

## RESOURCES & USEFUL INFORMATION

This resource was developed by Tanya Wright to help dietitians and patients find services and products related to their food allergy or hypersensitivity. It is not endorsed by Tanya or the FAISG and neither take any responsibility for any errors in the content.

### Catering Resources

- [www.allergycateringmanual.com](http://www.allergycateringmanual.com)  
“Using The Allergy Catering Manual, learn to prepare ‘free from’ foods which will not only bring people with food intolerances and allergies to your restaurant, but their friends and family too.”
- <http://www.anaphylaxis.org.uk/catering-for-allergy/> is the link to the anaphylaxis campaign site for the catering industry with info on allergies and allergy issues.
- Allergy training packs for food handlers:  
[www.allergytraining.com](http://www.allergytraining.com) Tel: 01727 866779  
This pack contains a 23-minute DVD outlining common food allergy and how to control them, which includes a training film and a review of key points. It also includes students’ cards with multiple choice assessments and tutors’ notes, aimed at people preparing and serving foods in restaurants, takeaways, on counters and in many other retail and catering businesses.
- ‘Allergy – what to consider when labelling food’. FSA 2006. tel:0845 606 0667.  
**Guidance booklet** for businesses producing pre-packed foods to help them decide what should be on their food label if foods contain any of the 14 allergens. Contains some info on legal requirements and good practice.

### Eating Out in the UK & Abroad

- [www.allergyfreepassport.com](http://www.allergyfreepassport.com) [info@allergyfreepassport.com](mailto:info@allergyfreepassport.com)  
This award-winning and highly rated books and “passports” help you eat out safely and allowing you to travel with confidence. Some of their range includes guides to American, Seafood, Italian, Indian, Chinese, Thai and Mexican. They also have a useful multi-lingual translation book. It also has information for caterers for preparing and serving allergen-free foods.
- [www.allergyaction.org](http://www.allergyaction.org) [info@allergyaction.org](mailto:info@allergyaction.org) Allergy Action offers training and advice, including food allergen risk assessment, management and communication with manufacturers, retailers, caterers, enforcement officers and others involved in the supply of food to the public. They provide supplier information and traceability, effective allergen controls, labelling, menus and product descriptions.
- [www.leaveitout.com](http://www.leaveitout.com) directory of where to eat out with a food allergy or intolerance and lots of information on food allergies and their management.
- [www.gluten-free-onthego.com](http://www.gluten-free-onthego.com) Gluten-free-on thego.com is a dedicated to improving life for people with coeliac disease and dermatitis herpetiformis. If you are gluten intolerant, you will know how hard it is to eat safely away from home. From top class restaurants to the local chip shop, awareness of how to cater gluten-free is generally low. That's why we've launched gluten-free-onthego.com - to help you find places to stay and eat, quickly and confidently. We also aim to help increase awareness in the food service industry by promoting the guide as widely as we can. All the venues listed have signed up to the gluten-free-onthego.com code of practice. The code of practice covers all aspects of food service: Ingredients Storage Preparation techniques cross-contamination training and customer service

- [www.allergyfriendlyhotels.com](http://www.allergyfriendlyhotels.com) Directory of hotels, B&B, and self-catering accommodation worldwide.

### **Translation Cards**

- [www.kidsaware.co.uk](http://www.kidsaware.co.uk) [info@kidsaware.co.uk](mailto:info@kidsaware.co.uk) This online shop sells a variety of items including clothing, bags, labels, wristbands, badges and translation cards. The translation cards provide English and translations in Croatian, Danish, Dutch, French, German, Greek, Italian, Malay, Portuguese, Spanish and Turkish for most common allergies. Special requests can be made. The website also has useful links and guides to living with allergies.
- [www.yellowcross.co.uk](http://www.yellowcross.co.uk) [info@yellowcross.co.uk](mailto:info@yellowcross.co.uk) Mainly dedicated to EpiPen carriers, this site offers products for safe transportation of EpiPens, Ana Pens and Twinject pens. They sell medical bags, ID cards, as well as medical translation cards and eating out cards available in Arabic, Malay, Cantonese, French, German, Greek, Hindi, Portuguese, Italian, Spanish, Thai, Turkish, Urdu, and other languages are available with request.
- <http://www.food-info.net/allergy.htm>  
A useful online resource with allergy translations, wordlists and dictionaries in over 30 languages. These can also be downloaded for free onto mobile phones, handy when travelling abroad. They also have a newsletter, poster and a quiz. Also has a plethora of really useful information on spices, foods, food production methods and E numbers. Definitely worth a good look.
- [www.dietarycard.co.uk](http://www.dietarycard.co.uk) offer discreet, durable and highly professional cards articulating your dietary needs to waiters and chefs. These translations mean you can carry peace of mind in your pocket wherever and whenever you eat. Using a Dietary Alert Card in English or 17 other languages to order meals in the UK or abroad.
- [www.coeliac.org.uk](http://www.coeliac.org.uk) offer a range of travel information leaflets for over 35 countries. These include language translations to help you enquire about gluten-free options when you are out and about as well as information on local cuisines, allergen labelling and details of local coeliac societies. Members of Coeliac UK can also access our venue guide which lists over 1700 venues who offer food that is suitable for people following a gluten-free diet. This includes restaurants, cafes and pubs across the UK recommended by our Members for our Members.

