

# THE FOOD DETECTIVES GUIDE



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

## TOP TIPS FOR ALL DIETS

- Always think 'CAN' not 'can't.'
- Use healthy, whole foods including vegetables, fruit, beans, grains, nuts, seeds, lean meats, poultry, and fish, quinoa, millet and rice noodles.
- Always check the labels.
- Manufacturers can switch ingredients without notice— examples being fried foods dusted in flour (gluten), packaged mixes that contain flour/soy or soups and sauces containing dairy products.
- Asian, Indian, Thai and Mexican foods can offer interesting alternatives like rice noodles, burritos and enchiladas made with corn etc.
- Try new things— but that is problematic for your child try eating them yourself when he is in the room and then leave them where he can get at them without effort.
- Check to see if your supermarket offers a gluten/dairy/soy free alternatives.

Even so, not all will include tinned or ready-made products – so if you belong to an autism group you may want to arrange to talk to/lobby someone in the grocery area for help locating gluten-free products and putting them online or asking for more products if the choice isn't broad enough.

- Use a personal 'safe food list' when you go shopping.

*'If in doubt, go without!'*

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## TOP TIPS FOR ALL DIETS - CONTINUED

### EATING OUT?

- **Check cafes/restaurants first and talk to them about what your child CAN eat – making sure they don't offer things the child can't have like bread/milkshakes etc.**
- **Use:**
  - ◇ **Restaurants categorized as GF/CF-friendly**
  - ◇ **Vegetarian/vegan restaurants.**
  - ◇ **Kosher restaurants - as 'pareve' foods are dairy free.**
  - ◇ **Mexican restaurants**
  - ◇ **Vietnamese restaurants**
  - ◇ **Indian restaurants** offer a wide variety of naturally gluten-free dishes like Tandoori chicken, fish and shrimp, most vegetable side dishes and Papadum, an Indian flatbread made from lentils. Avoid dishes with **maida flour** and **suji** (which means wheat.)
  - ◇ Thai cuisine is naturally gluten-free and includes choices like curries and rice noodle-based Pad Thai but do avoid wheat-coated fried appetizers.
  - ◇ **Japanese Restaurants** where to sashimi and most sushi is naturally gluten-free. Avoid **stir-fries** and **miso soup**, (which often contain wheat or barley), **unagi**, (cooked eel marinated in soy sauce) and **tempura-based dishes**, (coated in wheat-based batter.)
  - ◇ **Chinese restaurants** - some of which include some labeled gluten-free dishes on their menus - although the rice and steamed vegetables should be safe too.
  - ◇ **Italian Restaurants** - the incidence and awareness of celiac disease is very high in Italy, and so many Italian restaurants do provide gluten-free alternatives. **Do check** that they don't cook your pasta or vegetables in water that's been used to cook gluten-based pasta in and note that restaurants that make their own pasta onsite may have flour in the air.

**NB Asian cuisine often contains soy** although it is generally in a fermented form which makes it more digestible.

## OTHER POINTS

The top 8 food allergens are milk, soy, egg, wheat, peanut, tree nut, fish and shellfish.

**NB Probiotics containing the Lactobacillus rhamnosus GG (LGG) bacteria have proved beneficial to toddlers and infants with milk allergies and lactose intolerance.**

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**Some children with ASD have food intolerances which result in behavioral problems like hyperactivity.**

**These may include the foods on the allergens list especially gluten and casein but could also include an intolerance of soy, phenols (phenolic compounds) and salicylates, as well as additives and colorings (which are not covered in this guide.)**

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## NEED TO GO CASEIN-FREE?

### HERE ARE SOME ALTERNATIVES

Pareve Creams and Creamers  
Sorbet  
Italian Ices  
Ghee (if guaranteed casein free)  
Coconut Butter  
Coconut Milk  
Rice milk  
Almond Milk  
Potato milk  
Vegan cheeses

### THE FOLLOWING ARE NORMALLY SAFE BUT DO CHECK THE LABELS TO SEE IF GUARANTEED CASEIN-FREE.

Ghee  
Vegetable margarine  
Margarine  
Tuna Fish  
Dairy-Free Cheese (most brands)  
Lactic Acid  
Artificial Flavorings  
Semi-Sweet Chocolate  
Hot Dogs  
Lunch Meats  
Sausage

***Many people recommend Soya products as an alternative but these have been omitted from the list as they too can cause problems.***

## **FOODS THAT CONTAIN CASEIN**

### **ALL BOVINE PRODUCTS**

Milk

Cream

Half & Half

Yogurt

Sour Cream

Cheese

Butter

Sherbet (an American term for a frozen dessert like sorbet containing a small amount of milkfat)

White or Milk Chocolate

Ice Cream

Ice Milk

### **OTHER PRODUCTS THAT COULD CONTAIN CASEIN INCLUDE:**

Creamed Soups and Vegetables

Soup Bases

Puddings

Custard

Whey

Processed foods like sausages, hot dogs and lunch meat

Meat from deli-counters (as slicers are often used for both meat and cheese without being cleaned in between.)

