

# 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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*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 about their sons. One said: 'We have our son on a lot of 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 this little booklet of what we keep in our pantry and eat in our home since a low-salicylate diet provided a magic answer for our daughter's behaviour 13 years ago. It's intended to be read after you've seen my DVD *Fed Up with Children's Behaviour*.

Some children improve just by avoiding a few additives but others do best on a full elimination diet with fine-tuning. Seeing a dietitian (p. 30) gives you credibility with doctors and schools and - usually - a better chance of success. It's also good to have your child's nutrition checked after you've settled into the diet. There is no need to do this if you are simply avoiding additives, but it is essential if you have to avoid major food groups such as gluten, dairy foods and salicylates, especially if your child is very young. You can email us ([confodnet@ozemail.com.au](mailto:confodnet@ozemail.com.au)) for our list of failsafe-friendly dietitians. Let us know if you are prepared to travel for one of the real 'miracle workers'.

If doing the full diet I recommend the Failsafe Cookbook from your library or bookstore. One mother whose child had been breaking his diet wrote: 'I was able to buy your cookbook, so now he is getting enough interesting things and variety and feels that he is not missing out!' See also *Friendly Food* by the Royal Prince Alfred Hospital Allergy Unit available in bookstores, diet booklets from dietitians, and our website [www.fedup.com.au](http://www.fedup.com.au).

How do you convince reluctant partners and children? According to many readers, the trick is to say nothing and watch our DVD at home while others are around.

Remember Robert, the second father above? 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 (all 600 numbers)**

620-625 glutamates including MSG (621)

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

636-637 maltol, ethyl maltol

640-641 Sodium glycine, L-leucine

Yeast extract, HVP, HPP, hydrolysed vegetable, plant 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 tubes and icypoles
- 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 (limited for children who are not improving)  
Milk, A2 milk, soymilk, ricemilk  
Egg (boiled, scrambled, poached, toad in the hole, French toast)  
Toast with e.g. butter only; or pear jam, golden syrup, cashew spread, soy spread  
Pancakes with pure maple syrup  
Pear Smoothie

## **Lunch**

Sandwiches, rolls or wraps e.g. chicken, egg and lettuce (see Sandwiches)  
HFC chicken nuggets  
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 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 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 equivalent (limit 2 per day) • Diced Pear Fruit Cups in syrup, can be frozen, see shopping list • home-made muffins • buttered plain wheat crackers such as Saladas • Brumby's white iced finger buns • plain rice cakes with Nuttalex and home-made pear jam or home-made hummus • trail mix made from unsulphited dried 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, 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 • plate of crunchy failsafe salad vegetables e.g. celery sticks filled with red bean paste, see recipe • home-made rolled oat bars or other biscuits, see recipes • toast and home-made pear jam or other spreads • Kettle plain chips

**Treats and lollies** see Desserts, Treats and Celebration

**Vitamins** see Vitamin icypole recipe

**Toothpaste** see Personal Cleaning Products

# 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  
1 cup water per person

Place oats in a large microwave safe bowl and microwave on high for 1 minute, stir then microwave again for a further 4 minutes • OR place oats in a small saucepan with cold water and bring to the boil on a high setting. Stir briefly until mixture thickens • OR if using quick cook oats, microwave for 1 minute.

Serve with any or all of the following from the shopping list: pears, whichever form of milk you are using (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

Other than rolled oats, Rice Bubbles are the safest packaged cereal. Plain additive-free wheat based commercial cereals are failsafe but many children with behaviour problems are affected by wholegrain products like Vitabrits, Weetbix, Allbran and wholemeal bread, see Checklist of Common Mistakes on the website.

## Aussie toad in the hole

This is what you saw the Palmer's Island kids eating 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, Freedom Foods soy butter

### **Pancakes**

Many supermarket pancake mixes are failsafe although I prefer to avoid those with added flavours which leaves Orgran buckwheat pancake premix. 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)  
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.

### **Gluten free breakfasts**

I'm the only one in the family who is gluten free and this is what I eat: Freedom Foods Contamination Free Instant Oats (rolled oats were recently found to be gluten free when grown and processed free from wheat contamination) • puffed rice, buckwheat or millet • millet porridge (made from Lotus French Millet or home-ground millet • the Orgran buckwheat pancake mix is also really good for breakfast or lunch and free of added flavours • rice cakes • gluten free bread with Nuttelex and pear jam - my favourite gluten free bread is RR Bakery, now available Australia wide, see shopping list.

