the pot - cabbage, Brussels sprouts, bean mix, swede, potato, etc. My kids won't eat vegetables cooked so I mash or blend the vegetables once they are cooked and add to the failsafe mince. Then I just put it all in the pastry and cook in the electric pie maker'.
- 'I use the garlic mince recipe and I make savoury egg ones too, cooking the eggs first like scrambled egg. I use eggs, chicken, shallots, anything really that I have in the fridge that looks like it could go in. I set out trying to make enough to freeze but they get eaten as fast as I make them'

We've never found a commercial pie without some form of MSG (can be HVP or other natural glutamates), or annatto 160b or other colours in the crust, and/or unlisted antioxidants BHA (320) in the vegetable oil. Commercial frozen pastries made with vegetable oils are also likely to contain unlisted BHA. Filo pastry usually contains sodium metabisulphite (223).

### **Creamy chicken pasta**

This dish was developed while we were travelling as something we could make with just a hotplate. It can be served hot, warm or cold, travels well and is perfect when you need to take food for socialising.

500g pasta spirals  
100g green beans  
3 shallots (spring onions)  
clove of garlic to taste  
1 tbsp canola oil  
3 tbsp Philadelphia cream cheese  
3 tbsp milk or mild natural yoghurt (moderate in amines, not suitable for the strict elimination diet)  
2 cups cooked diced chicken  
salt and citric acid to taste

Cook pasta according to directions. You can add frozen beans (rinsed in tap water) to the cooking pasta. While pasta is cooking, stirfry shallots and garlic gently in a little canola oil. Drain. While warm, stir through cream cheese, milk or yoghurt, shallots and chicken. You can add chopped celery and carrot when permitted (moderate in salicylates) for colour.

## **Light snack suggestions** - see The Fridge List (p5)

# Main Meals

## Chicken and chickpeas

A highly nutritious, delicious and easy meal that freezes well. Lentils and chickpeas are high in protein and fibre, low in fat, and a good source of vitamins including folate - a vitamin that is deficient in most western diets – as well as minerals such as potassium and iron.

750 g chicken thighs, chopped  
½ large leek, chopped  
½ cup peeled chopped potatoes  
1 tin (420 g) chickpeas, drained  
½ cup red lentils  
garlic, crushed, to taste  
salt to taste  
water as required

Arrange chicken in a heavy-based saucepan, add remaining ingredients and cover all with water. Bring to the boil and simmer until cooked, about 45 minutes. The lentils will make a satisfying thick sauce. Serve with rice or cous-cous plus other permitted vegetables. Freeze leftovers in big containers as extra meals. – *thanks to Bron*

**VARIATION** • Use as filling in failsafe puff pasty triangles by mashing lightly when cooked

Windy hints: If you're one of those people who say 'I like beans (or chickpeas or lentils) but they don't like me' due to flatulence, start with a few beans (less than 5) and increase the amount slowly, or try a probiotic supplement half an hour before eating, see shopping list.

## Lamb stew

The easiest meal in the book. One reader wrote: 'brill if you're on a weightloss diet - it doesn't have a lot of those fatty sauces!! - love the lamb stew!'

500 g lamb diced small  
water  
salt to taste  
4 potatoes, peeled  
1 large leek  
1 swede (or carrot, moderate in salicylates, when permitted, not for the elimination diet)

Put meat into a medium saucepan. Add enough water to cover the meat. Sprinkle salt over. Cut potatoes, leek and swede (or carrot) into thick slices and arrange on top of meat. Vegetables do not have to be covered by liquid as they will steam. Bring to the boil and simmer gently until meat is tender or for 1 hour. Serve on steamed rice or cous-cous (contains gluten). Freezes well. Can be stored in small containers to be used as homecooked takeaways.

Cooking increases amines. Reduce amine levels by using good quality meat which requires less cooking than tougher cheap cuts. Amine responders can avoid meat juices in this stew.

### Healthy vegetable soup

This is the recipe I sent with my son to university, never thinking he would use it, but to my surprise he made it every week. I hear he uses more potatoes and he makes his own chicken stock, see Sauces and Spreads. It's a good way of getting vegetables into children.

water or home-made chicken stock  
1 cup (half a 375 g packet) of red lentils  
Vegetables, for example:  
2 stalks chopped celery  
1 sliced leek  
1 potato, peeled and chopped  
1 swede, ditto  
large chunk of cabbage, sliced  
6 Brussels sprouts, halved  
2 cups frozen green peas and/or beans  
1 tsp pearled barley

Rinse lentils, place in a large saucepan, cover well with water and heat on high. If you are nearby, put the lid on, otherwise leave uncovered or it will boil over. While waiting for the water to boil, prepare vegetables and rinse barley. Add to lentils and cover with more water or stock. When boiling, turn heat to minimum and simmer, with lid on, for about 40-60 minutes or more. It is ready to eat when potatoes and swedes are soft. Keeps well in fridge for 3 days, or freezes well. For vegetable haters, blend with a wand blender just before serving.

Commercial soups usually contain MSG and may contain sulphites in the vegetables. Dry packet soups can contain high levels of sulphites in the dried vegetables.

### Failsafe sausages

Commercial sausages always contain sodium metabisulphite (223) unless labeled 'preservative-free'. 'Preservative and gluten-free' sausages are not failsafe because they probably contain herbs, spices and/or MSG. You can ask your butcher to make failsafe sausages for you, see below.

### A recipe for your butcher for 10 kg of sausages

650 g rice flour (2 kg for 30 kg)  
3 leeks (10 leeks for 30 kg)  
1 clove garlic (3 for 30 kg) or more to taste  
½ cup salt (1½ cups for 30 kg)

Warning: NO other ingredients – ask your butcher to NOT add MSG, pepper, spices or flavours

Make up to 10 kg with fresh minced beef or chicken. A growing number of butchers are selling frozen failsafe sausages, see product updates on our website, but check ingredients yourself – *thanks to Deborah*

Because we cannot disguise the flavour of meat with flavour enhancers, minced beef needs to be fresh and good quality. You can ask your butcher to mince topside steak for you. A 2004 survey by the NSW Food Authority found 58 per cent of mince samples contained illegal sulphites. This has been reduced through monitoring in Sydney but shows that butchers will add sulphites if they think they're not being watched. You can ask your butcher 'Does this mince contain preservatives? I really need to know' or test it yourself, see details of our sulphite test kits on the website.

