



Elimination Diet Shopping Guide

To be used in conjunction with the
[Elimination Diet Handbook Volume 1](#)

Products listed below are LOW CHEMICAL and suitable to consume on the RPAH Elimination Diet*

Not all gluten-free products may be suitable for those diagnosed with coeliac disease (e.g. oats).

Disclaimer: this guide is up-to-date as of August 2021. Please read all labels carefully as ingredients may change and speak with your dietitian for personalised advice.

If you notice a change in product formulation, please feel free to notify us at SLHD-RPAAllergy@health.nsw.gov.au

WHERE TO BUY PRODUCTS

Products have been labelled with A=Aldi, C=Coles, IGA=IGA and/or W=Woolworths. Individual stores may vary. This list is not exhaustive. Fresh produce and other suitable commercially packaged products will be available from supermarkets & health food stores.

CONTAINS WARNINGS

The following symbols are used throughout:



Precautionary Allergen Statements e.g. 'may contain' are not labelled in this guide.

As product formulations may change, please read all labels carefully for allergen information.

For information on label reading, see Elimination Diet Handbook Volume 1.

*Some products contain small amounts of wheat or dairy and these have been labelled accordingly. Please exclude these items in your diet if you are avoiding wheat or dairy.

GRAINS & RICES



C



W



C



W



C



C



C



C



IGA



C



IGA



A



W



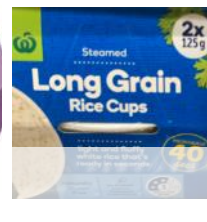
IGA



C + W



C + W + IGA



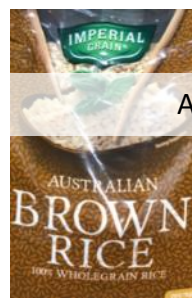
W



IGA



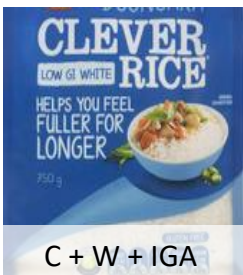
C



A



W



C + W + IGA



W + IGA



C + W + IGA



W



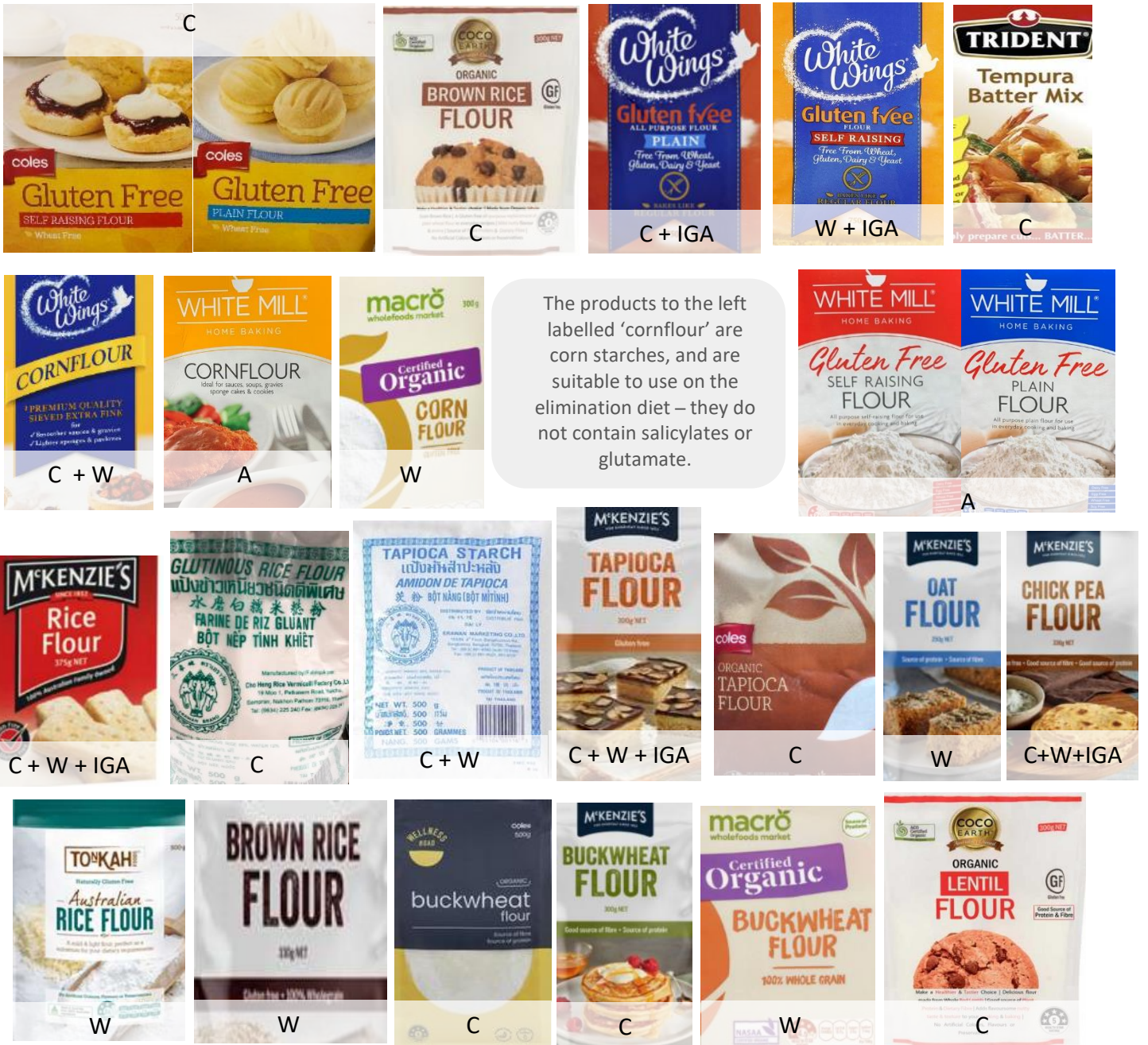
A



C+W+IGA



FLOURS & BATTER MIXES



The products to the left labelled 'cornflour' are corn starches, and are suitable to use on the elimination diet – they do not contain salicylates or glutamate.

SUGARS



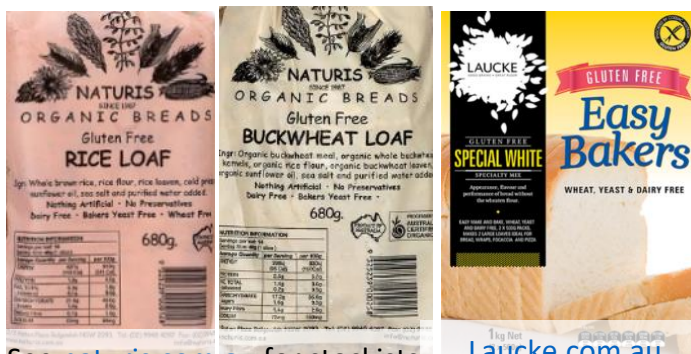
BAKING ITEMS



Note: Carob powder & carob kibble can be purchased from health food stores or online

Note: use these garlic products in small amounts only

BREADS, MIXES, WRAPS, PAPERS, PASTRY & CRUMBS



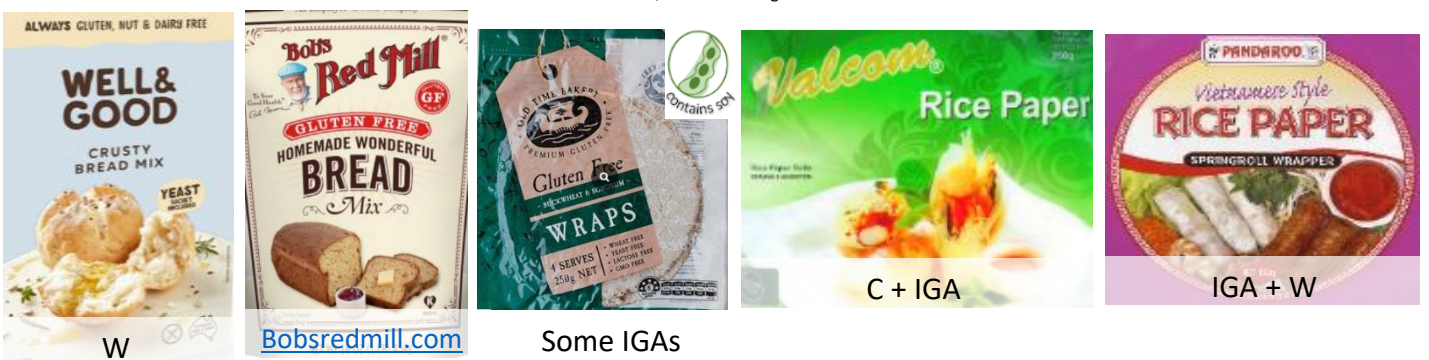
See naturis.com.au for stockists

Laucke.com.au

*contains 220, cooked off as gas

Choices GLUTEN FREE

Choices Gluten Free bakery
Range of suitable loafs, rolls, buns, pizza base, pita pocket, premixes, flours.
Available in **NSW only**
See choicesfoodgroup.com.au for stockists



