

ALLERGY TEST

NAME DATE

VEGETABLES

- Asparagus
- Avocado
- Beetroot
- Broad bean
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Courgette
- Cucumber
- Garlic
- Leeks
- Lettuce
- Mushroom
- Olives
- Onion
- Parsley
- Parsnip
- Peas
- Peppers
- Potato
- Pumpkin
- Runner bean
- Spinach
- Swede
- Sweet Potato
- Sweetcorn
- Tomato
- Turnip
- Watercress

FRUIT

- Apple
- Apricot
- Banana
- Blackberry
- Cherry
- Currants
- Gooseberry
- Grape
- Grapefruit
- Kiwi fruit
- Lemons
- Lime
- Loganberry
- Mango
- Melon
- Nectarine
- Orange
- Peach
- Pear
- Pineapple
- Plums
- Prunes
- Raspberry
- Red/Blackcurrant
- Rhubarb
- Satsuma
- Strawberry

DAIRY

- Butter
- Cheese, Cow
- Cheese, Goat
- Cream
- Milk, Cow
- Milk, Skimmed
- Milk, Goat
- Milk, Sheep
- Caseinate
- Lactose
- Whey
- Yoghurt

FISH

- Fish
- Cod
- Haddock
- Herring
- Kipper
- Mackerel
- Plaice
- Salmon
- Sardine
- Trout
- Tuna

SEA FOOD

- Sea Food
- Crab
- Lobster
- Mussels
- Oysters
- Prawns
- Scallops

NUTS

- Nuts
- Almond
- Cashew
- Coconut
- Hazelnut
- Peanut
- Pecan

MEAT

- Beef
- Chicken
- Duck
- Lamb
- Pork
- Rabbit
- Turkey

CEREALS

- Barley
- Buckwheat
- Corn
- Millet
- Oats
- Rice
- Rye
- Spelt Wheat
- Wheat

EGG

- Eggs

ALCOHOL

- Red wine
- White wine
- Beer
- Budweiser
- Cider
- Guinness
- Lager

OTHER FOODS

- Black pepper
- Chilli powder
- Chocolate
- Coca cola
- Coffee
- Coffee, decaff.
- Curry powder
- Gluten
- Honey
- Kidney bean
- Lentil
- Margarine

FOOD ADDITIVES

Colourants

- E100
- E102
- E104
- E110
- E122
- E123
- E124
- E127
- E128
- E131
- E132
- E133
- E142
- E150
- E151
- E154
- E155
- E160a
- E171

Preservatives

- E202
- E210
- E211
- E219
- E220
- E222
- E223
- E250
- E251
- E252
- E260
- E270
- E296

- White

- Yolk

- Brandy

- Gin

- Port

- Rum

- Sherry

- Tequila

- Vodka

- Whisky

- Olive oil

- Salt

- Sesame seeds

- Soya

- Sugar

- Sunflower oil

- Sunflower seeds

- Tea, Black

- Tea, Green

- Tea, Rooibos

- Tonic Water

- Vinegar

- Yeast

ANIMALS

- Animal hairs/furs
- Cat hair
- Dog hair
- Feathers
- Horse dander
- House dust/mite
- Rabbit fur
- Sheep wool

TREES, FLOWERS

& GRASSES

- Trees, Pollens, Grasses
- Flower pollens
- Grasses
- Hay
- Rape seed
- Tree pollens
- Weeds & Shrubs

MOULDS

- Aspergillus
- Candida albicans
- Mixed Moulds

GASES & FUMES

- Ammonia
- Car exhaust fumes
- Chlorine
- Cigarette smoke
- Diesel fumes
- Ethanol
- Formalin
- Gas fumes
- Heating oil fumes
- Petrol fumes
- Phenol
- Propane gas

MISCELLANEOUS

- Cotton
- Dental amalgam
- Newsprint
- Nylon
- Omo
- Persil
- Emulsion Paint
- Gloss Paint

OTHERS

Antioxidants & Acidity regulators

- E300
- E320
- E321
- E322
- E330
- E331
- E334
- E338

Thickeners. Stabilisers & Emulsifiers

- E400
- E401
- E407
- E410
- E412
- E414
- E415
- E420(i)
- E440(a)
- E466
- E491

ph Regulators & Anti-caking agents

- E500
- Caffeine
- E621
- E903
- Vanillin
- Wood Distillate
- Sweeteners
- E951
- E954
- E967

Food check list

The following list indicates foodstuffs associated with the ones to which you may be sensitive:

- Apple: apple pie, apple juice, cider
- Beef: steak, burgers
- Cabbage: coleslaw
- Coffee: coke, Lucozade, Red Bull
- Corn: cornflour, custard, popcorn, corn flakes
- Eggs: quiche, mayonnaise, salad cream
- Lamb: mutton
- Milk: butter, ice-cream, cheese, cream, yoghurt
- Monosodium glutamate, E621: Chinese foods, dried soups, sauces, crisps
- Oats: porridge, muesli
- Olives: olive oil
- Onions: convenience foods, dried soups, sauces
- Oranges: marmalade, orange juice
- Peanut: peanut butter, marzipan
- Pork: bacon, rashers, ham, sausages
- Potato: chips, crisps, potato based snacks
- Rape seed: vegetable oil, margarine
- Raspberry: jams
- Rye: rye bread, crispbread
- Salt: convenience foods
- Soya: Chinese food, soya sauce
- Strawberry: jams
- Sugar: convenience foods, marmalade, jams, sweets, chocolate, soft drinks, sauces
- Tartrazine, E102: tomato soup and sauce, baked beans, red lemonade, canned peas
- Tomato: pasta sauces, baked beans, tomato ketchup, tomato juice
- Vinegar: pickles, sauces, mayonnaise
- Wheat: bread (white or brown), biscuits, cakes, pastry, pasta, pizza, sauces, spaghetti, noodles, wheat-based breakfast cereals (Weetabix, Shredded Wheat, Bran flakes, All-Bran etc), breaded fish, crackers, muesli, sausages, burgers
- Yeast: bread, Oxo, Marmite, Bovril, all alcohol

Buckwheat pasta recipe

300g or 12 oz Buckwheat flour, 3 Eggs

1. With a fork, mix eggs into buckwheat flour. Continue until a dough is formed.
2. Knead dough well, then cover and set aside for 10 minutes.
3. Roll out dough thinly and cut into fine strips or pass through pasta cutting machine. Allow noodles to dry out for 10 minutes.
4. Boil a large pot of water, add noodles, and stir to prevent them sticking. N.B. Do not add olive oil to the water!
5. When the water returns to the boil, add a cup of cold water and stir.
6. Cook for 3 minutes.
7. Drain noodles and sprinkle with butter and soya sauce.

Food substitute list

Many of the following substitutes may be more easily found in health food shops. We recommend Open Sesame (OS), 35 Parnell Street, Ennis, Phone 065 68 21480 and Nancy's Health Foods (NH), Unit 1, City Centre Car Park, Thomas Street, Limerick, Phone 061 316693.

- Bread: Rye bread is a pleasant alternative. O'Connor's Bakeries, Ennis, Gort, Galway & Limerick make yeasted and yeast-free rye bread; Noel & Joes Bakery, bottom of Parnell Street in Ennis make yeasted rye and barley baps; sour dough (yeast-free) yeasted and yeast-free rye bread is often available in health food shops (OS, NH). Aldi have the German rye bread which is inexpensive but probably better toasted well. Also rice cakes and Ryvitas. Or make your own bread - see recipe.
- Butter: margarine, soya spread
- Cereals (breakfast): wheat-free muesli, corn flakes, porridge, rice krispies, Oatabix
- Cheese: goat's cheese, tofu (soya cheese) (OS, NH)
- Chocolate: carob (OS, NH)
- Coffee: There are various coffee substitutes including Barleycup, which a lot of people enjoy or decaffeinated coffee in some cases (OS, NH)
- Egg: Egg substitutes eg. No Egg! N.B. No Egg contains potato starch
- Jams & marmalades: sugar-free jams & marmalades (OS, NH)
- Mayonnaise: use an egg-free mayonnaise or use No Egg or other egg substitute (OS, NH)
- Milk: soya milk, goat's milk, rice milk, and skimmed milk in some cases (We recommend the Provamel brand soya milks as they have the best taste, try the blue box - even their non-organic soya milk are still from soya beans that are not genetically modified!) (OS, NH)
- Onions: use leeks
- Oranges: It may be possible for some people to eat satsumas
- Pasta, spaghetti, noodles: buckwheat noodles (N.B. buckwheat is not a variety of wheat at all!), corn pasta, rice pasta, vegetable pasta (OS, NH). Or make your own fresh pasta, it's easier than you think!
- Potatoes: brown rice, corn pasta, buckwheat noodles
- Salt: salt substitutes with no sodium only potassium e.g. Ruthmol (OS, NH)
- Soft drinks or minerals: Appletizer, Grapetizer, spring waters, pure fruit juices
- Sugar: honey, maple syrup, sugar-free jams & marmalades
- Tea: herbal teas, Rooibosch tea, green tea
- Yeast: Substitute soda bread for yeasted breads
- Yoghurt: sheep and goat's yoghurt

Wheat-free bread recipe

Mix equal quantities of Oat flour, Oat bran, Barley flour, and Buckwheat flour. Rye flakes may be added also. Add: Buttermilk (soured milk) (or soya milk), 1 egg, 1 tsp. honey, 3/4 tsp. bread soda (sodium bicarbonate) (or baking powder)

Mix together and add enough buttermilk so that the mixture is spooned into a baking tin. Bake at 400 degrees F for 3/4 hour.