### **Burgers**

Make mince patties with egg, garlic, finely chopped leek, salt, sprinkle of citric acid. Serve on rolls or toast with lettuce, mung sprouts, sometimes an extra fried egg. Non-failsafe family members can add whatever they like – beetroot, tomato, sauce, etc, which means everyone is happy' – *thanks to Annette*

### **More burgers - and steak sandwiches**

We make our burgers with plain meat patties (just mince shaped into patties and grilled), Mighty Mayo or Red Bean Sauce – see Sauces and Spreads – and salad vegetables including grated carrot which is moderate in salicylates so not suitable for strict elimination • I use gluten-free toast • the meat patties are also good served with mashed potato, in toasted sandwiches or as finger food in lunchboxes • use steak instead of patties for steak sandwiches.

### **Failsafe mince topping**

This recipe can be used as a topping on pasta, pizza, rice, toast, and mashed potato (as a quick cottage pie), or in jaffles and pies.

500g preservative-free low fat beef or lamb mince  
2 shallots or 1 leek, finely chopped  
1 clove or more garlic, crushed  
1 tbsp failsafe oil, see shopping list  
sea salt to taste  
1 tsp chopped parsley  
2 tbsp cornflour dissolved in 2 cups of water or home-made chicken stock  
1 can (420g) red kidney beans (optional)

In a heavy-based frypan or large saucepan stirfry chopped shallots and garlic in failsafe oil, remove from heat. Add mince to pan, stir until cooked. Drain fat if necessary. Add shallots, garlic, parsley, sea-salt and cornflour mixture, stir until thickened. Add kidney beans drained, or blended for vegetable haters. Blending makes a thicker topping and works well with young children (*thanks to Anne for that popular hint*). Suitable to make a double batch and freeze in small containers if used within four weeks.

### **Grilled chicken**

Marinate chicken thigh fillets in a mixture of golden syrup, garlic, oil, water, citric acid and salt for at least half an hour. Grill and serve on rice or fried rice with chopped swedes, bean shoots, green beans, shallots, garlic and salt. - *thanks to Chris*

### **Grilled meat and three veg**

Lamb chops are a Harry Potter favourite, other meats suitable for grilling include beef or lamb steak or chops, chicken breasts, cut into strips or halved widthwise to make thinner (these are good for sandwich fillings too) or failsafe sausages, see above. Serve with lashings of mashed potato, with or without mashed swede and other vegetables - see Mum's Mash below, green beans and stir-fried cabbage.

As an amine responder I have to be careful with meat, the fresher the better. I always cook my meat the day I buy it or freeze it and use it within a month. Browning meat, charring, or grilling will increase amine content so I aim for medium rare. Extremely sensitive amine responders may need to steam or microwave their meat. Delicious tasting meat juices and even home-made gravy made from meat juices are high in amines. Marinades must be made of failsafe ingredients. Any commercial marinade, sauce or gravy is very high in salicylates, amines and MSG. Cryovaccinated meat from supermarkets (see the DVD) can be high in amines and has caused me some nasty migraines. I now shop at my local butcher and buy only fresh not vacuum packed meat.

### **Roasts**

Roasts are easy and popular with children. We do chicken, lamb and beef roasts but pork is too high in amines to be failsafe. The basics are: preheat the oven to 180°C. Allow 30-35 minutes of cooking time per 500 g of lamb and 30 minutes per 500 g of beef. Peel potatoes and allow one hour cooking time, more if you are doing very big whole potatoes. We roasted potatoes during our strict elimination and now do sweet potato, parsnip or pumpkin as well (these are not suitable for strict elimination because they are moderate in salicylates). Gravy is not failsafe even if the ingredients in the premix sound OK or you make it yourself because of amines in the meat juices. I serve pear ketchup instead of gravy, some people use tins of baby pear puree or leek sauce, see Sauces and Spreads.

### **Chicken schnitzel**

Children love crumbed food. You can use this method for fish, crumbed cutlets and veal schnitzel. These are good hot or cold and can be used in lunchboxes. Commercial breadcrumbs contain preservative (282) and many contain some form of MSG such as HVP or 635.

500 g chicken breasts, cut into thin slices  
flour or gluten-free flour  
½ tsp salt  
1 egg, beaten  
home-made bread crumbs or rice crumbs  
failsafe oil for frying

Cut chicken into thin slices or nugget shapes. Season flour with salt, then coat chicken slices. Dip into beaten egg and cover with crumbs. Fry gently in shallow oil until golden brown on both sides. Drain on paper towels. Garnish with parsley and serve with mashed potato, vegetables and 'citric lemon juice' see Dips & Spreads.

### **Fish fingers**

Use the same method as above using flaked white fish fillets mixed with mashed potato and dipped in cornflour, egg, rice crumbs. Fish has to be very fresh not freshly thawed. You are unlikely to find fresh enough fish at a supermarket, we always find ourselves a fish shop with personal service and ask for the freshest white fish.

### **Pizza**

Make fresh, delicious pizza bases using your own breadmaker recipes, or use a preservative-free readymade base. Note that McCains contain unlisted BHA (320). Mountain bread or other preservative free flatbreads can be used. Spread with preservative free cream cheese, failsafe mince (above) and kidney beans pureed with garlic. Sprinkle with parsley to garnish and bake in a preheated hot oven (220°C) for 10-15 minutes.

### **Chicken stir-fry**

Mix chicken strips with 1 tsp each garlic and golden syrup. Stir fry until sealed, add vegetables such as leek, choko, green beans, celery, cabbage and mung sprouts. Stir well. Pour over about 1/3 cup salted water or chicken stock. Thicken with cornflour dissolved in water. – *thanks to Annette*

### **Vegetable frittata**

The frittata is an Italian omelette usually made quite thick with a variety of fillings. Unlike a French omelette, fillings are mixed in with the eggs and cooked very slowly until the egg mixture is set. It is served cut into wedges and can be eaten hot or cold.

2 tbsp failsafe oil  
1 large leek, finely chopped  
1 cup finely chopped cabbage  
1 clove garlic, crushed (optional)  
2 medium potatoes, peeled, cooked and cut into thin slices (leftovers are handy)  
5 eggs  
½ cup milk, A2 milk, soymilk or ricemilk  
1 tsp finely chopped parsley  
sea salt

Preheat frypan to medium. Put oil in pan and heat. Stir-fry leek, cabbage and garlic until transparent. Add potatoes and stir until coated with oil. Mix together eggs, milk, parsley and salt. Pour over leek mixture in frypan, cover and cook over moderate heat until set.

### **Rebecca's egg pie**

1 sheet Pampas Pastry or Butter Puff (read the label: ingredients change)  
2 cups of stir-fried failsafe vegetables e.g. cabbage, leek, shallots (peas and carrots if permitted)  
4 eggs  
1 cup milk, A2 milk, soymilk, ricemilk  
1/2 tsp salt

Prepare vegetables and pie dish with pastry. Beat eggs, milk and salt together lightly. Arrange vegetables on pastry base. Gently pour over egg mixture. Bake at 200°C for 30 minutes.