### **Identification**

- [www.medicalert.org.uk](http://www.medicalert.org.uk)  
This charity has been running for over 40 years providing bracelets, neck lets, wristbands, pendants and watches using a worldwide recognised medical alert symbol and 24hr emergency contact number engraved on the back.
- [www.sostalisman.com.uk](http://www.sostalisman.com.uk) medical. identification jewellery
- [www.yellowcross.co.uk](http://www.yellowcross.co.uk)  
High visibility (white, yellow and black) photo ID cards with space to write your name, contact details (or parents) and details about your condition and treatment are available from this online shop. They are available in sets of 3, in card or in tags, and they are self laminating.
- [www.kidsaware.co.uk](http://www.kidsaware.co.uk)

This kids orientated website has fun stickers, badges, labels, wristbands, key rings and luggage tags available for most common allergies, which you can personalise. Mail order or shop online.

- [www.Icegems.co.uk](http://www.Icegems.co.uk)  
ID for allergy with fashion in mind. Children, teenagers and adults.
- [www.bianua.com](http://www.bianua.com) allergy bands for 'no dairy' and 'no wheat'.

### **Carry Bags for foods and medications**

- [www.yellowcross.co.uk](http://www.yellowcross.co.uk)  
This EpiPen orientated website offers funky carry bags, mini bags, pill pockets and school bags. They also have ToughTube, a container to hold an EpiPen that is tough, durable, lightweight, buoyant and UV-filtered.
- [www.kidsaware.co.uk](http://www.kidsaware.co.uk)  
Hip bags, cooler bags, lunchboxes and drawstring bags are available in bright colours and cool designs aimed at children. Mail order and shop online.
- [www.friouk.com](http://www.friouk.com)  
A unique design for keeping your medication cool. Simply dip the bag in water and the gel inside keeps you adrenaline from becoming too hot or too cold. The bag will stay the right temperature for a minimum of 45 hours. Perfect for travelling. List of stockists available on the website, or available on line.

### **Nut Free Products**

- [www.bakinboys.co.uk](http://www.bakinboys.co.uk) [theboys@barnesgraham.com](mailto:theboys@barnesgraham.com)  
The Fabulous Bakin' Boys are dedicated nut free bakers. They do not use any nuts (including peanuts) or seeds that are known to cause serious allergic reactions (except their Eccles cake, which is made externally). They do not use any nut oils or nut derivatives in any of their processes. They are available in all major supermarkets.
- [www.itsnutfree.com](http://www.itsnutfree.com) [post@itsnutfree.com](mailto:post@itsnutfree.com)  
It's Nut Free manufacture cakes, biscuits and desserts, which are appealing to everyone and also suitable for nut allergy sufferers. Products are manufactured in a nut free environment with no nuts as ingredients. All suppliers have given written confirmation that their products are nut free at source. All products are individually wrapped to avoid risks of cross contamination. All are suitable for freezing. Products are all suitable for vegetarians. The Company is currently expanding its range to include a savoury range suitable for café and restaurant menus. Available online and in supermarkets.
- [www.kinnerton.com](http://www.kinnerton.com) Tel: 020 7284 9500  
Kinnerton promise that their products are completely nut free. Their products are mainly aimed towards children, with ranges such as Barbie, Disney, Spiderman, Thomas the Tank Engine and The Simpson's, their products include lollipops, chocolate bars, figures, buttons, Advent calendars and Easter eggs. They also have a new luxury range of dairy, nut, gluten and milk free chocolates.
- [www.plamilfoods.co.uk](http://www.plamilfoods.co.uk) . All the chocolate is vegan and made in their factory, which never uses dairy/animal, wheat/gluten or nuts.
- Nut-less pesto sauce:  
'Florentino' Basil Pesto is a trademark of MH Foods, 4/5 Church Trading Estate, Slade

Green Road, Erith, Kent, DA8 2JA. The label says it is 'dairy, wheat, gluten and nut-free,' and is 'made in a nut free factory.' It is approved by the Vegetarian society and the ingredients are:

Re-hydrated Basil, Extra Virgin Olive oil, Sunflower oil, salt, onion, parsley, herbs, Acidity regulators: Citric Acid, Acetic Acid, Antioxidant: Vitamin E

a patient tells me:

(My local shop charges £1.99 for it, so it's a relatively good deal! I find it a little dry sometimes, which is easily remedied with a bit of butter or more olive oil mixed in. Buon Appetito!)

- Tesco - chocolate spread and value chocolate spreads are nut free (Sept 2011)
- [www.nonutsjustchocolate.com](http://www.nonutsjustchocolate.com) nut free chocolate (also free from other allergens - see website for options)

