

Eating for Success

By Sue Dengate

Additive-free recipes

This booklet is intended to accompany the DVD

*Fed Up with Children's Behaviour:
effects of food and additives*

www.fedup.com.au

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Introduction

Our food has changed drastically over the last 30 years and so have food-related problems in children.

Contrary to what many people think, food additives - not sugar - are associated with behavioural problems in young children.

Reactions to food additives are related to dose, so the more additives children eat, the more likely they are to be affected. The youngest children are the most vulnerable because per kilo of body weight they eat the highest additive doses.

Additives are now used in healthy foods such as bread, butter, yoghurt, juice or muesli bars as well as in junk food.

In 2006, a British survey found that people consume up to 50 additives per day but underestimate their additive intake. The survey average was 20 additives per day overall and 19 additives per day for people who ate home-cooked foods. Because additives are eaten so frequently, you won't notice their effects until you stop eating them.

The main behavioural effects of food additives are irritability, temper outbursts, oppositional defiance, restlessness and difficulty falling asleep. Other effects can include speech delay, mood swings, head banging, fighting with siblings, making silly noises, anxiety, depression or difficulty concentrating. Effects on health can include eczema and other itchy skin rashes, bedwetting, stomach aches, sneaky poos, constipation, frequent colds, flu or infections, headaches, migraines or asthma.

The additives most associated with asthma are sulphite preservatives (220-228) in foods such as dried fruits, sausages, cordials and some fruit drinks. They can cause irritable airways with no obvious symptoms until children encounter an asthma trigger such as cold air or a virus.

When TV chef Jamie Oliver introduced fresh, natural, additive-free school meals for 16,000 school children in the UK, after four weeks teachers at Wingfield Primary School in London reported improvements in behaviour, reading, writing and concentration. They also noticed that children were calmer and asthmatics hadn't required their medication.

In 2003, when an entire class of six year olds at the Dingle school in Cheshire avoided additives for two weeks, *nearly 60 per cent* of their parents reported improvements in behaviour, cooperation and sleeping.

Seeing is believing

In 2005, I took part in a two-week trial at Palmers Island Primary School in NSW where 120 students were taught how to read food labels, asked to avoid 50 additives and provided with additive-free breakfasts. Staff, parents and students all saw changes - students were quieter, calmer, 'stopped yelling out in class', had better self control, concentrated better and classes were more harmonious. When the children again ate artificially coloured treats at the end of the study, they exhibited noisy, argumentative, cheeky behaviour. You can see this study on our DVD.

When ACT sports coach Sheryl Sibley asked her Under-10 Girls Teeball team to go additive-free, the girls won 9 matches in 3 days to become undefeated state champions. 'These were all normal kids who had never been diagnosed with anything', said Sheryl, 'yet the parents could see a difference.'

Currently in the UK, all the major supermarket chains are removing certain harmful additives from their own brand foods due to two large studies - the second one is not yet published - by researchers from the University of Southampton's psychology department, see *Food Additives do cause Temper Tantrums* (http://www.foodcomm.org.uk/additive_2002.htm) and *New Fears over Additives in Children's Foods* (<http://www.guardian.co.uk/food/Story/0,,2074346,00.html>).

Natural food chemicals

For children with problems serious enough to see a doctor, or those with conditions such as oppositional defiance, learning delay, attention deficit, autistic spectrum or developmental disorders, parents probably need to find out more about natural food chemicals called salicylates, amines and glutamates. They can cause the same problems as additives if consumed in large doses or by sensitive children.

These natural food chemicals are increasing in our food supply, due to increased availability of out-of-season fruit and vegetables, concentrated natural chemicals in processed foods, and added flavours. Foods high in salicylates include strawberries, kiwifruit, avocados, sultanas, citrus, pineapple, broccoli, pizza toppings and tomato sauce. Cheese and chocolate are particularly high in amines so children who are angry or unhappy the week after Easter are usually amine responders

Parents rarely realise that they or their children are affected by salicylates or amines until they reduce their intake. This is because these food chemicals are eaten so frequently that the effects fluctuate and can build up very slowly. One mother wrote:

'I cut back my five-year-old daughter's intake of fruit to about a quarter of what she normally had. Within days we saw dramatic changes. Her behaviour evened out ... she was more sensible and obliging, less aggressive and defiant - and altogether much more pleasant to live with.'

Flavours and fragrances such as fruit or mint are another source of salicylates. Increasingly large doses are added to products. In the UK, recent studies of new mothers found more headaches and depression in mothers and more asthma, diarrhoea, vomiting and ear infections in babies with increasing use of air fresheners and/or aerosols.

Reducing additive intake

Read ingredient labels. Choose preservative-free bread. Buy colour-free yoghurts, icecreams and lollies such as caramels and toffees. Buy plain crackers rather than flavoured chips, crackers and noodles. Throw away flavour sachets. Encourage children to drink water as their main drink. For children with a condition such as oppositional defiance, a dietitian can supervise a three-week trial of a diet free of additives and low in salicylates and amines to find out exactly which food chemicals are contributing to problems, see contact details for supportive dietitians in your area on p. 30.