### **Hide the Vegetables**

The way to get vegetables into children is to hide them. The best hiding places are • the failsafe mince recipe above • home-made pies, see lunch suggestions • blended vegetable soup (my favourite) • mashed potato, see below.

### **Mum's Mash**

'Brussels sprouts were a problem in the beginning but I knew my children loved mashed potatoes. I was not giving up on Brussels sprouts or swedes as vegie options so first of all I mashed the potatoes and swede together. No one seemed to notice and ate it all up. Next I added Brussels sprouts which I cooked separately then added to the potato and swede, mashing it all together with the stab blender, a bit of milk and butter with a bit of salt to taste on serving. No one noticed at first until my son said one night, 'what's in this mashed potatoes? It's really nice.' I answered, 'I call it Mum's mash. If I tell you will you keep eating it?' 'Yeah!!! he answered. It's great!!!' Perseverance paid off as it often does.' – *thanks to a failsafer from Canberra*

### **Easy chips (fries)**

Use big potatoes (they must be white fleshed and brown or white skinned, not pink or other colours). Peel thickly and cut into chip shapes. Spray with canola oil spray and place on an oven tray. Bake at 200°C in a preheated oven until cooked (about 20 minutes).

### **Japanese cabbage**

Combine together 1/4 head of medium cabbage (sliced), 2 chopped shallots, 2 cloves of garlic (or less to taste, optional), 2 tbs butter or failsafe oil or both and sautee stirring on med-high heat. Add 3-4 tbs water, reduce heat a little and let the cabbage simmer until it softens. Stir in golden syrup to taste (optional) as a soy sauce substitute before serving.

# Desserts, Treats & Celebrations

## Lunchbox pear muffins

Over the years, I've made more of these than any other recipe in the book, they're so easy, always taste good, and work just as well with gluten-free flour.

1½ cups self-raising flour or gluten-free flour mix  
½ cup sugar or light brown sugar  
1 egg, lightly beaten  
½ cup milk or soymilk  
¼ cup failsafe oil  
½ cup canned or fresh pear, diced

Sift flour into a bowl and add remaining ingredients, stirring with a fork until mixed. Lightly grease a 12 cup muffin pan with Nuttelex or spray with canola oil. Use an icecream scoop or spoon to three quarter fill cups. Bake at 180°C for 15-20 minutes. – *thanks to Margie*

## Rolled Oat bars (contain gluten)

1 cup self raising flour or wholemeal self raising flour  
½ cup sugar  
1 tbsp CSR golden syrup or pure maple syrup  
2 cups rolled oats  
150 g butter or Nuttelex

Combine flour, oats and sugar in a bowl. Melt butter, add golden syrup and mix into dry ingredients. Press into slice tray and bake for 15-20 minutes until brown. Cut into bars while still hot, leave to cool before removing from tray. Makes about 20.

## Mrs Cattle's Biscuits

This hundred-year-old recipe was used by a family who were amazed at the improvement in their children's behaviour during a pioneer week re-enactment, see the fascinating story [299] [www.fedupwithfoodadditives.info/stories/failsafestories.pdf](http://www.fedupwithfoodadditives.info/stories/failsafestories.pdf)

1 cup self-raising flour or plain flour plus 2 tsp failsafe baking powder (or gluten-free flour)  
1 egg  
½ cup sugar  
3 tbsp butter or failsafe margarine  
Mix all ingredients and shape into small balls, put onto tray well-spaced and bake at 180°C for 10 to 15 minutes, longer for gluten-free.

Commercial biscuits except Arnott's are likely to contain unlisted BHA 320 in vegetable oil. As well, there are added flavours and skim milk powder in many biscuits. All of these are more likely to cause a slow build up of problems rather than a dramatic reaction. Home-cooking is better.

### **Pear dessert cake**

Everyone loves this soft, moist cake.

2 cups self-raising flour or gluten-free flour mix  
4 tbsp cornflour (White Wings gluten-free if necessary)  
4 large eggs  
1 cup pear syrup from canned pears  
2 cups sugar  
8 tbsp softened butter or Nuttelex  
sliced canned pears for topping

Sift dry ingredients. Add eggs, syrup, sugar and butter, beat until well mixed. Pour into a large greased and lined cake tin (32 x 20 x 5 cm). Place sliced pears on top. Bake at 180°C for 1 hour. Serve warm. Leftovers can be used for school lunches. – *thanks to Jane*

### **Cool cupcakes**

These are always well received and go like the proverbial hot cakes. They are a good plate to take to a party or a school fete and your children don't feel deprived by having to avoid other foods.

125 butter  
125 g sugar  
2 eggs, well beaten  
250 g self-raising flour or gluten-free flour mix  
¼ tsp salt  
½ cup milk

Use paper patty cases. Preheat oven to 180°C. Sift flour and salt. Cream butter and sugar. Add beaten eggs gradually. Add flour and salt alternately with milk and vanilla. Bake for 12-15 minutes. Ice with white icing made from icing sugar and water or use a few drops of beetroot juice for a pale pink colour. Makes 24.

• **Cool cake** as above but use a cake tin and bake 40-45 minutes. For birthdays, you can use plastic decorations and novelty candles

### **Narni's custard cups**

This is an easy-to-make low-fat alternative to icecream.

1 egg  
2 tbsp cornflour (extra for thicker custard)  
2 tbsp sugar (or more to taste)  
3 cups milk, soymilk or ricemilk

In a large microwaveable jug, beat ingredients together until sugar is dissolved. Microwave for 5 minutes. Stir. Repeat in 1 minute intervals until thickened, making sure it doesn't boil over. Pour into cups. Thickens further as it cools.

Commercial custard powders except Orgran contain either artificial yellow colours 102 and 110, or natural annatto 160b which also affects people. 'Flavour' may also be a problem.
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### **Pear crumble**

A classic low fat dessert that everyone loves.

1 cup flour  
1 cup sugar  
2 tbsp butter or Nuttalex  
1 can pears in syrup

Mix flour and sugar and then rub butter in with your fingertips. Sprinkle crumble mixture over pears and cook in moderate oven for around 15 minutes. Serve. – *thanks to Julie from the failsafe email discussion group*

**Ice cream:** There are some failsafe commercial vanilla icecreams, see shopping list. Avoid annatto 160b. Commercial ice cream cones often contain artificial colours and/or antioxidants.

### **Anne's easy ice cream**

If you make this with full cream and full fat milk it is delicious but the fat content is 30%.