### **Anaphylaxis Resources**

- [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk) [info@anaphylaxis.org.uk](mailto:info@anaphylaxis.org.uk) This website has fact sheets about anaphylaxis and common food allergies. It also has an extensive database of information about all types of food allergies and advice. They also have regular alerts if foods have been flagged as being unsuitable for certain allergy sufferers and it has not been mentioned on the packaging. There is also guidance for schools, pre-schools, health professionals, nurses, dietitians and the catering and food industries. They also have an online shop selling books, DVDs and videos, children's sweatshirts and Christmas cards.
- [www.epipen.co.uk](http://www.epipen.co.uk) is the website for the use, indications and care of the EpiPen. EpiPen. is for all patients over 30kg and delivers 0.3mg of adrenaline. EpiPen Jr. is for children 15-30kg and delivers 0.15mg of adrenaline. EpiPen Auto-Injector(s) have an expiry date. You can ensure you receive a reminder of when your EpiPen is about to reach its expiry date by registering on this website to receive alerts either by email, or sms text message to your mobile phone. If you have multiple pens with the same expiry date then you only need to register once.
- [www.alk-lifeline.co.uk](http://www.alk-lifeline.co.uk) Alk - (who used to distribute the EpiPen) are now making and distributing the JEXT - an alternative adrenaline autoinjector. Unlike the EpiPen it can withstand getting hot and cold and has a 2 year shelf life. There is an adult and junior version available. They supply a DVD with instructions for use, and a trainer pen for every patient who is prescribed a JEXT.
- [www.anapen.co.uk](http://www.anapen.co.uk). The AnaPen is another adrenaline pen. In Junior and Adult doses. Also a new higher dose AnaPen - 0.5mg is now available. AnaPen 500 is available from pharmacies throughout the UK for patients over 60kg.

### **Guidance for schools**

[www.medicalconditionsatschool.org.uk](http://www.medicalconditionsatschool.org.uk) *Medical Conditions at School: A Policy Resource Pack* has been compiled by the Medical Conditions at School Group (a group of charities including Asthma UK and The Anaphylaxis Campaign

<http://www.anaphylaxis.org.uk/allergywise/allergywise.aspx> is the Anaphylaxis Campaigns training programme for school nurses.

### **Special Diet Food Suppliers**

- Hale and Hearty - [www.halenhearty.co.uk](http://www.halenhearty.co.uk) range of products suitable for many/multiple restricted diets. products include: Breakfast Cereals, Bread & Pastas Savoury Snacks Home Baking Grocery Cupboard
- [www.thecakecrusader.co.uk](http://www.thecakecrusader.co.uk) Supply celebration cakes free from milk egg wheat gluten and/or soya.

- [www.simply-free.co.uk](http://www.simply-free.co.uk) online shop for gluten and wheat free foods. Well set out and easy to navigate. Free delivery for orders over £40
- [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk) [info@goodnessdirect.co.uk](mailto:info@goodnessdirect.co.uk) Tel: 0871 871 6611  
Healthy, organic, eco-friendly foods, vitamins and herbal remedies, fresh foods and cruelty-free toiletries. They also have gluten free, wheat free, dairy free and other specialty foods. There are also free-from recipes for bread, pizza and snacks. They deliver to your door, orders over £35 delivery is free. Caution: they do not have a dedicated nut free zone in their warehouse.
- [www.allergysex.co.uk](http://www.allergysex.co.uk) Allergy Essex aims to serve you with hard-to-find outstanding-quality allergy free food for the best prices we can manage. Much of our range is specially imported direct from the best specialist hypoallergenic manufacturers the world has to offer. In all cases we can guarantee to eradicate any hidden 'May Contain' worries as many of our our manufacturers use no allergens in their processing facilities at all or their products are made on dedicated allergen free lines. With our own little boy currently on a dairy free, egg free, wheat free, soya free diet through type1 (anaphylaxis producing) food allergies, we know how difficult it can be to source good quality 'safe foods' with excellent taste and 'mouth feel'.
- [www.dietaryneedsdirect.co.uk](http://www.dietaryneedsdirect.co.uk) [info@dietaryneedsdirect.co.uk](mailto:info@dietaryneedsdirect.co.uk) Tel: 01527 570444  
They supply a large range of gluten free food, wheat free food, dairy free food, Vegan Products, Food for Coeliacs, sugar free food and yeast free food and other products for people on restricted diets (e.g. GF/CF), with food allergies and intolerances. Delivery charges start at £1.95 and increases with weight.
- [www.ok-foods.com](http://www.ok-foods.com) Tel: 01768 898437  
Ok Foods has a dedicated wheat, gluten and dairy free bakery. Some of their range includes fruit fingers, cake slices, whole cakes, sponge puddings and snack bites. During the Christmas season they stock mince pies, Christmas cake and Christmas puddings. All Ok Products are suitable for Coeliacs and Vegetarians and can be purchased from all major supermarkets and good health-food stores across the UK.
- <http://bluelotusproducts.co.uk/> specialise in an irresistible range of Egg free Dairy (lactose and casein) free Vegan Birthday Cakes as All of our cakes are hand crafted in dedicated egg free dairy free vegan bakeries. They are all suitable for vegans as well as Wheat free Gluten free Vegan Birthday Cakes
- [www.plamilfoods.co.uk](http://www.plamilfoods.co.uk) [contact-us@plamilfoods.co.uk](mailto:contact-us@plamilfoods.co.uk) Tel: 01303 850588  
Specialising in 'healthy chocolate', this company has diversified their range by adding soya based/dairy free chocolate bars, chocolate spread, carob bars, chocolate chips milk alternatives and egg free mayonnaise to their product range. They also supply their own brand organic soya milk, They have ingredients listings, recipes and allergy fact sheets on their website.
- [www.viva.org.uk](http://www.viva.org.uk) [info@viva.org.uk](mailto:info@viva.org.uk) Tel: 0117 944 1000  
Organic and free trade company aimed at converting people into vegetarians and vegans. They also have a small online shop that sells dairy free chocolate.
- [www.wheatanddairyfree.com](http://www.wheatanddairyfree.com)  
This wheat and dairy free based company have an online shop providing a very diverse range of products, from biscuits to cereals to desserts to ready meals to pasta sauces. They have information on certain intolerances and allergies, as well as an up to date restaurant guide and recipe guide.