The recipes in this book are additive-free and lower in salicylates. If you are avoiding only additives, you can add more fresh fruit and vegetables.

How do you convince reluctant partners and children? According to many mothers, the trick is to say nothing and watch our DVD at home while others are around (you can borrow it from your school).

If doing this in the long term, I recommend the Failsafe Cookbook from your library or bookstore. One mother whose child had been breaking his diet wrote: 'I was able to buy your cookbook, so now he is getting enough interesting things and variety and feels that he is not missing out!'

Best of luck in your trial! - *Sue Dengate*

Additives to avoid

ARTIFICIAL COLOURS

102 tartrazine, 104 quinoline yellow, 107 yellow 2G, 110 sunset yellow, 122 azorubine, 123 amaranth, 124 ponceau red, 127 erythrosine, 128 red 2G, 129 allura red, 132 indigotine, 133 brilliant blue, 142 green S, 151 brilliant black, 155 chocolate brown

NATURAL COLOUR

160b annatto (*in yoghurts, icecreams, popcorn etc, 160a is a safe alternative*)

PRESERVATIVES

200-203 sorbates (*in margarine, dips, cakes, fruit products*)
210-213 benzoates (*in juices, soft drinks, cordials, syrups, medications*)
220-228 sulphites (*in dried fruit, fruit drinks, sausages, and many others*)
280-283 propionates (*in bread, crumpets, bakery products*)
249-252 nitrates, nitrites (*in processed meats like ham*)

SYNTHETIC ANTIOXIDANTS - in margarines, vegetable oils, fried foods, snacks, biscuits etc

310-312 gallates
319-320 TBHQ, BHA, BHT (306-309 are safe alternatives)

FLAVOUR ENHANCERS – ‘the 600 numbers’ in noodles, crackers, chips, sauces, takeaways

621 MSG
627, 631, 635 disodium inosinate, disodium guanylate, ribonucleotides

What CAN we eat?

from Eating to Win by Sheryl Sibley (with permission)

Basic, plain, healthy staple-diet kind of foods. YOU be in charge of what's added, not surprised by what's hidden!

- Fruit
- Vegetables
- Fresh meat
- Plain rice
- Plain pasta
- Plain or vanilla yoghurt
- Plain milk/soy milk
- Mild cheeses
- Plain breads and rolls
- LOTS OF PLAIN WATER
- Sugar is OK (in moderation!)
- Plain, unflavoured, additive-free: rice cakes, corn cakes, corn chips, popcorn, pretzels, 'jatz' type crackers, 'ryvita' type crackers, *sakata rice crackers (*other plain varieties have added MSG), Arnotts plain biscuits , (eg arrowroot, not cream)
- Peters lemonade icypoles
- Plain ice cream
- Plain Kettle chips
- Pascalls marshmallows (white only)
- Milky Bar white chocolate
- Werthers Originals butter candy and chewy toffees
- Bottled Schweppes lemonade, not cans (no colour, no preservatives)

Home-made foods - YOU control the ingredients, added fats and sugars!

- Home-made 'Takeaway': -burgers, -chips, -pizza, -chicken, -sausage rolls, -pies, -stir fries (see recipes below or in the Failsafe Booklet p. 30)
- Home-made Magic Cordial, see recipe below
- Home-made or Werthers butter candy, chewy toffees
- Home-made plain cake with white icing (not coloured unless using Queen natural colours)
- Home-made shortbreads
- Home-made Anzac Biscuits (no coconut) or Rolled Oat Bars, see recipes below

* **The best drink is WATER.** It should be sipped frequently throughout the day.*

The Fridge List

Breakfast

Pancakes

Cereal (additive-free), e.g. Weetbix, Rice Bubbles, Porridge with milk

Fruit such as pears, bananas, red apples

Vanilla yoghurt (no annatto natural colour 160b)

Toast made from preservative-free bread

Toppings: additive-free margarine or pure butter

Jam, honey or golden syrup (small amounts)

Toad-in-the-Hole, see recipe below

Lunch

Sandwiches or rolls, with fillings like mashed banana, cheese and salad, egg and salad, home-made rissole (cooked the night before) with salad on a roll.

Fruit such as pears, bananas, red apples

Yoghurt

Carrot and celery sticks, cheese and a boiled egg

Three bean mix

Dinner

Simple meals such as a plain BBQ with salad, bread, plain pasta or rice, and see recipes.

Forget about using special seasonings: plain and simple is a good rule of thumb when avoiding additives.

Desserts could include rice pudding or bread and butter pudding (omit the dried fruit due to preservatives) or

A simple homemade apple crumble with some vanilla yoghurt or a little plain vanilla ice cream (colour-free such as Peter's Original Vanilla, or Sarah Lee French Vanilla).