600 ml cream  
395 g tin sweetened condensed milk

Whip cream to soft peaks, about 5 minutes, beat in condensed milk, freeze. To make a softer, fluffier ice cream, beat again when half frozen. – *thanks to Anne*

### **Pear ice cream - with ice cream maker**

For an A2 or dairy free low-fat ice cream, this is a surprisingly good ice cream that doesn't taste like pears. We also make it with mango which is excellent but not OK for strict elimination diets

Use 1 cup sugar, 1 egg, 1 cup canned pears in syrup (drained and blended), 1 and a half cups A2 milk, soymilk or rice milk. Mix together according to ice cream maker's instructions.

### **Frozen Rice Bubble Treats**

These are not OK for people on a gluten-free diet because rice bubbles contain malt.

250g (10 oz) butter  
200g (1 cup) sugar  
2 eggs beaten  
6 -7 cups rice bubbles (this is a double batch because one went nowhere)

Boil butter and sugar. Allow to cool slightly, add egg and cook together for about 1/2 minute. Mix in rice bubbles. Place in lined lamington tin and refrigerate. When set cut into bars and place in container and then freeze. These are best eaten straight out of the freezer and were a huge hit at my house. – *thanks to Elaine*

**Commercial sweets** include • Pascalls white *but not mixed pink and white* marshmallows • Darryl Lea Butterscotch • The Little Lolly Shop failsafe range: Butterscotch Drops, Butterpops, Star Pops, Pear Drops and Pops, White Musk Sticks, failsafe Plain Boiled Lollies, GF failsafe Citric Lollies and Lollipop, 'Lemons' and white Fairy Floss. Always read the ingredients list. Some of the products in the Friendlier category do not fit within RPAH guidelines due to natural fruit flavours such as lime and orange. <http://littlollyshop.com/oscatalog/index.php?cPath=25>  
Sugary foods should be limited. While sugar doesn't cause children's behaviour problems, it is bad for teeth; best eaten as part of a balanced meal than in large amounts on an empty stomach.

### **Lemony jellies**

'We cut these into shapes with mini biscuit cutters and roll them in caster sugar instead of icing sugar. Although some of my family prefer the taste when rolled in icing sugar, this method is for parties and taking to special days at school. They look more like commercially made jellies' – *thanks to a failsafer from Victoria*

2 cups sugar  
1 cup water  
3 tbsp gelatine  
¼ tsp citric acid  
sifted icing sugar or caster sugar for coating

Place the sugar, water and gelatine in a saucepan over low heat and stir until dissolved. Bring to the boil and boil without stirring for 20 minutes. Add the citric acid and pour into a lightly greased tin. Allow to cool and set. Cut into bite-sized squares and roll in icing sugar.

Gelatine is permitted to contain a very high 750 ppm of sulphite preservatives. In practice this varies from none to high levels but sulphites are driven off by heat, so the recipe above which requires boiling for 20 minutes is ideal for getting rid of sulphites. If you know you are extremely sensitive to sulphites, avoid anything with gelatine.

### **Dominic's Pop-rocks**

Similar to candied popcorn, these are my kids favourite sweet treats - they share them with friends at tee-ball and soccer and their friends love them so my kids feel on top of the world, and not quite so 'different' for a while. They are cheap to make and great for parties – and everyone can eat them!

2 cups white sugar  
1/2 cup water  
1 to 2 tsp Nuttalex or pure butter  
1 packet of Sunrice Plain Rice Cakes (150g), crumbled

On low heat, put the first three ingredients into a saucepan in the order listed above. Do not stir! Allow to come to a slow rolling boil. At first, there will be lots of bubbles as the mixture boils, but after 5 to 10 minutes the bubbles will slow down or diminish - the butterscotch is now starting to go through its final stages and you will need to watch it carefully from here. While it is cooking, you can be crushing the rice cakes. You don't have to make these too small, as they will get smaller when being stirred or shaken in the airtight container later. Allow the butterscotch mixture to become golden. Turn off the heat but do not remove the pan from the hotplate. Using a clean wooden spoon (plastic might melt!) stir the crushed ricecakes into the butterscotch. Mix well until all the rice cake crumbs are covered - leaving the pan on the hotplate allows you the time to mix everything without it starting to go hard too quickly. When thoroughly mixed, pour the pop-rock mixture into a baking-paper lined slab tin and spread out. When cool, break into pieces and store in an airtight container. - *thanks to Sheryl*

See more recipes in my books and at [www.fedupwithfoodadditives.info/information/recipes.htm](http://www.fedupwithfoodadditives.info/information/recipes.htm)

# Dips, Spreads, Sauces, Stock & Jams

## **Red bean sauce or paste**

This exceptionally delicious and versatile recipe can be used as a tomato sauce substitute, a spread, a salad dressing or is a great hit at parties as a dip. Use red kidney beans from a can or soak dried beans overnight, pressure-cook 12 mins or simmer for 60 mins. Drain.

1 cup cooked red kidney beans  
2 tsp failsafe oil  
pinch salt  
¼ tsp citric acid  
crushed clove of garlic optional  
2 tbsp water for a paste, more for a thinner sauce

Mix in blender to a thick paste, keep in fridge. Great in sandwiches, wraps, as a dip, and on pizza.

## **Mighty Mayo**

This mayonnaise is so delicious it turned my children into salad eaters. It's great in wraps and sandwiches.

¼ cup maize cornflour  
3 tsp citric acid  
1 tsp sea salt  
½ cup sugar  
1 and ¼ cups water  
2 eggs  
175 ml failsafe oil

Cook together cornflour, citric acid, salt, sugar and water. When thickened, pour into blender and while whizzing add eggs and drizzle in oil. Keeps well in refrigerator for approximately two weeks. (Not safe in the US where a high percentage of raw eggs are infected with salmonella.) – *thanks to Robin*

## **Home-made chicken stock**

When you have finished with your roast chicken, put the bones in a saucepan with water, leek, parsley, celery and sea salt, and simmer for one hour. Strain, cool and skim off fat. Store in refrigerator or freezer. • You can make this into a quick meal by cooking vegetables (leek, cabbage, celery, choko) in the stock with garlic and salt for flavour, and adding Asian style 2-minute noodles. – *thanks to Annette*

### **Birgit's pear ketchup**

Use instead of tomato sauce. You can buy the ketchup and jam from Birgit through Product Updates on the website.

1 large tin (825 g) of pears and syrup  
½ cup brown sugar  
2 tsp citric acid  
1 tsp salt

Drain and dice pears. Put syrup in a saucepan and simmer until reduced by half. Add pears and remaining ingredients. Simmer about 15 minutes or until mixture thickens. Allow to cool. Puree for ketchup, or leave as is for chutney • for more flavour, add chopped leeks, shallots and garlic to diced pears • for a thicker sauce, thicken with cornflour, gluten-free if necessary

### **Birgit's pear jam**

Pears must be soft and ripe, or your jam will contain some salicylates. Jam-making generally requires equal quantities of sugar and fruit.