Lots of artificial flavourings and additives.

Battered/fried foods

## NEED TO ELIMINATE GLUTEN?

### GLUTEN-FREE FOODS AND PRODUCTS.

Quinoa - a healthy protein-packed superfood, that cooks just like rice, and can be eaten hot or cold.

Fruits & vegetables

Rice (Rice flour can be a safe alternative to wheat flour in baking.)

Millet or rice bread, corn tortillas

Gf granola

Gf brown rice pasta

Oats - choose packages that say "gluten-free", as some are contaminated with wheat when they are grown .

Beans & legumes

Hummus

Nuts & seeds

Buckwheat flour - can be used to replace wheat flour in baking and cooking.

Poultry

Eggs

Meat

Dairy

Seafoods

Tamari sauce

Stock your freezer with quick and easy gluten-free meals/bread to help stay you on track on those days when you just don't have time.

<http://celiacdisease.about.com> may be able to guide you to gluten free restaurants in your area

## **INGREDIENTS THAT ALWAYS CONTAIN GLUTEN**

### **THE FOLLOWING TERMS REPRESENT INGREDIENTS THAT ALWAYS CONTAIN GLUTEN:**

Wheat protein/hydrolyzed wheat protein

Wheat starch/hydrolyzed wheat starch

Wheat flour/bread flour/bleached flour

Malt (barley)

Couscous, Farina are all made from wheat

Bulagar (a type of wheat)

Pasta usually made from wheat (unless otherwise indicated)

Seitan (made from wheat gluten and commonly used in vegetarian meals)

[Wheat or barley grass](#) or wheat germ oil or extract (are usually cross contaminated)

### **TERMS THAT MEAN GLUTEN ON FOOD LABELS**

These are the most commonly used Latin terms for wheat, barley and rye - all of which means  
the product contains gluten:

Triticum vulgare (wheat)

Triticale (cross between wheat and rye)

Hordeum vulgare (barley)

Secale cereale (rye)

Triticum spelta (spelt, a form of wheat)



## SOY

Soy is a member of the legume family, as are other beans, peas, and peanuts.

90% of the soy in commercial food is genetically modified unless it is organic.

Soy products are found in most commercially prepared foods, from soybean oil, found in most salad dressings to soy flour, found in many commercial baked goods like breads and muffins.

### **SOME FOOD LABELS MAY INDICATE CROSS-CONTAMINATION WITH SOY. THESE INCLUDE:**

- may contain soy
- produced on shared equipment with soy
- produced in a facility that also processes soy

Even so such warnings tend to be voluntary, so some manufacturers may not include this type of information, even if they do use soy.

### **OTHER NAMES FOR SOY**

- Bean curd
- Bean sprouts
- Edamame (fresh soybeans)
- Kinako
- Miso (fermented soybean paste)
- Natto
- Nimame

## SOY-FREE FOODS

- Breads, baked goods, cereals—do check the labels or ask in the bakery
- Plain macaroni, rice, barley, rye, wheat, oats, or grits
- Fresh, frozen, or canned vegetables *without sauces or breading containing soy*
- Fruit—all fresh, frozen, or canned fruits and juices *processed without soy products*
- Soft drinks
- Tea, coffee
- Fruit juice
- Fresh or frozen beef, chicken, lamb, pork, turkey, veal, or fish *without prepackaged sauces, breading, or gravy*
- Milk, cheese, cottage cheese, or yogurt without soy products
- Ice cream, gelatin, cookies made without soy ingredients - *but do check*
- Butter, margarines, shortening
- Sugar, honey, molasses, mustard, jelly, jam, plain sugar candies, syrup, pickles
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**Many dairy and organic foods are soy free but always check the labels as some products may be manufactured on equipment that also processes soy**

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## SOY

**SOME INGREDIENTS ARE CREATED FROM SOY THAT HAS BEEN PROCESSED IN SOME WAY. THESE INCLUDE:**

- Hydrolyzed soy protein (HSP)
- Mono-and diglycerides
- MSG (monosodium glutamate)
- Soy (found in albumin, cheese, fiber, grits, milk, nuts, sprouts, yogurt, ice cream, pasta)
- Soy lecithin (often found in chocolates as well as some of the products above)
- Soy protein and soybean oil
- Teriyaki sauce
- Textured vegetable protein (TVP)