# Drinks & Icy poles

A 2006 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. Can be served cold, or hot as a soothing winter 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 (p.00), permitted icecream • preservative-free lemonade and tonic (e.g. Schweppes in bottles limited to one small glass a week because there are some salicylates and amines in the lemon juice flavour - save them for parties).

## **Icypoles and icecups**

You will need your own icypole moulds or plastic cups. Adjust dilutions to suit individual tastes. More water makes the icypole 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

Peters Lemonade icypoles contain some salicylates and amines in the natural lemon flavour so should be limited to one per week.

## **Vitamin icypoles**

I like to take an Amcal One-a-Day multivitamin and mineral supplement most days – they are 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 icypole mixtures above, stir well, and spread over at least two icypoles since the dose for children is half a tablet per day. Children like the orange colour which is the natural colour of vitamin B1. The cold of the ice numbs the tastebuds and makes medicine easier to take.

**Numb the tastebuds for medication** • I hate being forced to ingest artificial colouring with medications so if I really have to take medications such as antibiotics, I ask for them in capsules, so I can empty the powder out. It is easiest to take mixed with 1 tbsp 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 rice cakes.

**Some spreads:** Nuttelex, preservative free cream cheese (read every label) with thinly sliced celery or chopped chives • Freedom Foods soy butter • cashew paste with or without maple syrup, see recipe • pear jam • if you pass your amine challenge you can also have mashed banana or tuna and if dairy is OK you can also have some mild cheeses

**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 • 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 preservative free wrap or Pita (read every label)  
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)

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

## **PBJs**

Americans love PBJs (peanut butter and jelly sandwiches). The failsafe version of these is preservative free bread with homemade cashew butter and homemade pear jam; the gluten free, failsafe version is cashew butter (preservative free cream cheese will do) and pear jam on rice cakes. They make a handy and satisfying lunch. – *thanks to Daniel from New York.*

## **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 (or peas when permitted)  
1 cup of celery, cabbage, shallots, lettuce all finely sliced  
1 tbsp Birgit's pear ketchup or red bean paste  
fresh chives, chopped  
1 tsp parsley, finely chopped

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

### **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 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), 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 (block not tub, due to preservatives)  
3 tbsp yoghurt  
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, stir fry shallots and garlic gently in a little canola oil. Drain. While warm, stir through cream cheese, 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

# Main Meals

## **Andra's quick chicken noodle soup**

You can serve this as a meal with homemade garlic bread or fresh rolls, or as a healthy between meals snack

1 tbsp failsafe oil  
1 cup each failsafe vegetables e.g. leek, cabbage, green beans (carrots when permitted, not during strict elimination diet)  
1 chicken breast fillet, cut into strips  
extra oil  
4 cups water  
1 cup homemade chicken stock or water  
2 packets (250 gm each) of instant noodles, rice or wheat, see shopping list  
1 tsp salt

Heat oil in a very large pot, saute vegetables. Remove from pan. Add extra oil and saute chicken strips until light brown. Add vegetables to pan and add liquid. Arrange noodles over vegetables, add salt and put lid on pot. Cook for 6-8 minutes, stirring occasionally.  
For very sensitive amine responders, you can omit chicken stock, remove chicken after sauteeing and add at the end, reheating for a few minutes.

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.

## **Darani's hearty chicken noodle stew**

Three year old Ethan ate this failsafe, gluten free, dairy free highly nutritious meal nearly every day for lunch or dinner during his elimination diet, leading to exceptionally good intakes of all major nutrients including four times the daily recommended intake for folate, a vitamin which is deficient in most western diets.

1 whole free-range chicken  
1 leek (halved lengthways)  
1 tsp salt  
1 cup red lentils  
12 brussel sprouts or approx 1/2 cabbage  
1 swede  
4-6 sticks celery  
4-6 shallots  
1 cup frozen green beans  
375g pkt Fantastic rice noodles

Place chicken in pot with leek and enough water to cover, add salt, bring to the boil and simmer until cooked through, about 45 minutes. Remove chicken and allow to cool a little. Strain stock, return to pot and add red lentils, then washed and finely chopped vegetables. Gently simmer until well cooked, about one hour. Meanwhile, remove skin and bones from chicken, finely chop or process and return to pot with vegetables. Add noodles and cook for a further 10-15 minutes. This usually makes enough to fill about 8 rectangular chinese take-away containers (2 serves in each for my son) which I then freeze and use as needed. Soup is very thick, more like stew really, and can be watered down a little if preferred.- *thanks to Darani.*

### **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 makes it every week. I gather 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.