1kg ripe pears, peeled and cut into small pieces (should be about 750 g)  
or 2 large tins of soft pears, drained  
750 g sugar  
1 x 50 g packet of Jamsetta (pectin and sugar mix, available in supermarkets)  
1 tsp citric acid (optional) for those who prefer a less sweet taste

Puree pears. Put in a large saucepan and heat gently. Add sugar and Jamsetta, stirring with a wooden spoon until sugar is dissolved then bring to the boil and boil rapidly for five minutes, stirring occasionally. Allow to cool. Pour into sterilised glass jars or plastic storage containers. Store in refrigerator or freezer.

### **Maple cashew butter**

2 cups raw cashews  
80 g pure butter or Nuttelex  
¼ cup maple syrup

Process cashews in food processor until finely chopped. Keeping the processor turning, add butter then maple syrup until mixture forms a paste. Pour into sterilised jars, cover, seal and label. Store in the refrigerator. Makes 1½ cups

### **Failsafe hummus**

440 g can chickpeas (garbanzos), drained and rinsed (or home cooked)  
2 cloves garlic, crushed (or less to taste)  
3 tbsp failsafe canola oil (or less)  
1/3 tsp citric acid  
1 tsp parsley, chopped (parsley is high in salicylates, use only for colour)  
salt to taste

Combine ingredients in a food processor and blend until smooth. Use as a spread on sandwiches or rice cakes, as a dip with preservative-free bread and salad, or as a gluten free lunch on rice with chopped fresh celery stirred through and lettuce on the side. We cook a packet of chickpeas in our pressure cooker (soaked overnight and the soaking water discarded) and make this hummus in bulk. Low salt, low fat version: 4 cups of cooked chickpeas, 2 tsp citric acid, 1 tbs oil, 1 tbs parsley, add more cooking water to give a better consistency if needed.

## Failsafe Substitutes

These are what my family uses as failsafe substitutes for common foods.

<b>alcohol</b>	gin, vodka, whisky
<b>baked beans</b>	canned butter beans or kidney beans served with pear ketchup
<b>biscuits</b>	shortbreads/ home-made see recipes/commercial biscuits on shopping list
<b>bread</b>	preservative-free see shopping list, rice cakes, Saladas
<b>breadcrumbs</b>	rice crumbs
<b>brown sugar</b>	light brown sugar - not dark and coloured with molasses
<b>burgers</b>	home-made, see recipe
<b>butter</b>	pure butter, Mainland Butter Soft, Harmonie Organic, Nuttelex Original dairy free
<b>cakes</b>	home-made, see booklet or website recipes
<b>cheese</b>	preservative free cottage, cream cheese, mascarpone, quark or ricotta
<b>chips</b>	or crisps - plain unflavoured (see shopping list), see hot chips below
<b>chocolate</b>	carob instead of chocolate, cocoa, Milo
<b>cooking oil</b>	Golden Fields or other antioxidant free canola or sunflower oil
<b>cordial</b>	see magic cordial recipe
<b>croissants</b>	no colours, preservatives, antioxidants, whey powder
<b>crumb mix</b>	see breadcrumbs
<b>dried fruit</b>	unsulphited home dried pears, see shopping list
<b>fish fingers</b>	home-made, see recipe
<b>'flavours'</b>	no need for added flavours, we enjoy fresh, natural, quality ingredients
<b>fries</b>	homemade, see hot chips below
<b>ginger</b>	in gingerbread, use brown sugar instead, see <i>Failsafe Cookbook</i>
<b>gluten-free</b>	see gluten free options; request Darani's booklet (suedengate@ozemail.com.au)
<b>hot chips</b>	see quick chips recipe; commercial antioxidant free frozen oven fries limited
<b>icypoles</b>	home-made, see recipe
<b>jam</b>	pear jam, see recipes; pawpaw jam if amines are OK, see Product Updates
<b>juice</b>	water, home-made icypoles, magic cordial, see recipes
<b>honey</b>	pure maple syrup, rice malt, golden syrup
<b>KFC</b>	HFC, see recipes
<b>lemon juice</b>	'citric' lemon juice, see recipe
<b>'lite'</b>	often means more additives; eat smaller portions of full fat foods less often
<b>margarine</b>	Nuttelex Original; others, read label – avoid annatto 160b, sorbates, other nasties
<b>milk</b>	A2 milk ( <a href="http://www.a2australia.com.au">www.a2australia.com.au</a> ), soymilk, ricemilk, oatmilk
<b>noodles</b>	uncoloured noodles, no flavour sachet, we eat Changs and Trident
<b>nuggets</b>	home-made, see HFC recipe
<b>pasta topping</b>	see failsafe mince recipe
<b>peanut butter</b>	home-made cashew paste or cashew maple butter
<b>pizza</b>	home-made, see recipe
<b>salt</b>	use for flavour – preferably iodised - failsafe eating is naturally low in salt
<b>soft drinks</b>	see cordial
<b>soy sauce</b>	CSR golden syrup
<b>tomato sauce</b>	red bean paste, pear ketchup, pear puree, mayo, leek sauce see recipe
<b>toothpaste</b>	plain, unflavoured toothpaste or salt, see Personal and cleaning
<b>sweets</b>	toffees, caramels, butterscotch, others, see shopping list
<b>takeaways</b>	plain BBQ chicken if you can find it - no stuffing, no seasoning, no seasoned salt, own Brumbys or Bakers Delight rolls • grilled fresh fish, maybe a tiny amount of hot chips, own fresh rolls, iceberg lettuce • potato cart baked potato; own Nuttelex or cream cheese and chives • steak sandwich, no sauce, no onions, use own bread
<b>Vegemite</b>	plain hot buttered toast, or see Vegemite substitute recipe on website recipes
<b>vitamins</b>	permitted supplements, see Vitamin icypoles

# Buy These (basic shopping list)

This is the very basic shopping list I sent with my son to university. There will be more foods on your dietitian's list. Very sensitive people may react to some of the foods on this list, see Checklist of Common Mistakes on the website. Products change. See the regularly updated shopping list on the website <http://www.fedupwithfoodadditives.info/information/ShoppinglistAUST.htm>

## Vegetables

Potatoes - large white (thickly peeled), swedes, cabbage, Brussels sprouts, celery, iceberg lettuce, leeks, shallots (see photo called scallions on wikipedia), chives, garlic (now limited to small amounts during the elimination diet), chokos, mung bean sprouts, bamboo shoots  
Eat occasionally: carrots, snow peas, green peas, beetroot, butternut pumpkin, sweet potato, asparagus (these are NOT ok for the strict elimination diet, ask your dietitian about gradual reintroduction of salicylates)

Frozen: green beans

Frozen: chips (fries). McCains Healthy Choice contain small amounts of unlisted 320 (BHA) so eat only small amounts NOT every day.