PANCAKE MIXES, SWEET BISCUITS & SWEET TREATS



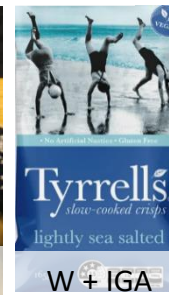
SAVOURY BISCUITS, CRISPBBREADS & CRACKERS



OTHER SNACKS

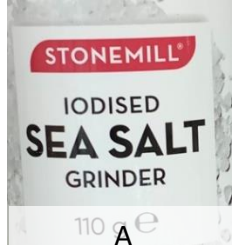
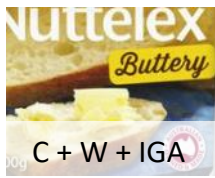


C
Small amounts only



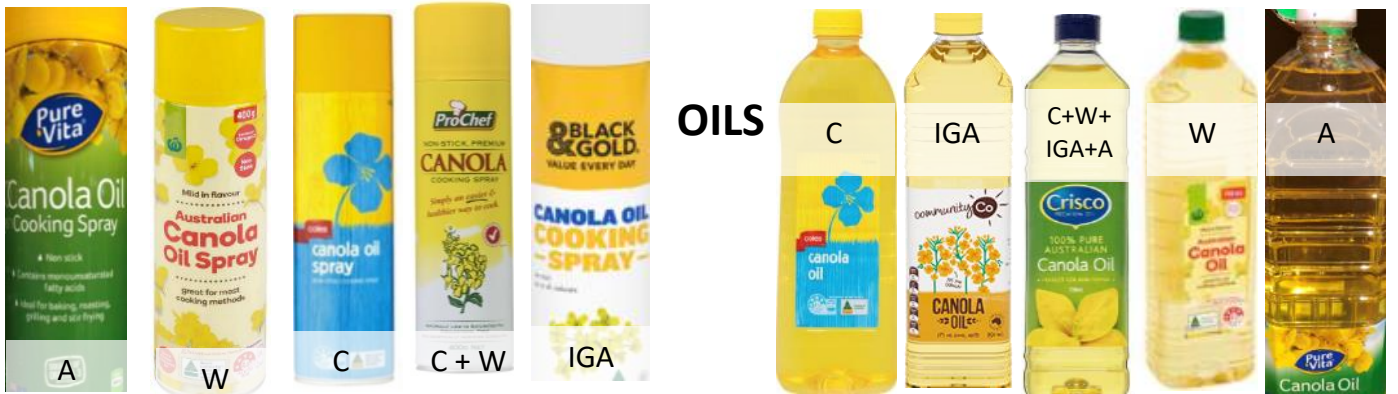
Note: 1 serve of crisps = 30 grams

SYRUPS, SPREADS & SALT



Hank's Pear & Vanilla Jam available at David Jones and hanksfood.com.