### **Failsafe sausages**

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

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

650 g brown 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 sea salt (1½ cups for 30 kg)

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

Because we cannot disguise the flavour of meat with flavour enhancers, mince 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 ask whether meat is fresh or vacuum packed. I've also checked his mince myself with a sulphite test strip.

## **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 all contain preservative (282) and some contain HVP (MSG).

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). Preservative free flatbread breads can be used. Spread with preservative free Philadelphia 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 with canola oil  
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.*

### **Quick chips** (or use additive free frozen oven fries, see shopping list)

For quick chips, cut small potatoes in quarters, or large ones in eighths, cook in microwave until just soft. Put onto baking tray greased with failsafe oil, and bake in oven until golden. I don't even turn them and they are fine. – *thanks to Annette.*

### **Green peas**

Green peas contain very small amounts of glutamates and affect some children - like Susan's son on the DVD - but many children can manage them, so they're not suitable for your strict elimination diet but worth testing fairly soon. We can all eat lots of peas and my kids enjoy them frozen straight from the packet.

# Desserts, Treats & Celebrations

## Lunchbox pear muffins

Over the last 13 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 Nuttalex 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 (high fibre muesli bar alternative)

1 cup self raising flour  
½ cup sugar  
1 tbsp golden syrup  
2 cups rolled oats  
150 g butter or Nuttalex

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. For gluten free version, use gluten free flour mix and contamination free oats, see shopping list.

## Butterscotch biscuits

These biscuits are high in sugar, best saved as treats. The gluten-free option is particularly successful and freeze well so you can have some handy for special occasions.

125 g butter or Nuttalex  
½ cup brown sugar, firmly packed  
1 tbsp golden syrup  
1¼ cups self-raising flour or gluten-free flour mix

Beat butter, sugar and golden syrup in a small bowl. Stir in sifted flour. Roll into balls. Place about 5 cms apart on greased oven trays and flatten with a fork. Bake on greased trays 15 (for soft) to 20 minutes (for very crunchy) at 180°C. These biscuits freeze well. – *thanks to Andra.*

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.
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### **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 cup cakes**

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

### **Sago pudding**

Like rolled oats and rhubarb, sago is a traditional food that is enjoying a comeback as part of a healthy, lower fat lifestyle.

½ cup sago  
2 cups milk, A2 milk, soymilk, ricemilk  
½ cup sugar

Rinse sago in water then soak in milk for two hours or until soft. Bring to the boil and simmer about 10-15 minutes until transparent, stirring occasionally. Add sugar to taste. Mix well, pour into moulds or cups and leave to set. • we also like lemon sago, made by soaking the sago in water instead of milk, then adding ½ cup water, ½ tsp citric acid, 4 tbsp golden syrup and 4 tbsp sugar.

### **Pear crumble**

A classic low fat dessert that everyone loves.

1 cup flour  
1 cup sugar  
2 tbsp butter or Nuttelex  
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.*

### **Icecream**

There are some failsafe commercial vanilla icecreams, see shopping list. When I talk to the over 70s about what they ate as kids, they always remark that icecream was something their mothers made for special occasions. The fat and additive content of icecream has crept up over the years and reduced fat products usually contain nasty additives such as annatto 160b yellow colour. These two recipes are lower in fat than commercial icecreams, especially the second one, and surprisingly, taste like vanilla icecream, not pears.

$\frac{3}{4}$  cup sugar  
1 egg  
 $\frac{3}{4}$  cup water  
1 cup canned pears in syrup (drained and blended)  
200 ml light cream

Mix together according to icecream maker's instructions. This is a surprisingly good icecream that doesn't taste like pears. We also make it with mango which is excellent but not OK for strict elimination diets

• For an A2 or dairy free low-fat icecream, 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.