Dried: red lentils (in packet), any other dried lentils, chickpeas, beans except broad beans

Canned: kidney beans, chickpeas, all beans except broad beans (no spices, flavours, sauces)

Dried Beans: See Windy Hints p11. Probiotics e.g. Inner Health, Metagenics Flora Care for Kids, VSL#3, GastroHealth4 are failsafe recommended. Choose dairy free if allergic to dairy
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## Fruit

Pears, canned pears in syrup (NOT juice)

Eat occasionally (NOT during the strict elimination diet): golden or red delicious apples, nashi pears. Bananas & pawpaws are OK for non-amine responders. Mangoes, rhubarb, tamarillos and persimmons have all been upgraded to high salicylates - we eat small amounts as part of our salicylate allowance. Ask your dietitian about gradual reintroduction of salicylates.

## Pasta, noodles, flour, rice

Pasta twists and other shapes, not coloured

Fantastic rice noodles or Changs wheat noodles

Sunwhite rice

Self raising flour

Cornflour (White Wings is gluten-free)

Cous cous

Pearl barley (for soup, NOT if gluten free)

**Bread:** Brumbys, Bakers Delight and Banjos plain breads, Brumby's white iced finger buns but not cup cakes; Bakers Delight finger buns if ordered without spice wash

## Breakfast cereals

Rolled oats, Rice Bubbles, Rice Bran, All Bran, Weetbix (very limited for us, see Checklist of Common Mistakes)

## Pancake mix

Orgran buckwheat is gluten free and free of added flavours so that's the one I use. Other brands aren't too bad e.g. White Wings Shaker Pancakes, White Wings Panjacks, but contain added flavour so I prefer to make our own

**Sweeteners, toppings, spreads:** white sugar, light brown sugar, icing sugar, pure maple syrup, CSR golden syrup, rice malt, Shady Maple Farm organic creamy Canadian maple spread

### **Cakes and pastry**

Sara Lee all-purpose pound cake

Self-saucing sponge (Big Sister Butterscotch, Big Sister Golden)

Pampas frozen Puff Pastry or Butter Puff (check labels – ingredients change frequently, commercial quantities are NOT ok)

### **Biscuits**

*Arnotts have removed unlisted BHA 320 from their vegetable oil, most other biscuit brands probably haven't; we have had problems with any biscuits listing 'flavour', e.g. Arnotts Nice Arnotts original water crackers, Sao, Salada, Saltine*

Arnott's milk arrowroots are OK if you pass your dairy challenge

Glengarry shortbreads or any other shortbread with only butter, flour, sugar, such as Walkers Sunrice plain Rice Cakes

Rice Crackers (we used to eat Sakata plain but have had so many complaints about reactions, I don't recommend any right now)

### **Meat - use the day you buy or freeze and eat within 4 weeks**

- fresh beef or lamb, e.g. preservative-free mince, diced beef or lamb for stir fries, lamb chops for grilling, sirloin steak, roasts (fresh NOT vacuum packed or cryovaccated – you have to ask)
- failsafe sausages specially made with fresh meat, rice flour, sea salt, shallots and/or garlic (see a recipe for your butcher; and butchers under website Product Updates)

### **Chicken**

Whole fresh or frozen chicken (definitely no seasoning, stuffing, or self-basting), chicken breast fillets, thighs, pieces (no marinade, flavour enhancers). You can't eat the skin due to highamines

### **Fish – eat the day of capture or freeze and use within 2 weeks**

Very fresh (not frozen or canned) white fish (eg snapper, barramundi, whiting, not salmon or tuna), crab, lobster, oysters, calamari, scallops but not prawns which are always sulphited. From fish shops not supermarkets, ask for the freshest. (Unflavoured tinned tuna or salmon in spring water is OK for people who passed their amine challenge)

**Eggs:** whole fresh eggs or Orgran No Egg egg substitute, eat the day of cooking

### **Dairy foods and substitutes**

Milk: A2 milk ([www.A2australia.com.au](http://www.A2australia.com.au))

Yoghurt: (all yoghurt is now upgraded to moderate in amines, NOT suitable for the strict diet, see Checklist of Common Mistakes): Vaalia natural yoghurt, A2 natural yoghurt

Cheese: preservative free cottage or cream cheese, mascarpone, ricotta, quark

Icecream: Peters Original vanilla icecream, other vanilla icecream without annatto 160b Sanitarium So Good Vanilla Bliss (soy 'icecream')

Milk substitutes: Sanitarium So Good longlife soymilk, SoyLife longlife soymilk, Ricemilk etc

Nuttelex margarine, maybe others – no colours except 160a, no sorbates, no 319/320

Pure not blended Butter (e.g. Mainland butter soft, Harmonie)

### **Oils**

Canola, safflower, sunflower, soy oil or rice bran oil, not cold pressed (except for soy), NO antioxidants (310-321), eg Golden Fields, Dick Smiths, Crisco.

Commercial cooking oils nearly always contain antioxidants 319 and/or 320 which is why commercial hot chips are NOT ok as a treat
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### Home cooking

Bicarbonate of soda, citric acid, gelatine, agar agar  
salt (nutritionists now recommend iodised)

### Snacks

Chips (crisps): unflavoured, no preservatives or antioxidants (only potatoes, failsafe oil, salt) e.g. Red Rock Deli Sea Salt, Smiths Crinkles Originals; Parkers Pretzels; Sunrice Plain Rice Cakes (ingredients: wholegrain brown rice), no flavours no corn, eat dry or with topping; Chic Nuts (roasted chickpeas with garlic flavour); raw cashew nuts (limit 10 per day), dried pears (no peel, no sulphites, limited to the equivalent of 2 fresh pears per day) [www.absolutefruitz.com](http://www.absolutefruitz.com)

### Drinks

Carob powder (Health food stores, Little Lolly Shop [www.littlelollyshop.com](http://www.littlelollyshop.com) NOT dot au)  
Decaf e.g. Lavazza plunger, Nescafe instant  
Gin, vodka, whiskey

### Sweets (read labels, only from low ingredients)

Home made marshmallows, honeycomb & toffee  
White Marshmallows (e.g. Pascalls Vanilla, limit 4 per day, contain gluten)  
White jelly beans if vanilla flavour NOT orange oil  
[www.littlelollyshop.com](http://www.littlelollyshop.com) (NOT .com.au!) – see Failsafe & Friendlier section, AVOID fruit flavours & orange oil