- [www.juvela.co.uk](http://www.juvela.co.uk) Tel: 0800 783 1992  
This company allows you to get gluten-free food on prescription, delivered to your pharmacy. Some of their range includes, fresh bread, long-life bread, part baked bread, gluten-free flour, biscuits, crisp breads, pasta and pizza bases. They also have support and advice for newly diagnosed Coeliacs, as well as existing Coeliacs. They have tasty recipes and information how to get the items on prescription.
- [www.glutenfreecatering.com](http://www.glutenfreecatering.com) Tel: 0800 688 89 69  
Johnson's Dietary Provisions Ltd. Allergy-free food and drinks online store, providing for gluten, dairy, egg, wheat and yeast free diets. They have frozen products and also deliver to continental Europe. Some of their product range includes cereals, confectionary, desserts, flours and mixes, pasta, preserves, fruit juices, sauces, snacks and soups. They also have seasonal ranges for Christmas and Easter.
- [www.dairy-free.co.uk](http://www.dairy-free.co.uk) (part of [www.humdinger-foods.co.uk](http://www.humdinger-foods.co.uk))  
Dairy free chocolate bars available in Morrison's, Tesco, Waitrose and Sainsbury's, as well as online. As well as original milk chocolate bars they have tangerine, rice Krispies and roasted almond varieties. They also have dessert recipe ideas and a 30-day money back guarantee taste test.
- [www.nutriops.com](http://www.nutriops.com)  
Nutritious, delicious and well-balanced, EcoMil non-dairy drinks are a healthy alternative to dairy-milk and non-dairy drinks. They are a good source of high quality proteins and cholesterol-free. They also have an FAQ and recipes. Calcium enriched almond milk also available.
- [www.thelivingfoodkitchen.com](http://www.thelivingfoodkitchen.com) for cheese cakes and choc mousse free from milk and soya made in a vegan environment so no cross contamination of dairy. See website for more details. Also egg free gluten free and wheat free (contain nuts and coconut). These Products are also available via [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk)
- [www.redwoodfoods.co.uk](http://www.redwoodfoods.co.uk)  
Originally started as a vegan, vegetarian and meat reduced diets company, they have now expanded their range to include foods for people with special dietary requirements such as lactose intolerance and allergies to nuts, milk, eggs, wheat and gluten.  
Produce cheezly - vegan, milk free, and soya free cheeses (contain pea protein).
- [www.granovita.co.uk](http://www.granovita.co.uk)  
Their varying product range includes gluten, wheat, yeast, egg, lactose and dairy free foods as well as meat substitutes for vegetarian and vegan diets. They also sell supplements, herbal teas and vegan foods. You can buy online from [www.hnfoods.co.uk](http://www.hnfoods.co.uk).
- [www.soyatoo.com](http://www.soyatoo.com)  
The first ever whippable soya cream! It can be whipped just like normal cream, without cream stiffener or additives. It is made from 100% organic vegetable fats and is only 11% fat (normal whipping cream is about 25%). It is also cholesterol free. It comes in cartons to whip up yourself or in a handy spray can ready to use. To find out where Soyatoo is available near you contact them at [info@soyatoo.com](mailto:info@soyatoo.com).
- [www.village-bakery.com](http://www.village-bakery.com) Tel: 01768 898437

This organic bakery has been going for over 30 years, and they make a range of products for people with special dietary needs. Some of their range includes gluten, wheat dairy and yeast free breads, cakes, bars and biscuits.

- [www.babycakesdirect.co.uk](http://www.babycakesdirect.co.uk) egg free and milk free vegan cakes and birthday cakes made in a vegan environment. Also do gluten and wheat free varieties. complete vegan range is registered with Viva! [www.viva.org.uk](http://www.viva.org.uk) and The Vegan Society [www.vegansociety.com](http://www.vegansociety.com) order online or direct any enquiries by phone 07951 215121 or e mail [enquiries@babycakesdirect.co.uk](mailto:enquiries@babycakesdirect.co.uk) The cakes are sent out gift wrapped
- Free & Easy - make cheese flavour sauce mix. Available for supermarkets and suppliers such as goodness direct
- Granovita - makers of cremovita - dairy free whipping cream
- Toffutti - make dairy free cream cheese, sour cream, Mamma Cucina cheesecakes, cheese slices and egg free, dairy free quiche. Delicious products. Distributed by [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk), various vegan websites and through healthfood shops. All products all dairy free, egg free, wheat free, gluten free.
- [www.alotofchocolate.co.uk](http://www.alotofchocolate.co.uk) - website where orders can be made online and arrive the next day. Chocolates free from nuts, dairy, soya, egg, wheat etc available, detailed production info on website such as chocolates made in a dedicated dairy free environment.
- 
- [www.psfoods.co.uk](http://www.psfoods.co.uk)  
Sell NANA'S COOKIE RANGE. Cookies free from wheat, gluten, egg and dairy.
  - [www.puredairyfree.co.uk](http://www.puredairyfree.co.uk) tel: 0800 028 4499.