**THE FOLLOWING PRODUCTS CAN BE MADE OF SOY AS WELL AS OTHER THINGS SO YOU MAY NEED TO CHECK WITH THE MANUFACTURER TO DETERMINE THE SOURCE.**

- Bulking agent
- Hydrolyzed plant protein (HPP) or hydrolyzed vegetable protein (HVP)
- Gum arabic
- Guar gum
- Lecithin
- Mixed tocopherols
- Natural flavoring
- Stabilizer
- Thickener
- Vegetable gum, starch, shortening, or oil
- Vitamin E

## FOODS LIKELY TO CONTAIN SOY INCLUDE:

### ***Meats/gravies/soups***

- Chicken (raw or cooked)/food that uses chicken broth
- Deli meats
- Meat products with fillers, for example, burgers or sausages
- Sauces, gravies, and soups
- Stock/Bouillon cubes

### ***Candy/Sweets/Biscuits/Cakes***

- Chocolate
- Energy bars, nutrition bars

### ***Dairy substitutes***

- Margarine
- Soy milks
- Vegan cheese/ice cream

### ***Other***

- Mayonnaise
- Nutrition supplements (vitamins)
- Peanut butter and peanut butter substitutes
- Protein powders
- Some infant formulas
- Smoothies
- Vegetable broth
- Vegetarian meat substitutes: veggie burgers, imitation chicken patties, imitation lunch meats, imitation bacon bits, etc.

**Be cautious about eating these foods if you are unable to get a complete ingredient list.**

## **SOY-FREE RESOURCES**

### **USEFUL LINKS**

Amy's ([www.amys.com](http://www.amys.com))

Annie's Homegrown ([www.annies.com](http://www.annies.com))

Dr. Oetker Organics ([www.oetker.ca](http://www.oetker.ca))

Enjoy Life ([www.enjoylifefoods.com](http://www.enjoylifefoods.com))

Imagine ([www.imaginefoods.com](http://www.imaginefoods.com))

Kinnikinnick Foods (<http://consumer.kinnikinnick.com>)

Kitchen Basics ([www.kitchenbasics.net](http://www.kitchenbasics.net))

Nature's Path ([www.naturespath.com](http://www.naturespath.com))

Pacific ([www.pacificfoods.com](http://www.pacificfoods.com))

Rudi's Organic Bakery ([www.rudisbakery.com](http://www.rudisbakery.com))

Trader Joe's ([www.traderjoes.com](http://www.traderjoes.com))

### **USEFUL RESOURCES**

[http://www.livesoyfree.com/livesoyfree.com/Soy-Free\\_Foods.html](http://www.livesoyfree.com/livesoyfree.com/Soy-Free_Foods.html)

<http://www.examiner.com/article/my-favorite-gluten-dairy-and-soy-free-products>

## FOODS WITH LOW PHENOL

*Get more great information on phenols from [www.feingold.org](http://www.feingold.org).*

### LOW PHENOLS

**Fruits** - Banana, yellow apples, Paw Paw, Pear, Pomegranate

**Vegetables** - Bamboo Shoots, Bean sprouts, Black-eyed peas Brown beans, Brussel sprouts

Cabbage, Celery, Garbanzo beans

Leeks, Lentils, Lettuce, Lima beans

Mung beans, Peas, Potato

Shallots, Soybeans, squash, Swede, Sweet potato

**Grains** - Arrowroot, Buckwheat, Cornmeal

Maize, Millet, Rice, Soy, Grits

**Nuts/Seeds** - Cashews, Poppy seeds

**Animal Products** - Beef, lamb, pork, poultry, liver egg, fish, shellfish

**Other** - Carob powder, Cocoa powder, Chamomile tea Chives, Parsley, Shallots, Maple syrup, Milo, Saffron, Sugar

### MODERATE PHENOLS

**Fruits** - Apples (red), Casaba melon, Watermelon, Cantaloupe, Cherries (sweet), Figs, Grapes light/seedless, Kiwi (golden), Lemon, Loquat, Lychee, Mango, Nectarine, Passion Fruit, Persimmon, Pineapple, Tamarillo

**Vegetables** - Asparagus, Beet, Carrot, Cauliflower, Corn Cauliflower, Cucumber (no skin), Eggplant, Green beans, Olives (black), Onion, Parsnip, Pumpkin, Rhubarb, Spinach, Squash (marrow), Turnip

**Nuts & Seeds** - Brazil nuts, Coconut (dried). Hazelnuts, Macadamia nuts, Pecans, Sesame seeds, Sunflower seeds, Walnuts

**Other** - Coriander leaves, Corn syrup, Garlic, Molasses, Tea (herbal/decaf)

## SALICYLATES

Natural salicylates are found in wholesome foods but some individuals have difficulty tolerating even small amounts of them. Some people react badly to just one or two but others can be sensitive to all of them.