### **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 lollies include • Pascalls white marshmallows • Darryl Lea Butterscotch • Smashi lollies ([www.smashi.com](http://www.smashi.com)) • Sweet Treats ([www.sweettreats.com.au](http://www.sweettreats.com.au)) None of these should be eaten in large quantities except perhaps at parties. While sugar usually doesn't cause children's behaviour problems, it is best eaten in limited amounts 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! - *thanks to Sheryl.*

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.

# Dips, Spreads, Sauces, Stock & Jams

## **Red bean sauce or paste**

This exceptionally delicious and versatile recipe can be used as a tomato sauce substitute, as 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 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, Nuttalex
<b>cakes</b>	home-made, see booklet or website recipes
<b>cheese</b>	Philly cream cheese, fresh ricotta or mascarpone
<b>chips</b>	Kettle plain chips (infrequently), see hot chips below
<b>chocolate</b>	carob instead of chocolate, cocoa, Milo
<b>cooking oil</b>	Golden Fields canola oil, any antioxidant free 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 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 and ask for Darani's booklet
<b>hot chips</b>	see quick chips recipe or Logan Farm or Woolworths frozen oven fries
<b>icypoles</b>	home-made, see recipes
<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>	maple syrup, rice malt, golden syrup
<b>KFC</b>	HFC, see recipes
<b>lemon juice</b>	'citric' lemon juice, see recipes
<b>'lite'</b>	means more additives; eat smaller portions of full fat foods less often
<b>margarine</b>	Nuttalex, there is one Meadowlea variety that is OK, read labels carefully
<b>milk</b>	A2 milk ( <a href="http://www.a2australia.com.au">www.a2australia.com.au</a> ), soymilk, ricemilk
<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 Freedom Foods soy butter (limited)
<b>pizza</b>	home-made, see recipe
<b>salt</b>	use for flavour - failsafe eating is naturally low in salt
<b>soft drinks</b>	see cordial
<b>soy sauce</b>	golden syrup
<b>tomato sauce</b>	red bean paste, pear ketchup, pear puree, mayo, leek sauce see Spreads
<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, salad • grilled fresh fish, maybe a tiny amount of hot chips; own fresh rolls, salad • potato cart baked potato; own Nuttalex or cream cheese and chives • steak sandwich, no sauce, no onions, use own bread
<b>Vegemite</b>	plain hot buttered toast
<b>vitamins</b>	permitted supplements, see Vitamin icypoles

# Buy These (basic shopping list)

This is a basic shopping list of what we usually eat. 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. I've added gluten free foods I eat at the end and some notes in brackets. It is always a work in progress because products change. This booklet is only a guide for people who want to reduce their intake of troublesome additives and natural food chemicals for a few weeks. If you are doing the strict elimination diet I recommend The Failsafe Cookbook as well.

## **Vegetables**

Potatoes - large white or dirty brown, swedes, Brussels sprouts, cabbage, celery, iceberg lettuce leeks, shallots, garlic, mung bean sprouts

Eat occasionally: green peas, carrots, snow peas, beetroot, pumpkin, sweet potato, asparagus, Chinese greens, corn on the cob (these are not OK for the strict elimination diet)

Frozen: peas and beans (Logan Farm and Woolworths frozen chips are BHA free)

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)

## **Fruit**

Pears, canned pears in syrup, Coles Diced Pears Fruit Cups in syrup

Eat occasionally: golden or red delicious apples, mangoes, tamarillos, persimmons (our non-amine responders eat bananas except ladyfingers, the rest are not OK for the strict elimination diet). Eat very occasionally: peaches, watermelon (definitely not OK for the strict elimination diet)

## **Pasta, noodles, flour, rice**

pasta twists

Fantastic rice noodles or Changs wheat noodles

Sunwhite rice

Self raising flour

Cornflour (White Wings is gluten-free)

cous cous

pearl barley (for soup)

## **Bread**

Brumbys or Bakers Delight plain breads, other brands and flatbreads – read the label and ask about unlisted antioxidants; Laucke's premixes for breadmakers; Brumby's white iced finger buns but not cup cakes; Bakers Delight finger buns are not OK

## **Breakfast cereals**

Rolled oats, Rice Bubbles, Rice Bran, All Bran, Weetbix (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 with no added flavour, golden syrup, rice malt