Margarine 3 types (sunflower (soya free) , Soya, Olive. No longer make any cheese slices or cream cheese.

- [www.veggiestuff.com](http://www.veggiestuff.com) online site with large selection of vegan, egg and milk free foods and confectionary and dairy free squirty cream!
- [www.gffdirect.co.uk](http://www.gffdirect.co.uk) supermarket for coeliacs. Over 700 products. Many brands all from local, national and international producers. Many products also suit other diets and info on this given. Options for free delivery.
- [www.bianua.com](http://www.bianua.com) use naturally gluten-free flours (no wheat starch) and offer products and recipes to those whose diets are yet more restricted, for example, customers who want to avoid dairy, eggs, soya and yeast. Bread and cake mixes, xanthan gum and baking powder. Also make allergy wristbands.  
[www.theglutenfreekitchen.co.uk](http://www.theglutenfreekitchen.co.uk) dedicated to providing great tasting gluten, wheat and dairy free food, which is also additive and preservative free, and simply delicious. All staff strictly adhere to a gluten free diet throughout their working day in order to make every possible effort to prevent cross contamination of any sort. Following the recent government guidelines reducing the threshold below which you can call your products 'gluten free' from 200parts per million(ppm)to 20ppm Codex analysis revealed that our reading was classed as below 5ppm. In reality no trace could be found so a limit has to be set at below 5ppm. Puddings: Sticki ginger , lemon drizzle, crumbles, bread and butter, pastry, pizza mix, various cakes and muffins.
- [www.eggfreecake.co.uk](http://www.eggfreecake.co.uk) The Eggfree Cake Box is dedicated to producing the highest quality eggless, vegetarian cream cakes for all occasions made in an egg free bakery, ready to be collected in just twenty minutes. 163 Green Street, Forest Gate, London E7 8JE various branches.

- [www.moofreechocolates.com](http://www.moofreechocolates.com) chocolates made in a gluten free, wheat free, lactose free, dairy free and egg free factory. Brilliant variety and seasonal products. Many products soya free as they use sunflower lecithin.
- [www.Redwoodfoods.co.uk](http://www.Redwoodfoods.co.uk) make 'Wot no dairy' – soya and dairy free yogurt. Also make dairy free cheeses and dairy and soya free cheeses. To view products see website or [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk) Various flavours. All products are also vegan (and egg free).
- Worthenshaws freedom – ice cream free from milk, egg, soya, wheat, gluten. Also making soya milk and rice milk.
- BoojaBooja – ice cream free from dairy, egg and soya – based on nuts

### Ready meals for food allergies

- Kealth foods ([www.kealthfoods.com](http://www.kealthfoods.com)) do a range of frozen meals that are Gluten, wheat, milk, egg, nut (factory has a nut free policy) and soya free, some are also crustacean free to
- [www.intolerablefood.com](http://www.intolerablefood.com) Tel: 01825 790090  
A gluten and dairy free based ready meal company whose products are also additive and preservative free. They have beef, duck, chicken, lamb, pork, fish and vegetarian (also suitable for vegans) based dishes available. Meals are packaged in portion sizes for one or two people. The meals can be purchased online from Johnson's Dietary Provisions Ltd. ([www.glutenfreecatering.com](http://www.glutenfreecatering.com)). They will soon be adding desserts to their list of products.

### supermarket resource

- [www.supermarketownbrandguide.co.uk](http://www.supermarketownbrandguide.co.uk)  
helps you identify which foods are suitable for different diets and whether foods contain the 14 main allergens, and their ingredients in each supermarket. Available on website and as an Iphone App.

### Recipes

- vegan recipes site to add to resources sheet  
[www.parsleysoup.co.uk](http://www.parsleysoup.co.uk) vegan - milk and egg free recipe selection. Excellent website.
- [www.foodsmatter.com](http://www.foodsmatter.com)  
They taste test free from foods from supermarkets as well as selling recipe books online for many different diets. Some titles include 'Bread Matters', gluten and wheat free bread recipes, 'Cooking Without Made Easy', recipes that are dairy, gluten, yeast and sugar free, and 'Tony's Lactose Free Cookbook' with over 100 recipes for a lactose free diet, including a list of foods with 'hidden' lactose. Really good monthly product updates for new foods to the 'allergy market' Free to join website. Book lists and resources lists are useful.
- [www.allergycooks.co.uk](http://www.allergycooks.co.uk)  
With an annual membership you will be able to access over 100 different recipes for wheat, egg and dairy free diets. Most of the recipes have information on how to adapt them to suit certain dietary needs. They have lots of recipes for yummy desserts. They also have an interactive forum, which is free to sign up to, where you can discuss recipes ideas, taste tests and other useful information.
- [www.foodallergymums.com](http://www.foodallergymums.com)  
A very useful resource for all parents with children with food allergies. Has many helpful items including food alerts, recipes, news and research articles, helpful tips and a forum to discuss the many issues which parents with children with allergies come across. They also run events to meet up with other mums and listen to talks from top nutritionists.