See more recipes at <http://www.fedupwithfoodadditives.info/extras/Failsafebooklet.htm>

Snacks

Plain rolls and bread, (if you don't like them plain, then you could add a bit of jam or honey)

Home-made pikelets

Home-made plain cakes

Scones

Rice cakes and corn cakes

Plain Salada type crackers, home-made oat bars or Anzac biscuits (recipes below)

Fruit such as pears, bananas, red apples to accompany the above suggestions

A handful of cashews

Plain rice pudding snacks such as 'Delico Rice Pudding' snacks

Plain biscuits such as Arnott's Milk Arrowroots

Some additive-free brands

Try using the following brands to avoid unnecessary colourings and preservatives:

Nestle Naturals Yoghurts, *Delico Ryzogalo* Rice Pudding, some *Arnotts* Plain Sweet Biscuits, *Bakers Delight* Plain Breads, *Brumby's* Plain Breads, *SunRice* plain Rice cakes, *Sakata* Plain Rice Crackers, www.honestbeef.com.au preservative-free sausages and see p. 18 for more.

What foods are OFF-LIMITS?

Anything with added colouring, flavouring, preservatives, flavour enhancers. Check the ingredient label! If you can tell it was developed in a laboratory or processed to within an inch of its life, then DON'T EAT IT!

- takeaway foods: McDonalds, KFC, Burger King, Hungry Jacks, pizza, Chinese, etc ... includes 'Fish & Chip Shop' foods – all are too high in fat and additives!
- TV dinners and packet meals
- school lunch treats: pies, sausage rolls, hot dogs, mini pizza, nuggets, 'yummy drummies' etc, doughnuts, fairy bread, instant noodle meals, flavoured chips, flavoured corn chips, twisties, cheetos, burger rings etc, noodles with flavour sachets and other packet snack foods.
- all snack biscuits: for example - Pizza & BBQ shapes, '...in-a-biscuit', dippers, savoury tiny teddy snacks etc.
- coloured, flavoured lollies
- coloured, flavoured ice cream
- coloured, flavoured icypoles
- sports drinks eg Powerade, Gatorade etc
- soft drinks including 'diet drinks' with preservatives
- cordials
- caffeine enhanced drinks/ energy drinks
- commercial BBQ chicken (loaded with flavour enhancers you can't see!)
- commercial muesli bars (coconut, fruit and oil in these bars have preservatives, and the bars have fat added)
- bread with 282 or whey powder
- cup-a-soups or stock cubes (with added flavour enhancers)

Some useful recipes

(from the Failsafe Cookbook by Sue Dengate)

Rolled oat bars

A healthy high fibre alternative to commercial muesli bars.

1¼ cup self raising flour or wholemeal self raising flour
½ cup sugar
½ cup chopped pears or apples
1 tbsp golden syrup
2 cups rolled oats
150 g pure butter (eg. Butter Soft)

Combine flour, oats, sugar and pears in a bowl. Melt butter, add golden syrup and mix into dry ingredients. Press into slice tray and bake at 160°C for 15-20 minutes until brown. Cut into bars while still hot, leave to cool before removing from tray. Makes about 20.

Quick processor scones

3 cups self raising flour
¼ tsp salt
1-2 tbsp pure butter or Nuttalex margarine
about 1 cup of milk

Put flour, salt and butter in food processor and process until blended. Add liquid slowly until dough sticks together in a soft, wet clump. Knead on a lightly floured board, roll out, cut into squares or with scone cutters, place on a lightly greased oven tray and bake in a hot oven 230°C for about 10 minutes or until golden brown. Serve warm wrapped in a clean cloth in a basket or freeze and freshen up in the microwave. Good with butter, golden syrup or jam. These are popular for afternoon tea and suitable for lunchboxes.

Pikelets

1 egg
¼ cup sugar
about ¾ cup milk
1 cup self raising flour
¼ salt
pure butter, Nuttalex margarine or vegetable oil (eg antioxidant-free sunflower oil) for cooking

Beat egg and sugar until thick, stir in milk, add flour and beat until smooth. Cook in spoonfuls in a hot lightly greased frypan. Serve with sweet or savoury toppings.

Big Anzacs

1 cup plain flour
2 cups rolled oats
¾ cup sugar
125 g pure butter or Nuttalex margarine
2 tbsp golden syrup
2 tsp soda bicarb
2 tbsp boiling water

Mix together flour, oats and sugar. Melt butter and golden syrup together. Mix bicarbonate with boiling water and add to butter mixture. Pour into blended dry ingredients and stir to combine.

Place large spoonfuls of mixture onto greased oven tray, leaving room to spread. Bake at 160°C for 20 mins.

Wade's sausage rolls

500 g low-fat mince
3 chopped shallots
1 clove garlic, crushed (optional)
1 tbsp chopped parsley
Pampas Butter Puff pastry ready-cut sheets
salt to taste

Preheat oven to 180°C. Mix mince with shallots, garlic, parsley and salt. Cut pastry sheets in half. Place a sausage shape of mince in the middle of the sheet. Roll over, prick top. Cut to required lengths. Bake 20 minutes or until cooked.