### My gluten free stuff

**porridge:** rice flakes for porridge (definitely nothing with grape juice sweetening) e.g. Rice Flakes Medium from JK International, millet e.g. Lotus Organic millet flakes or meal for porridge

**gf pasta** e.g. Orgran Garlic & Parsley Rice Pasta

gluten free flour e.g. Orgran or Freedom Foods

Rice Paper e.g. Banh Trang

**gf bread** Rice, rice cakes, or Orgran buckwheat pancake mix, failsafe gluten free breads e.g.

<http://www.naturallyglutenfree.com.au/> Oriental loaf – the Classic is NOT failsafe due to corn

**gf biscuits** e.g. plain Rice cakes, Buckwheat crispbreads, carob buckwheat crispbreads by

Naturally Good (very limited for us because of the milk solids in the carob), Eskal crackers

See more in the Failsafe Cookbook and on the website shopping list

**Antidote for symptoms:** ENO regular antacid powder as directed

**Medications:** no artificial colours, flavours (artificial or natural), preservatives unless essential.

Ask a compounding pharmacist and see our Medications factsheet

#### ***Always read labels: ingredients change!***

Foods that change constantly include frozen pastry, biscuits, drinks, frozen chips, soymilk. Always read labels and check changes through Product Updates on the website, or subscribe to our free newsletters (email [failsafe\\_newsletter-subscribe@yahoo.com](mailto:failsafe_newsletter-subscribe@yahoo.com) with "subscribe" in the subject line), or see the regularly updated shopping list on the website: <http://www.fedupwithfoodadditives.info/information/ShoppinglistAUST.htm> and for other countries under product updates on website.

#### ***Soymilk, ricemilk, allergies and infant feeding***

- Rice and soymilks enriched with chickpeas are not suitable for children or adults with cross reactivity problems due to nut, legume or soy allergies.
- Rice milk is not suitable for infant feeding. Any infant not breastfed to 12 months must be given an appropriate infant formula.

# Personal & Cleaning Items

Preferably free from fragrance (perfume, scent, aroma)

## **Toothpaste - unflavoured**

Pharmacy Health Plain toothpaste (formerly Soul Pattinsons Plain)

Plain Toothpaste from Oral Hygiene Solutions, [plaintoothpaste@hotmail.com](mailto:plaintoothpaste@hotmail.com)

Make your own • mix 3 parts baking soda with 1 part salt; add 3 tsp of glycerol/glycerine to each quarter cup of dry mixture (check this with your dentist) - *thanks to Canterbury group, NZ*

## **Soap, handwash, cleansers, shampoo, conditioner – fragrance free**

Simple range [www.simpleskincare.com.au](http://www.simpleskincare.com.au)

Dove fragrance free soap

Redwin range [www.redwin.com.au](http://www.redwin.com.au)

Dermaveen range from pharmacies

QV range from pharmacies

EnviroCare fragrance free Sensitive Body & Hair Cleanser [www.naturalhealthorganics.com.au](http://www.naturalhealthorganics.com.au)

Melrose Rainwater soft Shampoo and Conditioner base (fragrance-free) from health food stores

## **Deodorant – fragrance free, roll-on or stick**

Simple, Nivea, Mitchum, QV, Miessence aroma free [www.organicaustralia.com.au](http://www.organicaustralia.com.au)

## **Sunscreen - low fragrance and free of PABA (and nut oils if allergic)**

Cancer Council Sunscreens

Ego Sensense Low Irritant

Hamilton's sunscreen

UV Natural (recommended by several very sensitive failsafers)

## **Lip balm - fragrance free**

Fragrance-free: e.g. QV lip balm [www.qvskincare.com.au](http://www.qvskincare.com.au)

Lansinoh preservative-free moisturiser sold as nipple cream in pharmacies

Vaseline – is it safe? <http://thebeautybrains.com/2006/10/08/does-petroleum-jelly-cause-cancer/>

## **Skin creams - fragrance free**

Dermaveen, QV and Simple range from pharmacies; plain sorbolene

The failsafe eczema group recommend failsafe oils such as rice bran, sunflower, canola

## **Household – fragrance free**

Laundry: Omo-sensitive, Lux flakes, Planet Ark washing powders (no enzymes or perfumes)

No: soakers, ironing sprays, fabric softeners, smelly cleaners, scent sprayers, air fresheners

Fabric softener alternative: 1/2 cup soda bicarb dissolved in water)

Cleaners: Soda bicarb, vinegar, cleaning cloths such as Enjo and Sabco

Unscented dishwashing detergent e.g. *Seventh Generation Free and Clear Unscented*

<http://www.shopnaturally.com.au/seventh-generation.html> otherwise Earth's Choice lemon

Herbon (from health food stores) or Finish (from supermarkets) dishwasher powders

Steam cleaners without chemicals

Toilets: Harpic White and Shine, use with good ventilation. No smelly disinfectants, deodorants, air fresheners, toilet 'blue'

[See more in the shopping list on the website](#)

# See What Happens

**Assess your child:** before you start, make a list of the ten things that bother you most about your child (can be from the list below or anything else). Rate each item for how much it bothers you, on a scale of 1-10, where 10 is worst. Repeat this after three weeks.

**Possible problems:** sleeping (falling sleep, waking, night terrors); eating (fussy eater, won't try new foods, won't eat breakfast, throws tantrums if foods not right); gut problems (reflux, bedwetting, sneaky poos, other); asthma; oppositional behaviour (defiant, argumentative, always says no, always breaks rules); forgetful and disorganized; anxious, depressed, panic attacks; restless, can't sit still; irritable, easily annoyed; inattentive; loud, makes silly noises, talks too much, stutter, speech delay; learning problems (maths, reading, writing), coordination problems, social problems; won't do chores when asked, won't do homework; won't go to bed; fights constantly with siblings; others.

SYMPTOM	SCORE BEFORE DIET	AFTER DIET
e.g. often takes hours to get to sleep	10	2
1 .....		
2 .....		
3 .....		
4 .....		
5 .....		
6 .....		
7 .....		
8 .....		
9 .....		
10.....		

- During the diet, keep a daily food and symptom diary so you can look back and see changes. You can add comments like 'fed the dog without being asked – for the first time ever!'
- Expect withdrawal symptoms in the first two weeks usually on days 4 and 5 (can be anger, anxiety, weeping, bad behaviour, colds and flu, physical symptoms, etc).

After 2-3 weeks:

- **If the diet is working**, see Challenges under further information p.30.
- **If the diet isn't working**, see Checklist of Mistakes on the website. Watch details. One mother wrote (about lip-balm): 'One small mistake can make all the difference!'