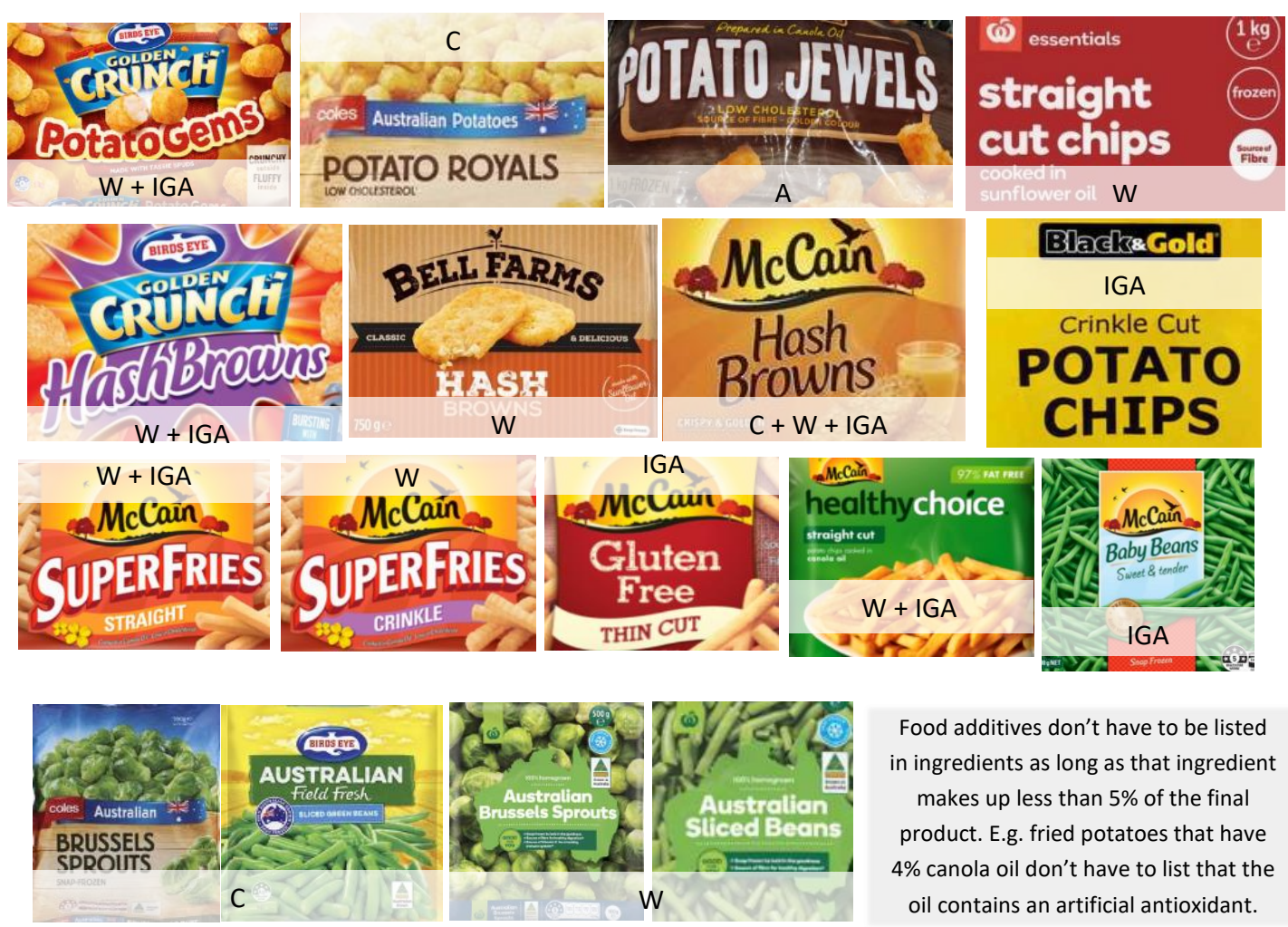




OILS

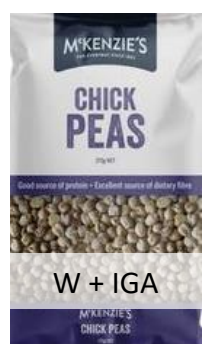


FREEZER ITEMS



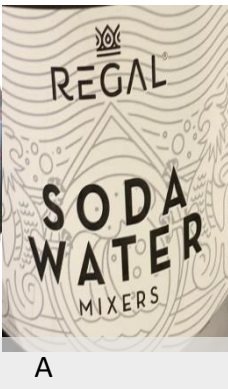
Food additives don't have to be listed in ingredients as long as that ingredient makes up less than 5% of the final product. E.g. fried potatoes that have 4% canola oil don't have to list that the oil contains an artificial antioxidant.

TINNED AND DRIED LEGUMES & TINNED VEGETABLES

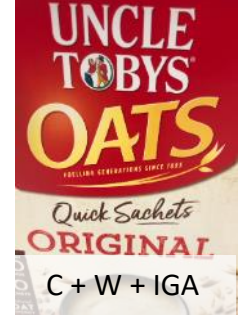


DAIRY ALTERNATIVES & BEVERAGES

** Choose a calcium-fortified milk alternative **



BREAKFAST CEREALS & OATS



If you have coeliac disease, only use wheat-free oats if you have tested and tolerate them. See Handbook Volume 1 pg. 70 for details. Other gluten-free cereals e.g. puffed amaranth or buckwheat, are available from health food stores

TOFU

Calcium-set

Look for tofu that has been set with a calcium salt e.g. calcium sulphate or firming agents 509, 516, 526, 578



Non-calcium set



ALLOWED* ORGRAN BRANDED PRODUCTS

The full range of Organ products are not available in supermarkets.
Below is the complete list of allowed products.

*Not all Organ products are suitable. Common ingredients include: rosemary, turmeric, corn/maize flour (milled corn). As these ingredients are not allowed, please check ingredients carefully.

Some products are available at Harris Farm and health food stores. You can also purchase the products that are not available in supermarkets via online platforms, such as:

- Happy Tummies: happytummies.com.au (website has other suitable products, e.g. Egg Replacer)
 - Natural Health Organics: <http://naturalhealthorganics.com.au>
 - Aussie Health Products: <http://aussiehealthproducts.com.au>
- Some products are also available on the Hopper HQ site website <https://hopperhq.com.au>
- Organ website has a full list of stockists: www.organ.com/where-to-buy/online-retailers/



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