Margie's lunchbox muffins

1½ cups self-raising flour
½ cup white or brown sugar
1 egg, lightly beaten
2/3 cup milk
¼ cup vegetable oil (eg. pure sunflower or canola)
½ cup chopped fresh or canned pears

Sift flour into a bowl and add remaining ingredients, stirring with a fork until mixed. Spray a 12 cup muffin pan with canola oil and three quarter fill cups with mixture. Bake at 180°C for 15-20 minutes.

Magic cordial

Looks like water, tastes like lemon cordial. The best drink is water, keep cordial for a one off treat.
2 cups white sugar
2 cups boiling water
1-2 tsp citric acid

Combine sugar and water in a 4 cup heatproof jug or saucepan and stir until sugar is dissolved. Add citric acid to taste and allow to cool. Dilute to taste with water or soda water, approximately 1 part cordial to 5 parts water. Store in the fridge.

More useful recipes

Aussie toad in the hole

As used in the Palmer's Island school breakfasts.

1 egg

1 slice preservative-free bread (no nasty additives or whey powder, e.g. Brumbys or Bakers Delight)

oil for frying (e.g. pure canola or sunflower oil, no antioxidants)

Place a cookie cutter or a small glass over the middle of your bread and press hard to make a round hole. Place the bread flat on the surface of a well oiled preheated barbecue plate or frying pan and crack the egg into the centre hole. Cook for about two minutes while the bread browns and the egg hardens, then flip and repeat on the other side.

Pies

Many families say a pie maker is the easiest way to embark on an elimination diet, however, pastry is high in fat. A lower-fat option is to use mashed potato topping instead of pastry.

Use additive-free Pampas frozen puff pastry (see shopping list) or make shortcrust pastry yourself: sift 225 g of self-raising flour with ¼ tsp salt, rub 125 g of pure butter or Nuttelex into flour until mixture resembles coarse breadcrumbs then mix with a little water to make a stiff dough. Turn onto a floured board and knead a little. Handle as little as possible and chill in the refrigerator for 30 minutes before use. Roll out as required on a floured board.

Pie filling suggestions from failsafers (*failsafe stands for free of additives and low in salicylates, amines and flavour enhancers*)

- 'My recipe for the pie involves throwing everything into the pot – potato, cabbage, Brussels sprouts, bean mix, etc. My kids won't eat vegetables cooked so I mash or blend the vegetables once they are cooked and add to the failsafe mince. Then I just put it all in the pastry and cook in the electric pie maker'.
- 'I use the garlic mince recipe and I make savoury egg ones too, cooking the eggs first like scrambled egg. I use eggs, chicken, shallots, anything really that I have in the fridge that looks like it could go in. I set out trying to make enough to freeze but they get eaten as fast as I make them'

We've never found a commercial pie without some form of MSG (can be HVP or other natural glutamates), annatto 160b or other colours in the crust, and/or unlisted antioxidants BHA (320) in the vegetable oil. Commercial frozen pastries made with vegetable oils are also likely to contain unlisted BHA. Filo pastry usually contains sodium metabisulphite (223).

Creamy chicken pasta

This quick dish can be served hot, warm or cold, travels well and is perfect when you need to take a dish for socialising.

500g pasta spirals

100g green beans

3 shallots (also called scallions, spring onions)

clove of garlic to taste

1 tbsp canola oil
3 tbsp preservative-free lite cream cheese
3 tbsp yoghurt
2 cups cooked diced chicken
salt and citric acid to taste

Cook pasta according to directions. You can add frozen beans (rinsed in tap water) to the cooking pasta. While pasta is cooking, stir fry shallots and garlic gently in a little canola oil. Drain. While warm, stir through cream cheese, yoghurt, shallots and chicken. You can add chopped celery and carrot for colour.

Andra's quick chicken noodle soup

You can serve this as a meal with homemade garlic bread or fresh rolls, or as a healthy between meals snack.

1 tbsp preservative-free oil
1 cup each vegetables e.g. leek, cabbage, green peas or beans, carrots
1 chicken breast fillet, cut into strips
extra oil
4 cups water
1 cup homemade chicken stock or water
2 packets (250 gm each) of colour-free instant noodles, rice or wheat, see shopping list
1 tsp salt

Heat oil in a very large pot, saute vegetables. Remove from pan. Add extra oil and saute chicken strips until light brown. Add vegetables to pan and add liquid. Arrange noodles over vegetables, add salt and put lid on pot. Cook for 6-8 minutes, stirring occasionally.

Commercial soups usually contain MSG and/or other flavour enhancers. Dry packet soups can also contain high levels of sulphites in the dried vegetables.

Burgers

Make mince patties with egg, garlic, finely chopped leek, salt, sprinkle of citric acid. Serve on rolls or toast with lettuce, mung sprouts, sometimes an extra fried egg. Non-failsafe family members can add whatever they like – beetroot, tomato, sauce, etc, which means everyone is happy' – *thanks to Annette.*

A 2004 survey by the NSW Food Authority in the Sydney and Newcastle area found 58 per cent of beef mince tested contained illegal sulphites. This has been reduced through monitoring in Sydney but shows that butchers will add sulphites if they think they're not being watched. You can ask your butcher 'Does this mince contain preservatives? I really need to know' or test it yourself, see details of our sulphite test kits on the website.