## **Cakes and pastry**

Sara Lee all-purpose pound cake

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

Pampas frozen Puff Pastry, always read labels

## **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 and similar

Sunrice plain Rice Cakes

Rice Crackers (Sakata plain although some problems reported)

Glengarry shortbreads or any other shortbread with only butter, flour, sugar, such as Walkers

(NOTE: Arnott's milk arrowroots are OK if you pass your dairy challenge)

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

- Beef or lamb, e.g. preservative-free mince, lamb loin chops for grilling, chump chops for stewing, sirloin steak, lamb steak

- failsafe sausages if available, specially made with fresh meat, rice flour, sea salt, shallots and/or garlic

## **Chicken**

Whole fresh or frozen chicken (definitely no seasoning, stuffing, or self-basting), chicken breast fillets, thighs, pieces (no marinade, flavour enhancers)

## **Fish**

Very fresh (not frozen or canned) white fish (eg snapper, barramundi, whiting, not salmon or tuna), crab, lobster, oysters, calamari, scallops but not prawns. Only from fish shops not from supermarkets. Ask for the freshest. (plain tinned tuna or salmon in spring water is OK for people who passed their amine challenge)

## **Eggs**

### **Dairy foods and substitutes**

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

Vaalia yoghurt (limited, see Checklist of Common Mistakes)

Preservative free cream cheese eg Philadelphia brand in packets not tubs

Peters Original vanilla icecream

Sanitarium So Good longlife soymilk, SoyLife longlife soymilk

Vitasoy Original and Protein Enriched Ricemilks are now free of unlisted BHA (synthetic antioxidant 320)

Nuttelex margarine, some Meadowlea brands but read label carefully

Pure Butter (e.g. Mainland butter soft)

### **Oils**

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

### **Home cooking**

bicarbonate of soda

citric acid

gelatine

Experts now recommend if using salt for cooking and table, make it iodised

## Snacks

*If avoiding only additives, any plain additive free chips, any dried fruit free of sulphites or nasty antioxidants.*

Kettle plain chips, pretzels (eg Parkers), Raw cashew nuts (limit 10 per day), plain pappadums (eg Pataks), dried pears ([www.begadriedfoods.com.au](http://www.begadriedfoods.com.au)), Totally Pure Fruits phone 02 5989 2242 or Goulburn Valley Fruit Leathers phone 03 5829 2338, Chic Nuts (garlic flavour), home-made additive free popcorn (occasionally, not suitable for your strict elimination diet)

## Drinks

Spring water, mineral water, soda water

*Less than one glass less than once per week: Schweppes bottled preservative free lemonade; Natural Confectionary Co apple juice drink in moderation due to sugar; flavour free cocoa for amine eaters)*

Carob powder

Decaf e.g. Lavazza plunger, Nescafe instant

Gin, vodka, whiskey, persimmon wine (see Product Updates on the website)

## Sweets and treats

Marshmallows (Pascalls Vanilla, limit 4 small ones per day or less if avoiding salicylates)

Werthers chewy toffees (not for strong salicylate reactors)

Milky Bar white chocolate (limited)

[www.smashi.com](http://www.smashi.com)

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

## Gluten free products *(for those who avoid gluten)*

**porridge:** Freedom Foods contamination free quick oats from health foods sections

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

gluten free flour e.g. Orgran or Freedom Foods but see Checklist of Common Mistakes

Rice Paper e.g. Banh Trang

**Bread** – instead of bread you can use rice, rice cakes or Orgran buckwheat pancake mix (this is good for anyone, gluten free or not); or gf bread if failsafe, for example, R&R Bakery Wholegrain Rice Bread Gluten free bread, [www.rrbakery.com.au](http://www.rrbakery.com.au); or Laucke's gluten free breadmix with best before dates from June 2008.