- [www.coeliac.org.uk](http://www.coeliac.org.uk)  
Recipe Database – this online resource which is available in the Members only area of the website offers a wide range of recipes suitable for people following a gluten-free diet. Lists of gluten free grains especially useful.
- American site for book reviews of special diet cookbooks:  
<http://www.kidswithfoodallergies.org/surveysampleallbooks.php>
- [www.glutenfreecatering.com](http://www.glutenfreecatering.com)  
dairy, egg, wheat and gluten free recipes, product information and much more. look under 'useful links'.
- [www.babycakesdirect.co.uk](http://www.babycakesdirect.co.uk)
- [www.viva.org.uk](http://www.viva.org.uk)  
excellent recipes all vegan, dairy and egg free. Suppliers of cremovita range (cream alternatives) and vegan sweets/chocolates/fudge/coconut ice/chocolate spread.
- [www.Piginthekitchen.co.uk](http://www.Piginthekitchen.co.uk) lots of tried and tested recipes and info – definitely worth a look and a bake...

### Allergy Alert Services

- [www.alert4allergy.org](http://www.alert4allergy.org)  
By registering with this website you will get automatic free updates when a food is declared to have unlabelled ingredients in it. There were approximately 30 incidents of this happening in 2005, by signing up you will be warned about such incidents and will be able to avoid those foods, therefore avoiding any severe, unnecessary reactions.
- [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)  
On their 'Food Alerts' page they regularly update information regarding unlabelled ingredients and contamination incidents involving nuts/peanuts, milk, egg, soya, wheat and gluten, kiwi, seeds, seafood and mustard.
- Food Standards Agency [www.food.gov.uk](http://www.food.gov.uk)  
This government based website provides alerts via text message about unlabelled ingredients and contamination incidents.  
They have two categories, Food Alert: for Action, where you will need to take your product back to where you bought it from, and Food Alert: for Information, where you do not have to do anything.

### Cookery schools/courses for special diets

- Angela Malik School of Food and Wine in Huntingdon. Angela was particularly keen to run courses for people with allergies [angela@angelamalik.co.uk](mailto:angela@angelamalik.co.uk) or call 0870 1907919. <http://www.angelamalik.co.uk/>.
- Cookability – run hands on workshops and courses in Somerset and London – highly recommended by Tanya Wright who has done a course. (see [www.specialdietsdirectory.co.uk](http://www.specialdietsdirectory.co.uk) for details.

### IBS Resources

- [www.ibsnetwork.org](http://www.ibsnetwork.org)
- [www.corecharity.org.uk](http://www.corecharity.org.uk) Core is the working name of the **Digestive Disorders Foundation** 3 St Andrews Place, London NW14 4L Tel: 020 7486 0341 (please note this is not a helpline)
- Internet-based Self Help Group: [www.ibsgroup.org](http://www.ibsgroup.org)

### Reflux and Gastro resources for paed

- [www.littlerefluxers.co.uk](http://www.littlerefluxers.co.uk) UK Reflux Support Network for mums, dads and carers of babies with reflux. Keep in touch with fellow reflux sufferers and arrange local get togethers...share ideas and experiences

[www.fabed.co.uk](http://www.fabed.co.uk) This UK based web group is for families who are dealing with severe multiple food allergies and/or drug allergies within children or adults. Members may have been diagnosed with an eosinophilic condition (eosinophilic gastroenteritis EG / eosinophilic oesophagitis EE / or eosinophilic colitis EC). This group also assists people who have extreme milk allergies and/or soy protein and those who are already using an amino acid formula. The purpose of this group is support through shared experiences and information. The goal of the group is to avoid the isolation this condition often creates and thus help improve the lives of the families dealing with it.

- 

### Coeliac disease resources

Coeliac UK [www.coeliac.org.uk](http://www.coeliac.org.uk)

Coeliac UK is the leading Charity working for people with coeliac disease and dermatitis herpetiformis. Coeliac UK provide a range of services including:

- A Food and Drink Directory - lists a range of foods that can be included in a gluten-free diet.
- The Helpline, 0845 305 2060, supported by an expert team of dietitians and food and drink advisors.
- A range of publications including information on gluten-free foods available on prescription.

### Other Useful Related Sites

- [www.asthma.org.uk](http://www.asthma.org.uk)  
The National Asthma Campaign
- [www.eczema.org](http://www.eczema.org)  
The National Eczema Society
- [www.skinhealth.co.uk](http://www.skinhealth.co.uk)  
Information site written by dermatologists about skin conditions
- [www.ctpa.org.uk](http://www.ctpa.org.uk)  
The Cosmetic, Toiletry and Perfume Association. The CTPA is the authoritative public voice of a responsible and vibrant UK industry. Representing cosmetic and personal care companies of all sizes involved in sourcing of ingredients, manufacturing, packaging, labelling and distribution, the CTPA provides members with comprehensive scientific and technical advice.
- [www.food.gov.uk](http://www.food.gov.uk)  
The Food Standards Agency (FSA), a government based website with all topics related to food in the UK.
- [www.vegansociety.com](http://www.vegansociety.com)  
The Vegan Society
- [www.lasg.co.uk](http://www.lasg.co.uk)  
The Latex Allergy Support Group
- [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Government health information website which has helpful online resources such as a health encyclopaedia, self-help guides and a common health questions section.

- [www.bda.uk.com](http://www.bda.uk.com)  
The British Dietetic Association. Their website has information about food allergies and intolerances, the autistic spectrum and allergy testing amongst other topics.
- [www.nos.org.uk](http://www.nos.org.uk)  
The National Osteoporosis Society. Osteoporosis is associated with a lack of calcium in people's diet, prominently in dairy free diets. This website gives advice on how to try and prevent osteoporosis and also has a lot of details about osteoporosis in the news.
- [www.allergicchild.com](http://www.allergicchild.com)  
Useful American website for children suffering from food allergies. It also includes some information on American food labelling laws and books on food allergy for children.