## Q. How do you get a difficult kid to stick to it?

### A. The Ten Commandments of Failsafe Eating

1. **Failsafe your house** by getting rid of all unsuitable food, you can eat it or give it away.
2. **It's easiest for the whole family** to do the diet, at least for the first three weeks (usually except Dad – they can just appear to do the diet while they are at home).
3. **Arrange a bribe** with your child, ask 'What's it worth to you?', then negotiate. Part payments are better than one huge bribe at the end.
4. **If your children make mistakes**, thank them for telling you, 'How can we avoid that next time?', e.g. offer non food rewards or favourite failsafe foods if they bring home any unsafe foods for swapping, and have a slice of failsafe birthday cake in the freezer at preschool.
5. **Don't worry too much about fussy eaters** in the first few weeks, just find something they will eat from the main meals section until they get over their withdrawal symptoms and food cravings. After that they will probably eat much better than ever before.
6. **Encourage a happy home.** Most families come to the diet when they are utterly desperate and diet is a last resort. Reduce conflict by avoiding confrontations, treat each other with the respect and kindness you would show to strangers. Schedule time to watch feelgood family comedies, preferably without food (*Galaxy Quest* is one of our favourites). Rekindle the love by going through family photographs and remembering the good times. Tell your kids and partner you love them, frequently.
7. **Do one thing at a time.** This diet works far better when followed 100 per cent, not in combination with other supplements, essential oils or ADHD medication. Allow at least six months to give this diet a really good go before leaping into other therapies. It is possible to use both diet and medication for ADHD - see Susan on the DVD - but get the diet sorted out *first*.
8. **Stop blaming giftedness for bad behaviour** or depression. Heaps of gifted children have food intolerance that is more likely to cause behaviour problems than boredom. See the DVD interviews with Belinda and Kim.
9. **Read the Checklist of Common Mistakes** on the website, many times. Everyone thinks 'this doesn't apply to me', but it does.
10. **Include regular exercise** in your routine. It's a great way to burn off the effects of nasty food chemicals, overcome stress and depression, control appetite and avoid weight problems.
11. **Turn off the TV** to avoid food advertisements. Studies show that food advertisements really work. We hired DVDs instead. Some people tape their favourite shows so they can fast forward through the ads.
12. **Home-cooking is always best.** Supermarket foods are likely to have hidden ingredients and flavours. I know cooking seems like a lot of work but in the long run it's worth doing it yourself to get it right.

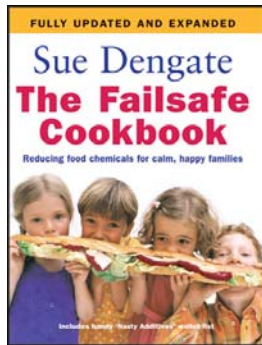
Oops. 12 commandments ...

# Index of Recipes

Aussie toad in the hole, 6  
Birgit's pear jam, 21  
Birgit's pear ketchup, 21  
Burgers, 12  
Carob spread, 9  
Chicken & Chickpeas, 11  
Chicken schnitzel, 14  
Chicken stir-fry, 14  
Commercial Cereals, 6  
Cool cake, 17  
Cool cupcakes, 17  
Creamy chicken pasta, 10  
Dominic's Pop-rocks, 19  
Failsafe mince topping, 13  
Failsafe sausages, 12  
Fish fingers, 14  
Five-minute oats, 6  
Frozen Rice Bubble Treats, 18  
Gluten free breakfasts, 7  
Green peas, 15  
Grilled chicken, 13  
Grilled meat and three veg, 13  
Healthy vegetable soup, 12  
Hide the Vegetables, 15  
Home-made chicken stock, 20  
Hummus (failsafe), 20  
Ice cream, 18  
Icypoles and icecups, 8  
Japanese stir-fry cabbage, 15  
Lamb stew, 11  
Lemony jellies, 19  
Lunchbox pear muffins, 16  
Magic cordial, 8  
Maple cashew butter, 21  
Mighty Mayo, 20  
mince topping, 13  
Mrs Cattle's biscuits, 16  
Mum's Mash, 15  
Narni's custard cups, 17  
Other failsafe drinks, 8  
Pancakes, 7  
Pear crumble, 18  
Pear dessert cake, 17  
Pear smoothie, 7  
Pie filling suggestions, 10  
Pies, 10  
Pizza, 14  
Easy chips, 15  
Rebecca's egg pie, 15  
Recipe for your butcher for 10 kg of sausages, 12  
Red bean sauce or paste, 20  
Roasts, 14  
Rolled Oat bars (contain gluten), 16  
sandwich fillings, 9  
Sandwiches, 9  
Sausage rolls, 10  
Slimmers' salad, 9  
Spreads, 9  
Steak sandwiches, 13  
Super salad rolls or wraps, 9  
Toast, 6  
Vegetable frittata, 15  
Vitamin icypoles, 8  
Windy hints, 11

# Learn more!

The more you know, the more likely you are to succeed. Available from [www.fedup.com.au](http://www.fedup.com.au) and various stores:



## **The Failsafe Cookbook: reducing food chemicals for calm, happy families**

Readers say:

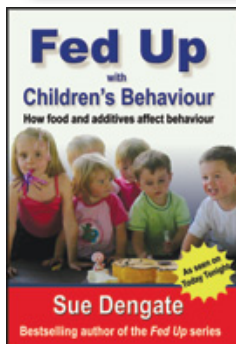
- very easy to use and yummy results
- everything we cook is out of your cookbook it has become like my bible - I even take it when I leave the house
- I'm SO grateful for the simple, family friendly recipes
- now he is getting enough interesting things and variety so he feels that he is not missing out!



## **Fed Up: how food and additives affect behaviour**

Readers say:

- if it had not been for your book we would still be living with an unhappy, difficult child and she would not have had the pleasure of knowing that she could achieve so much
- Fed Up has been a lifesaver for us
- the best of all your books



## **DVD: Fed Up with Children's Behaviour**

helps to convince children, spouses, relatives, friends and teachers

Viewers say:

- I've watched your fantastic DVD three times. Many people who are not concerned about children's behaviour could still benefit in a big way
- if I did not see your DVD my son would have ended up on some kind of horrible medication
- Our 3 children saw the first 40 minutes as well, amazing as they are 8, 6 & 5.



Failsafe magnifying card with names and numbers of all 50 additives to avoid. Some food manufacturers are switching to names to confuse consumers. Give this handy wallet card to all your family so they know which additives to avoid at the supermarket.

**Questions:** You are welcome to email me with questions ([suedengate@ozemail.com.au](mailto:suedengate@ozemail.com.au)) but please read my book Fed Up first! Other people to ask: your dietitian, your failsafe email support group, your local contact. For more information, especially factsheets and newsletters see our website [www.fedup.com.au](http://www.fedup.com.au). You can also ask for our Salicylate & Amines Mistakes Information.