Failsafe mince topping

This recipe can be used as a topping on pasta, pizza, rice, toast, and mashed potato (as a quick cottage pie), or in jaffles and pies.

500g preservative-free low fat beef or lamb mince
2 shallots or 1 leek, finely chopped
1 clove or more garlic, crushed
1 tbsp failsafe oil, see shopping list
salt to taste
1 tsp chopped parsley
2 tbsp cornflour dissolved in 2 cups of water or home-made chicken stock
1 can (420g) red kidney beans (optional)

In a heavy-based frypan or large saucepan stirfry chopped shallots and garlic in failsafe oil, remove from heat. Add mince to pan, stir until cooked. Drain fat if necessary. Add shallots, garlic, parsley, sea-salt and cornflour mixture, stir until thickened. For extra vegetables, you can add kidney beans drained or blended. Blending makes a thicker topping and works well with young vegetable haters (*thanks to Anne for that popular hint*). Suitable to make extra and freeze in small containers for quick pasta toppings.

Grilled chicken

Marinate chicken thigh fillets in a mixture of golden syrup, garlic, oil, water, citric acid and salt for at least half an hour. Grill and serve on rice or fried rice with chopped swedes, bean shoots, green beans, shallots, garlic and salt. - *thanks to Chris*.

Grilled meat and three veg

Lamb chops are a Harry Potter favourite, other meats suitable for grilling include beef or lamb steak or chops, chicken breasts, cut into strips or halved widthwise to make thinner (these are good for sandwich fillings too) or failsafe sausages. Serve with lashings of mashed potato and other vegetables such as Mum's Mash below, green peas or beans and stir-fried cabbage.

Roasts

Roasts such as chicken, lamb and beef are easy, additive-free and popular with children. The basics are: preheat the oven to 180°C. Allow 30-35 minutes of cooking time per 500 g of lamb and 30 minutes per 500 g of beef. Peel vegetables (potatoes, pumpkin, sweet potato or parsnip) and allow one hour cooking time, more if you are doing very big whole potatoes. Commercial gravy premixes usually contain additives or natural MSG, read the label. For home-made gravy, pour most of the fat out of the baking dish, sprinkle 1 tablespoon of flour and salt to taste into the pan and stir well until brown over a medium heat, add one cup of boiling water stirring until mixture boils, strain if necessary and serve. Cold roast leftovers can be used in school lunches, as pizza toppings or in frittatas.

Chicken schnitzel and nuggets

Children love crumbed food. You can use this method for home-made chicken nuggets and fish fingers, see below.

500 g chicken breasts, cut into thin slices
flour or gluten-free flour
½ tsp salt
1 egg, beaten
home-made bread crumbs or rice crumbs
failsafe oil for frying

Cut chicken into thin slices or nugget shapes. Season flour with salt, then coat chicken slices. Dip into beaten egg and cover with crumbs. Fry gently in shallow oil until golden brown on both sides. Drain on paper towels. Garnish with parsley and serve with mashed potato, vegetables and some citric acid dissolved in a little water instead of lemon juice.

Fish fingers

Use the same method as above using very fresh flaked white fish fillets mixed with mashed potato and dipped in cornflour, egg, rice crumbs. Fish has to be very fresh not freshly thawed.

Pizza

Make fresh, delicious pizza bases using your own breadmaker recipe, or use a preservative-free readymade base. Commercial bases such as McCains may contain unlisted antioxidant (320) in vegetable oil due to the 5% labeling loophole. Preservative-free flatbread breads can be used instead. Arrange toppings and bake in a preheated hot oven (220°C) for 10-15 minutes. Some additive-free topping suggestions include preservative-free cream cheese spread, failsafe mince (above), kidney beans pureed with garlic, grated mozzarella cheese, cooked chicken pieces, or roast leftovers.

Chicken stir-fry

Mix chicken strips with 1 tsp each garlic and golden syrup. Stir fry until sealed, add vegetables such as leek, choko, green beans, celery, cabbage and mung sprouts. Stir well. Pour over about 1/3 cup salted water or chicken stock. Thicken with cornflour dissolved in water. Serve with cooked rice – *thanks to Annette*.

Vegetable frittata

The frittata is an Italian omelette usually made quite thick with a variety of fillings. Unlike a French omelette, fillings are mixed in with the eggs and cooked very slowly until the egg mixture is set. It is served cut into wedges and can be eaten hot or cold.

2 tbsp failsafe oil
1 large leek, finely chopped
1 cup finely chopped cabbage
1 clove garlic, crushed (optional)
2 medium potatoes, peeled, cooked and cut into thin slices (leftovers are handy)
5 eggs
½ cup milk, A2 milk, soymilk or ricemilk
1 tsp finely chopped parsley
salt

Preheat frypan to medium. Put oil in pan and heat. Stir-fry leek, cabbage and garlic until transparent. Add potatoes and stir until coated with oil. Mix together eggs, milk, parsley and salt. Pour over leek mixture in frypan, cover and cook over moderate heat until set.