### **Resources for Health Professionals**

- [www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org)  
Practical help and information on nutrition and development of children under 3. The site is only intended for healthcare professionals. They provide fact sheets and handouts on nutrition, fussy eaters, and growth and development stages.

### **4.2 - An Introduction to Food Hypersensitivity**

### **4.3 - General Guidelines on the Management of Food Hypersensitivity**

HCP sites + numbers for datacards and allergy guides (for aptamil and cow & gate milks)

- <http://foodallergens.ifr.ac.uk/>  
This website provides a clinical database on all potential food allergens. It supplies credible technical information for dietetic specialists and laypersons, and the resources are split into biochemical and clinical.
- [www.neocate.co.uk](http://www.neocate.co.uk) information on the Neocate range
- [www.aptamil4hcps.co.uk](http://www.aptamil4hcps.co.uk)  
Part of Aptamil. An online resources providing information to healthcare professionals about Aptamil products, including a product range, resources such as parent handouts and leaflets, and information on prebiotics. You need to register with the website to view most of the content.
- [www.inpractice.co.uk](http://www.inpractice.co.uk)  
Part of Cow & Gate. This website is a comprehensive resource for healthcare professionals, giving information and advice on infant and child nutrition. They provide educational aide, parental leaflets, back issues of Midwifery Focus and N&N, downloadable tools and pod casts. You need to register with the website to read most of the content.
- [INFO@ZINGSOLUTIONS.COM](mailto:INFO@ZINGSOLUTIONS.COM) to subscribe to Allergy Advisor Newsletter  
nutriurope.  
[info@pr-editions.com](mailto:info@pr-editions.com) to Subscribe to Nutriview - papers selected by Prof C Dupont

### **Books for Professionals**

Paediatric allergy text

- "Paediatric Allergy: Principles and Practice"  
by DYM Leung, H. Sampson, RS Geha and SJ Szeffler, from Mosby Inc 2003.  
ISBN 0-323-01802-5.  
The book provides the information needed to diagnose, manage, and treat virtually any type of allergy seen in children. This text offers definitive, practical coverage of today's best knowledge in the field.

## Book List

### Special diet recipe books

Below is a selection of some from my own bookshelf. Personally I prefer to recommend tried and tested recipes initially as failures early on can put people off trying again. Be aware that books from USA list 'cups' instead of weighed recipes, and some of the ingredients may be unfamiliar to you. (eg baking soda, canola oil)

**How to cook for Food Allergics.** A guide to understanding ingredients, adapting recipes and cooking for an exciting allergy free diet. Lucinda Bruce-Gardyne 2008. Rodale Publishers. ISBN: 978- 1- 9057-4404-6

#### **An Introduction To Cooking With Allergy Friendly Ingredients.**

Recipes free from gluten, wheat and dairy with many free from eggs and soya. Author Sarah Parker. Cost £7.00. Visit [www.specialdietsconsulting.co.uk](http://www.specialdietsconsulting.co.uk).

#### **'Dairy free +/-or wheat free +/-or soya free but always totally nut free family cookbook'**

Suzanne Wood and Clare Constant ISBN 978 0 955667602

#### **Allergy-free cookbook.** (no eggs, no dairy, no gluten, no nuts). Alice Sherwood 2008.

Dorling Kindersley ISBN: 978-1-4053-1260-8

#### **Easy wheat, egg and milk-free cooking**

Author Rita Greer. 3<sup>rd</sup> edition revised 2001. Publ Thorsons  
ISBN 0-00-71317-4 £8.99

#### Allergy-free food

Recipes and practical advice to help you manage food allergies

Author Tanya Wright. 2002. Publ Hamlyn

ISBN 0-600-60547-7 £12.99

**Milk, egg, wheat, gluten free recipes**

#### The Allergy Free Cookbook

Author Michelle Berriedale-Johnson. 1999. Publ Thorsons

ISBN 0-7225-3878-2 £6.99

**Milk and wheat and gluten free but some recipes contain eggs**

#### The gluten, wheat and dairy free cookbook

Antoinette Savill 2000 Pub Thorsons ISBN 0 7225 4027 2

£12.99 All the cake recipes contain eggs

#### The AiA gluten and dairy free cookbook

Author Marilyn le Breton Publ Jessica Kingsley ISBN 1 8431 0067 3

#### Allergy free cooking for Kids

Author Antoinette Savill, Karen Sullivan. 2003 Publ Thorsons

ISBN 0-00-714216-1 £12.99 Covers recipes free of gluten, milk, egg, nuts, yeast

The Stamp Collection Cookbook

**Terence Stamp and Elizabeth Buxton 1997 Pub Ebery Press**

**ISBN 0 7225 402702 £12.99**

This book contains wheat, milk and sugar free recipes. Some recipes use the Stamp Collection All Purpose Flour which contains barley, rice, millet and maize. Perhaps other flours could be substituted if necessary.

**Easy Breadmaking for special diets.**

Nicolette Dumke. 1995 Pub Adapt Books (Colorado) \$14.95

ISBN: 1 887624 02 3. Caters for wheat, milk, egg, gluten & yeast free diets

**Friends Birthday Party**

Meet Alexandra who has a food allergy

Published by Franklin Watts ISBN 0 7496 3672 6. Cost £9.99.