**biscuits** e.g. Rice cakes, Buckwheat crispbreads, carob buckwheat crispbreads by Naturally Good (not OK for people who must avoid milk)

**Antidote for symptoms:** ENO regular

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

Foods that change constantly include soymilks and frozen pastry. See Product Updates on our 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)

### ***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

*Additives can be absorbed through the skin; salicylates can be absorbed through skin or inhaled through perfumes. If avoiding only additives, toothpaste is the most important item on this page.*

## **Toothpaste**

Use colour-free toothpaste or if avoiding salicylates use Soul Pattinsons Plain, Plain toothpaste from Oral hygiene solutions, [plaintoothpaste@hotmail.com](mailto:plaintoothpaste@hotmail.com), or use a wet toothbrush

## **Soap and cleansers**

uncoloured, low-perfume, e.g. Simple

Redwin Sorbolene with Vitamin E liquid handwash, the rest of the sensitive skin range includes fragrance free moisturiser, body wash, deodorant and shampoo . Available from Coles and others, [www.redwin.com.au](http://www.redwin.com.au)

EnviroCare Sensitive Body Hair Cleanser from health food stores, contains only coconut oil, olive oil and glycerine, [www.ecoshop.com.au](http://www.ecoshop.com.au)

## **Shampoo/ conditioner:**

Dermaveen oatmeal or QV oatmeal from pharmacies, Envirocare as above, Melrose Rainwater soft Shampoo and Conditioner base (avoid any with essential oils added) from health food stores

## **Deodorant**

unperfumed roll-on, e.g. Simple from supermarkets, Miessence aroma free from specialty shops or [www.organicaustralia.com.au](http://www.organicaustralia.com.au)

## **Sunblock:**

Megan Gale invisible zinc (from David Jones, health food stores or by mail order [www.adorebeauty.com.au/adorebeauty/viewitem.asp?idproduct=2491](http://www.adorebeauty.com.au/adorebeauty/viewitem.asp?idproduct=2491))

UV Natural

Ego Senses Low Irritant sunblock

## **Lip balm and skin creams**

Duncan's Ointment: all natural ingredients including zinc oxide for lips, cracked heels, eczema, nappy rash in selected pharmacies see

<http://www.scorkle.com.au/duncoint.html>

Plain sorbolene

Ego or QV brand skin creams from pharmacies

Failsafers' recommendations for the extra sensitive include:

your local pharmacy can make a batch of pure sorbolene with 10% glycerin

Dermeze ointment, a moisturiser for dry skin developed by Royal Childrens Hospital, from pharmacies. You may have to order it. It contains liquid paraffin 50% and white soft paraffin 50% and is especially good for eczema.

## **Household**

Washing powders without perfumes or enzymes

Lux flakes, Planet Ark, Omo-sensitive for top and front loaders

- No perfumed fabric conditioners, soakers, ironing sprays

## **Cleaning, use only:**

Soda bicarb

Vinegar

No-chemical cleaning cloths such as Enjo and Sabco

Low perfume dishwashing detergent (e.g. Earth's Choice)

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

Steam cleaners without chemicals

# See What Happens

**Assessing 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; other.

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, physical symptoms, etc).
- If the diet doesn't seem to be making any difference within ten days, read the Checklist of Common Mistakes on the website and ask your failsafe group, dietitian, (or me if you've tried all else) for help.

# 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 taped 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 ...

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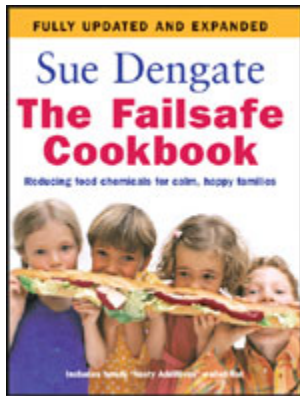
# Further information

The diet we support is the RPAH (Royal Prince Alfred Hospital) Elimination Diet, [www.cs.nsw.gov.au/rpa/allergy](http://www.cs.nsw.gov.au/rpa/allergy)

For children with a condition such as ADHD, autism or oppositional defiance, a dietitian can supervise a three week trial of a diet free of additives and low in salicylates and amines with careful challenges to find out exactly which food chemicals are contributing to problems.

**For failsafe-friendly dietitians**, write to [confoodnet@ozemail.com.au](mailto:confoodnet@ozemail.com.au), or ask your local hospital or see [www.daa.asn.au](http://www.daa.asn.au) (Dietitians Association of Australia) for your area under "Allergy and Food Sensitivity".

See practical information on [www.fedup.com.au](http://www.fedup.com.au) – particularly Factsheets button. If you don't have internet access, look for my books in your local library: *Fed Up*, *Fed Up with ADHD*, the *Failsafe Cookbook*, and *Fed Up with Asthma*, all published by Random House. The revised edition of *Fed Up* is due back in the bookstores on Feb 1<sup>st</sup>, 2007.