Hide the Vegetables

The way to get vegetables into children is to hide them. The best hiding places are • the failsafe mince recipe above • home-made pies, see lunch suggestions • blended vegetable soup (my favourite) • mashed potato, see below.

Mum's Mash

'Brussels sprouts were a problem in the beginning but I knew my children loved mashed potatoes. I was not giving up on Brussels sprouts or swedes as vegie options so first of all I mashed the potatoes and swede together. No one seemed to notice and ate it all up. Next I added Brussels sprouts which I cooked separately then added to the potato and swede, mashing it all together with the stab blender, a bit of milk and butter with a bit of salt to taste on serving. No one noticed at first until my son said one night, 'what's in this mashed potatoes? It's really nice.' I answered, 'I call it Mum's mash. If I tell you will you keep eating it?' 'Yeah!!! he answered. It's great!!!' Perseverance paid off as it often does.' – *thanks to a failsafer from Canberra*.

Quick chips (or use antioxidant-free frozen oven fries, see shopping list)

For quick chips, cut small potatoes in quarters, or large ones in eighths, cook in microwave until just soft. Put onto baking tray greased with failsafe oil, and bake in oven until golden. I don't even turn them and they are fine. – *thanks to Annette*.

Pasta

Apart from takeaways, spaghetti bolognese is the meal which most often causes next-day children's behaviour problems, but that doesn't mean you have to give up pasta. There are toppings other than tomato-based sauces and tasty cheese (which are very high in both salicylates and amines). See Creamy chicken pasta and failsafe mince as a pasta topping, above, and others suggestions below.

Three-minute spaghetti

Great as a quick meal (or snack) served with salad.

1 cup (100 g) uncooked three-minute spaghetti
knob butter
preservative-free cream cheese
green peas (optional, cooked or frozen, some children prefer them frozen)
salt to taste
garlic clove

Cook and drain spaghetti. Add butter, cream cheese, peas and salt and stir through. Rub the cut clove of garlic of the inside of serving bowl. Pour spaghetti into serving bowl and serve hot. Serves one.

'This meal is extremely popular with my children and just fantastic for the nights when I really want something quick with as little effort as possible. Or something Grandma can do without any problems for lunch or dinner when the children are visiting. I add home-cooked chicken to it as well if I have some in the freezer.' Reader, Canberra

Quick macaroni cheese

Commercial packet macaroni cheeses generally contain flavour enhancers. You can use this easy additive free version instead.

400g macaroni
50g butter
2 tbsp plain flour
2 cups milk
250 g grated cheese (if avoiding amines, use preservative-free cream cheese and more salt)
salt to taste
chives, finely chopped

Put macaroni on to cook according to directions on packet. Melt butter in a small saucepan over low heat. Remove from heat, add flour and mix thoroughly then return to medium-low heat and cook gently, stirring for one minute. Add milk, stirring until boiling. Remove from heat, add grated cheese and salt and stir until cheese is melted. Drain paste, pour pasta over and stir. Sprinkle chives over and serve hot. Serves 4.

Spaghetti Caesar

6 eggs
4 tbsp cream or natural yoghurt
salt to taste
2 cups cooked spaghetti
1 tbsp finely chopped parsley

Blend together eggs, cream and salt. Pour egg mixture over spaghetti and cook over low heat until egg mixture is slightly set and clinging to spaghetti. Add parsley and gently stir through. Top with chopped chives. Serves 4.

Desserts, Treats & Celebrations

Pear dessert cake

Everyone loves this soft, moist cake.

2 cups self-raising flour
4 tbsp cornflour
4 large eggs
1 cup pear syrup from canned pears
2 cups sugar
8 tbsp softened butter or Nuttelex
sliced canned pears for topping

Sift dry ingredients. Add eggs, syrup, sugar and butter, beat until well mixed. Pour into a large greased and lined cake tin (32 x 20 x 5 cm). Place sliced pears on top. Bake at 180°C for 1 hour. Serve warm. Leftovers can be used for school lunches. – *thanks to Jane.*

Cool cup cakes

These are a good plate to take to a party or a school fete and your children don't feel deprived by having to avoid other foods.

125 butter
125 g sugar
2 eggs, well beaten
250 g self-raising flour or gluten-free flour mix
¼ tsp salt
½ cup milk

Use paper patty cases. Preheat oven to 180°C. Sift flour and salt. Cream butter and sugar. Add beaten eggs gradually. Add flour and salt alternately with milk and vanilla. Bake for 12-15 minutes. Ice with white icing made from icing sugar and water or use a few drops of beetroot juice for a pale pink colour. Makes 24.

• **Cool cake** as above but use a cake tin and bake 40-45 minutes. For birthdays, you can use plastic decorations and novelty candles

Sago pudding

Sago is traditional food that is enjoying a comeback as part of a healthy, lower fat lifestyle.

