

# 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

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## 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, yoghourt
- 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, noodles, spaghetti, wheat-based breakfast cereals (*Weetabix*, *Shredded Wheat*, bran flakes, *All-Bran* etc), breaded fish, crackers, muesli, sausages, burgers, chapatis, pittas
- 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.

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## Food substitute list

Many of the following substitutes may be more easily found in a health food store. We recommend *Health Quest* (HQ), Grosvenor Centre Phone 01604 30125 and *Daily Bread*(DB), Bedford Road, Phone 01604 621531. Other sources are *Sainsburys* (SB); *Safeways* (SW); *Waitrose* (WR)

- Bread: rye bread (WR, DB), rice cakes, Ryvitas.
- Butter: margarine, soya spread
- Cereals (breakfast): wheat-free muesli, corn flakes, porridge, rice krispies, Oatabix
- Cheese: goat's cheese (SB, WR), tofu (soya cheese)
- Chocolate: carob
- Coffee: There are various coffee substitutes including *Barleycup*, which a lot of people enjoy or decaffeinated coffee in some cases
- Egg: Egg substitutes eg. *No Egg!* (DB, HQ) N.B. *No Egg* contains potato starch
- Jams & marmalades: sugar-free jams & marmalades (DB, HQ)
- Mayonnaise: use an egg-free mayonnaise or use *No Egg* or other egg substitute (DB, HQ)
- Milk: soya milk (DB, HQ), goat's milk (SW, WR, SB), rice milk (DB), 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!)
- 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 (DB, HQ)
- Potatoes: brown rice, corn pasta
- Salt: salt substitutes with no sodium only potassium
- Soft drinks or minerals: *Appletizer*, *Grapetizer*, spring waters, pure fruit juices
- Sugar: honey, maple syrup (DB), corn and rice sweeteners
- Tea: herbal teas, *Rooibosch* tea, green tea
- Yeast: substitute soda bread for yeasted breads
- Yoghourt: sheep and goat's yoghourt (SB, WR)

### Wheat free bread recipe

Mix equal quantities 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.