**Easy Gluten Free Cooking**

Author, Rita Greer, 4<sup>th</sup> edition revised and updated 2001, Pub Thorsons

ISBN 0-00-710319-0 cost £8.90

Recipes avoid wheat, rye, barley and oats

**The Gluten Free Gourmet (revised edition)**

It is from the US and ingredients are measured in cups. (one cup holds 240ml or 8 fl oz)

Author Bette Hagman. 2000. An Owl Book.

Pub Henry Holt and Company inc. New York. Obtainable (mail order) from Innovative Solutions £10.99

ISBN 0 8050 6484 2 These recipes avoid wheat, oats, barley and rye

**The Everyday Wheat-free and gluten free cookbook**

**Recipes for coeliacs and people with wheat intolerance.**

Author, Michelle Berriedale-Johnson. 1998 reprinted 1999. Pub Grub Street

ISBN 1 898697 90 6 cost £10.99

**101 Fabulous Dairy Free Desserts Everyone will Love**

For the lactose intolerant, the dairy allergic and their friends and families.

Author Annette Pia Hall. Cost £11.99 ISBN 1 58177 018 9.

**Healthy Gluten-free Eating**

Author Darina Allen Rosemary Kearney Coeliac uk

ISBN 1 85626 542 0 cost £12.99.

**Gluten Free Food**

**Recipes and practical advice to help you manage coeliac disease**

Author Lyndel Costain and Joanna Farrow. 2003 Pub hamlyn in association with Coeliac UK.

ISBN 0-600-60793-3 £12.99

**Healthy Gluten Free Eating**

Authors Darina Allen, Rosemary Kearney 2004 Pub Kyle Cathie Ltd

Supervision by Coeliac UK

ISBN 1 85626 542 0 £12.99

**The dairy free cookbook**

Author Maggie Pannell 2000 Publ - Lorenz Books

ISBN ; 1 85967 941 2 £9.95

colour plates, family cookbook

### **The vegan cookbook**

Author Nicola Graimes 2000 Lorenz books. ISBN: 0 7548 0232 9.  
£9.95. Good for milk egg, meat and fish free.

### **What to eat.**

#### **The milk free, egg free, nut free food allergy cook book.**

Author Linda Marienhoff Coss. Plumtree Press (California) 2000.  
ISBN: 0 9702 785 0 0. \$16.95.

#### **Calciyum! Delicious calcium rich vegetarian recipes.**

(Also egg free) David & Rachelle Bronfman.1998 Bromedia inc. (USA) \$19.95 ISBN: 0 9683503 0 5. Colour plates.

#### **The book of egg free cakes.**

Cintia Stammers. 2000 Pub Three Almonds (Bhaktivedanta book trust - Sweden). ISBN: 91 7149 387 5. Colour plates. Many recipes are vegan.

#### **Not milk - nut milks. '40 of the most original dairy free milks ever.'**

Candia Lea Cole. 1997 Pub Woodbridge Press (california).

ISBN: 0 8807 218 0. Milk and milkshake recipes made from nuts, carob, soya etc.

**Bakin' without eggs. Delicious egg free desert recipes from the heart and kitchen of a food allergic family.** Rosemarie Emro.1999 Pub St Martin's Griffin (New York) ISBN: 0 312 20635 6

### **Totally Dairy Free Cooking**

Louis Lanza and Laura Morton

IBSN 0 688 16909 0

**Bread Matters by Andrew Whitely (of Village Bakery)** - for those of you that are keen bakers that can tolerate wheat, barley, rye or spelt. Particularly useful if you are passionate about sourdough bread and keen to make your own!

**Wheat and Gluten Free Home Baking by Lola Workman (Australian Special Diets Expert)** - her book is packed full of every conceivable baked item that you could wish for!

**Your allergy free diet plan for babies and children** - Carolyn Humphries

**The best gluten free, wheat free & dairy free recipes** - Grace Cheetham

**Gluten-free Bread & Cakes from your Breadmaker** Author: Carolyn Humphries  
Editot: foulsham ISBN: 978-0-572-03002-5 .....recipes can be adjusted to be dairy free and soya free and other 'beans' flour. I got great results with the 'moist brown loaf', 'farmhouse loaf', 'seeded farmhouse', white and brown sandwich loaf' and 'multigrain loaf'. I haven't tried cakes yet. Maybe you have an egg replacement you can use?

### **Cake Angels: Amazing Gluten, Wheat and Dairy Free Cakes by Julia Thomas**

A mouth watering collection of simple to bake cake, cupcake and tray bake recipes. Packed with easy to follow instructions, beautiful photographs and useful tips. I believe everyone can bake wonderfully delicious cakes and in my book I will show you how. Published by HarperCollins and now available from [Amazon](https://www.amazon.com) and all good book shops.

**Im Hungry - Easy family recipes free from milk, egg, soya, wheat & gluten.** Tanya Wright. Contact Tanya on [tanyadwright@hotmail.com](mailto:tanyadwright@hotmail.com)

Please let Tanya know of any more new products/books or changes or any other information that would be useful for circulation to the group.

Thankyou

Written and Updated by Tanya Wright  
Last Updated 7<sup>th</sup> November 2011.