½ cup sago
2 cups milk, A2 milk, soymilk or ricemilk
½ cup sugar

Rinse sago in water then soak in milk for two hours or until soft. Bring to the boil and simmer about 10-15 minutes until transparent, stirring occasionally. Add sugar to taste. Mix well, pour into moulds or cups and leave to set. Serve with fruit, for example, stewed rhubarb, canned pears or sliced bananas.

Pear crumble

A classic low fat dessert that is everyone's favourite.

1 cup flour
1 cup sugar
2 tbsp butter or Nuttalex margarine
1 can pears in syrup

Mix flour and sugar and then rub butter in with your fingertips. Sprinkle crumble mixture over pears and cook in moderate oven for around 15 minutes. Serve. – *thanks to Julie from the failsafe email discussion group*

Icecream

There are some additive-free commercial vanilla icecreams, see Shopping List (p. 18). When I talk to the over 80s about what they ate as kids, they always remark that icecream was something their mothers made for special occasions. The fat and additive content of icecream has crept up over the years and reduced fat products usually contain nasty additives such as annatto 160b yellow colour. These two recipes are lower in fat than commercial icecreams, especially the second one.

$\frac{3}{4}$ cup sugar
1 egg
 $\frac{3}{4}$ cup water
1 cup canned pears in syrup (drained and blended) or mango slices
200 ml light cream

Mix together according to icecream maker's instructions. This is a surprisingly good icecream • For an A2 or dairy-free low-fat icecream, use 1 cup sugar, 1 egg, 1 cup canned pears in syrup (drained and blended), 1 and a half cups A2 milk, soymilk or rice milk.

Frozen Rice Bubble Treats

250g butter
1 cup sugar
2 eggs beaten
6 -7 cups rice bubbles

Boil butter and sugar. Allow to cool slightly, add egg and cook together for about 1/2 minute. Mix in rice bubbles. Place in lined lamington tin and refrigerate. When set cut into bars and place in container and then freeze. These are best eaten straight out of the freezer and were a huge hit at my house. – *thanks to Elaine.*

Additive-free commercial lollies include • Pascalls white marshmallows • Darryl Lea Butterscotch • Smashi lollies (www.smashi.com) • Sweet Treats (www.sweettreats.com.au). None of these should be eaten in large quantities except perhaps at parties. While sugar doesn't cause children's behaviour problems, it is not good for teeth and can contribute to obesity if eaten to excess.

Basic shopping list suggestions

This is a very basic shopping list of additive-free foods that are low to moderate in salicylates. *If you are avoiding only additives you can eat extra fruit and vegetables, but remember that they can cause the same problems as additives in some children.* This booklet is intended as a guide for families who want to reduce their intake of troublesome additives. If you are doing the strict elimination diet I recommend the Failsafe Cookbook.

Vegetables

Fresh, frozen, dried or canned, for example:

potatoes, peas, beans, carrots, pumpkin, corn on cob, Brussels sprouts, cabbage, celery, lettuce, leeks, shallots, garlic, mung bean sprouts, snow peas, beetroot, sweet potato, asparagus, Chinese greens

Frozen: e.g. peas, beans, frozen chips (Logan Farm and Woolworths are BHA-free), read labels

Dried: red lentils (in packet), other dried lentils, chickpeas, dried beans

Canned: e.g. kidney beans, chickpeas (no spices, flavours, sauces)

Fruit

For example, pears, bananas, golden or red delicious apples, mangoes, peaches, watermelon

Canned fruit e.g. canned pears

Pasta, noodles, flour, rice

pasta twists, Fantastic rice noodles or Changs wheat noodles

Self raising flour, cornflour, cous cous, Sunwhite rice

Bread

Brumbys or Bakers Delight plain breads, some Country Life breads (read labels), other brands (read labels); Brumby's white iced finger buns but not cup cakes

Breakfast cereals

Rolled oats, Rice Bubbles, Weetbix, All Bran

Pancake mixes

For example, e.g. White Wings Shaker Pancakes, White Wings Panjacks, Orgran buckwheat

Sweeteners

White sugar, brown sugar, icing sugar, pure maple syrup with no added flavour, golden syrup

Cakes and pastry

Sara Lee all-purpose pound cake, Self-saucing sponge (Big Sister Butterscotch, Big Sister Golden), Pampas frozen Puff Pastry (read labels, ingredients vary)

Biscuits

(Arnotts have removed unlisted BHA 320 from their vegetable oil, we're not sure about other brands, you would need to contact them)

Arnotts original water crackers, Sao, Salada, Saltine

Sunrice plain Rice Cakes

Rice Crackers (Sakata plain – be careful, some other plain brands contain flavour enhancers)

Plain sweet biscuits such as Arnott's milk arrowroot, Glengarry shortbreads

Meat • Beef or lamb, e.g. preservative-free mince, lamb loin chops for grilling, chump chops for stewing, sirloin steak, lamb steak, roasts (no marinated meats, ham, bacon or frankfurters)

• preservative-free sausages (see www.honestbeef.com) or ask your butcher; preservative-free sausages will be frozen and must be eaten the day they are thawed

Chicken

Whole fresh or frozen chicken (definitely no seasoning, stuffing, or self-basting), chicken breast fillets, thighs, pieces (no marinade, flavour enhancers), no nuggets, luncheon meats

Fish

Fresh fish (eg snapper, barramundi, whiting), crab, lobster, oysters, calamari, scallops but not prawns which contain sulphite preservatives. No seafood extender or crabsticks. Plain tinned tuna or salmon, no additives.