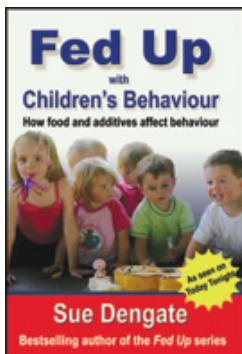


**Reducing food chemicals for calm, happy families:** this revolutionary book contains hundreds of new and improved recipes for all kinds of occasions, updated March 2007. What parents say (from Failsafe #53):

*'I love your books and I love this diet, I have a completely different daughter.'*

*'I love the failsafe cookbook! - it has made cooking so much easier for me and the whole family enjoys what I am cooking.'*

**Available from all good bookstores and overseas.**



**How food and additives affect behaviour:** a DVD of Sue Dengate's famous presentation about the effects of food on children's health, learning and behaviour together with entertaining and insightful interviews and information, released May 2006

*'Your DVD is currently doing the rounds of our kinder and all the mothers are commenting on the difference in their children!' - Susie, Vic*

**Available from [www.fedup.com.au](http://www.fedup.com.au) and various stores.**

# A brief introduction to the effects of foods

Our food has changed in the last 30 years and so have food-related problems in children.

Contrary to what many people think, food additives - not sugar - are the main culprits.

Reactions to food additives are related to dose, so the more additives children eat, the more likely they are to be affected.

There are additives in 'healthy' bread, butter, yoghurt, juice or muesli bars as well as in junk food.

A 2006 British survey showed consumers underestimate their daily additive intake, consuming 20 different food additives per day on average and 19 additives for people who ate home-cooking.

Effects of food additives include irritability, temper outbursts, oppositional defiance, restlessness, difficulty falling asleep, speech delay, inattention, mood swings, head banging, fighting with siblings, silly noises, tics, anxiety, depression, difficulty concentrating, skin rashes, bedwetting, stomach aches, sneaky poos, constipation, headaches or asthma.

When TV chef Jamie Oliver introduced fresh, natural, additive-free school meals (*Jamie's School Dinners*) after four weeks, teachers at Wingfield Primary School reported behaviour, reading, writing and concentration improved, children were calmer and asthmatics improved.

In 2003, when an entire class of six year olds at the Dingle school in Cheshire avoided additives for two weeks, *nearly 60 per cent* of their parents reported improvements in behaviour, cooperation and sleeping.

After 30 years of denial, all major supermarket chains in the UK are removing certain additives from own brand foods amid the possibility of parents suing food manufacturers in the same way cancer victims sue tobacco companies. See new research from the University of Southampton's psychology department. Watchdog warns of e-numbers, [http://www.dailymail.co.uk/pages/live/articles/news/news.html?in\\_article\\_id=479768&in\\_page\\_id=1770](http://www.dailymail.co.uk/pages/live/articles/news/news.html?in_article_id=479768&in_page_id=1770).

In the 1970s, US allergist Dr Ben Feingold warned that natural food chemicals called salicylates could cause the same problems as additives if consumed in large doses or by sensitive children. Common foods high in salicylates include strawberries, kiwifruit, avocados, grapes, citrus, pineapple, broccoli, pizza toppings and tomato-based pasta sauce. For children with conditions such as oppositional defiance, learning delay, ADHD, ASD or developmental disorders, parents need to consider salicylates and other natural chemicals.

People rarely realise they are affected by salicylates until they reduce their intake because the effects fluctuate and build up slowly. One mother wrote:

'I cut back my five year old daughter's intake of fruit to about a quarter of what she normally had. Within days we saw dramatic changes. Her behaviour evened out ... she was more sensible and obliging, less aggressive and defiant - and altogether much more pleasant to live with.'

Flavours and fragrances are another source of salicylates. In the UK, recent studies of new mothers found more headaches and depression in mothers and more asthma, diarrhoea, vomiting and ear infections in babies with increasing use of air fresheners and/or aerosols.

The Food Intolerance Network supports the Royal Prince Alfred Hospital (RPAH) elimination diet which is free of colours, preservatives, synthetic antioxidants and flavour enhancers; low in salicylates, amines and natural glutamates; and avoids perfumed products: [www.fedup.com.au](http://www.fedup.com.au).