### **FOODS WITH NO OR LOW SALICYLATES**

**Fruit** - Banana, lime, pear, golden delicious apples, Papaya, Paw Paw, Tamarillo

**Vegetables** - Bamboo shoot, Shallots, cabbage - green/white, celery, green split peas - dried, lentils, lettuce - iceberg, swede, beans dried (not borlotti), potatoes, bamboo shoots, beans (dried – not borlotti), cabbage (green or white), celery, (brown, red), Lettuce (iceberg) Peas (dried), swede, bean sprouts, Borlotti beans, Brussels sprouts, Cauliflower, Chickpeas, Chives, Choko, Fresh Asparagus, Green Beans, Green, Leek, Mung bean sprouts, Yellow split peas.

**Grains** - Barley, buckwheat, millet, oats, rice, rye, wheat, rice cereals (plain)

**Nuts** - Poppy seed, Cashews, Hazelnuts, Pecan, Sunflower seeds

**Seasonings** - Salt, Malt Vinegar, Golden Syrup, Maple Syrup (pure), Apple Butter (only if homemade from acceptable varieties of apples), Chives, Fennel – dried, Garlic, Saffron, Shallots, Soy Sauce (if free of spices)

**Oils** - Butter, Canola Oil, Margarine, Safflower Oil, Soy Oil, Sunflower Oil. (Cold pressed oils), Ghee.

**Sweeteners** - maple syrup, golden syrup, white sugar, carob, cocoa, homemade caramel, white sugar, golden syrup, malt extract.

## FOODS WITH NO OR LOW SALICYLATES - CONTINUED

**Meats, fish** - all fresh meats, beef, chicken, lamb, rabbit, veal, eggs, fish, scallops.

**Baking** - Arrowroot, Corn flour, Malt, Malt extract, Rice Flour, Rye Flour, Sago, Soy Flour, Tapioca, Wheat Flour, Golden Syrup, Malt, Malt extract, Poppy seeds, Rice Flour, Rye Flour, Sago, Soy Flour, Sugar (brown, castor, granulated, icing, powdered), Tapioca, Wheat Flour.

**Dairy** - butter, cream, cheese (not blue), milk, yoghurt (natural only), ice cream, rice milk, goat milk, to-fu, cheese (not blue vein), milk, yoghurt (natural).

**Beverages** - Decaffeinated coffee, milk, ovaltine, home made pear juice, soya milk, rice milk, water, dandelion coffee.

### **Useful resources**

<http://aspirin-salicylate-intolerance.co.uk/index.php/sals-free-shopping>

[http://foodintolerances.org/Salicylate\\_sensitivity.aspx](http://foodintolerances.org/Salicylate_sensitivity.aspx)



## SALICYLATES

### **FOODS/PRODUCTS TO AVOID**

**Fruit** - Almonds, apples, apricots, blackberries, cherries, currants, gooseberries, grapes or raisins, nectarines, oranges, peaches, plums or prunes, raspberries, strawberries, cucumbers and pickles, tomatoes

**Foods and Products** - that contain Artificial Flavors and Colors as these frequently contain salicylates

Examples include - ice cream, oleo margarine, cake mixes, bakery goods (except bread), jello, candies, gum, cloves, oil of wintergreen, mint flavors, lozenges, mouthwash, jam or jelly, luncheon meats, frankfurters

**Beverages** - Cider and cider vinegars, wine and wine vinegars, Kool-aid and similar, all soft drinks (soda), gin and distilled drinks (except vodka), all tea, beer, diet drinks and supplements

**Drugs** - any medicines containing aspirin, such as Bufferin®, Anacin®, Excedrin®, Alka-Seltzer®, Empirin®, Darvon®, etc.

**Miscellaneous** - perfumes and toothpastes

**Always check labels prior to use omitting any products that use artificial coloring or flavoring.**

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**For a useful list of additives that should be avoided see**

<http://www.foodmatters.tv/articles-1/top-10-food-additives-to-avoid>

<http://www.prevention.com/food/healthy-eating-tips/how-avoid-artificial-additives-food>

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