Eggs

Dairy foods and substitutes

Plain milks, yoghurts (read ingredients labels)

Preservative and colour-free cheese (read labels)

Preservative-free cream cheese (read labels, e.g. Philadelphia cream in packets not tubs)

Peters Original vanilla icecream, other brands read labels

Nuttex additive-free margarine, some Meadowlea brands but read label carefully

Pure Butter (e.g. Mainland butter soft, Allowrie, other brands of pure butter)

A2 milk (www.A2australia.com.au)

Most soymilks and ricemilks, e.g. Sanitarium So Good, Vitasoy Ricemilk

Oils

For example, canola oil, safflower or sunflower oil, no antioxidants (310-321), e.g. Golden Fields, Dick Smiths, Crisco. Read labels.

Home cooking

bicarbonate of soda, citric acid, gelatine, agar agar, Queen brand natural colours

Salt: nutritionists now recommend if using salt for cooking and table, make it iodised

Snacks

Kettle and other brand plain additive-free chips, pretzels (e.g. Parkers), Raw cashew nuts (limit 10 per day), plain home-made popcorn e.g. Riviana popping corn (no added colour or flavour), plain pappadums (eg Pataks), Chic Nuts (dried roasted chick peas with garlic flavour), dried fruit without sulphites, e.g. www.begadriedfruits.com.au

Drinks

Water is the best drink: spring water, mineral water, soda water, filtered water, tap water
Schweppes bottled preservative-free lemonade, preservative-free fruit juices, Milo as treats

Sweets and treats

All limited due to high sugar

Marshmallows (Pascalls Vanilla)

Werthers chewy toffees and butter candies

Milky Bar white chocolate (limited due to high fat)

Toothpaste

Use colour-free toothpaste

Always read labels: ingredients change!

Foods that change constantly include soymilks and frozen pastry. See Product Updates on our website or subscribe to our free newsletters (email failsafe_newsletter_subscribe@yahoo.com with "subscribe" in the subject line

Further information

- More recipes in *The Failsafe Booklet*
<http://www.fedupwithfoodadditives.info/extras/Failsafebooklet.htm>
- Additive-free products for school canteens www.additiveeducation.com.au
- *Eating to Win* by Sheryl Sibley
<http://www.fedupwithfoodadditives.info/factsheets/Factwin.htm>
- *Friendly Food* by Royal Prince Alfred Hospital Allergy Unit
(www.cs.nsw.gov.au/rpa/allergy)

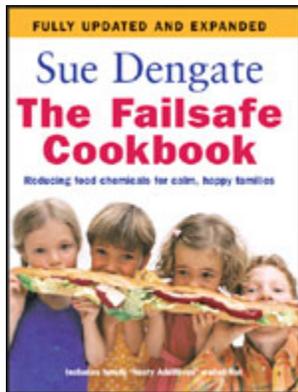
For children with a condition such as ADHD, autism or oppositional defiance, a dietitian can supervise a three-week trial of a diet free of additives and low in salicylates and amines to find out exactly which food chemicals are contributing to problems.

Local contacts

There are over 90 contacts in 47 locations and 10 countries who can give local advice:
<http://www.fedupwithfoodadditives.info/support/support.htm>

For our list of dietitians: email confodnet@ozemail.com.au, ask your local hospital or see www.daa.asn.au (Dietitians Association of Australia) for your area under "Allergy and Food Sensitivity".

See practical information on www.fedup.com.au – particularly Factsheets button. If you don't have internet access look for my books in your local library: *Fed Up*, *Fed Up with ADHD*, the *Failsafe Cookbook*, and *Fed Up with Asthma*, all published by Random House.

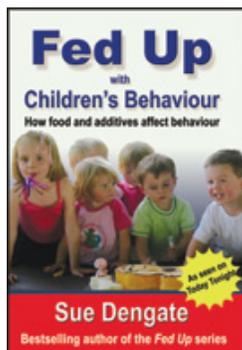


Reducing food chemicals for calm, happy families: contains information about food intolerance and hundreds of new and improved recipes for all kinds of occasions, updated March 2007. What parents say (from Failsafe #53):

'I love your books and I love this diet, I have a completely different daughter.'

'I love the failsafe cookbook! - it has made cooking so much easier for me and the whole family enjoys what I am cooking.'

Available from all good bookstores and overseas.



How food and additives affect behaviour: a DVD of Sue Dengate's famous presentation about the effects of food on children's health, learning and behaviour together with entertaining and insightful interviews and information, released May 2006

"Your DVD is currently doing the rounds of our kinder and all the mothers are commenting on the difference in their children!" - Susie, Vic

Available from www.fedup.com.au and various stores.