

Food Allergy and Intolerance Manual

Prepared by



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Introduction

Food allergy versus food intolerance

Food allergies occur when the body's immune system inappropriately acts against a protein within a food this is known as an allergen. Reactions can range from relatively mild, such as skin irritation, rhinitis, conjunctivitis through to asthma and in its most severe form anaphylaxis – this is a life threatening condition for which medical treatment must be sought immediately. An allergic response to food always involves the immune system and symptoms are frequently seen within minutes although some allergic reactions can have delayed symptoms.

An 'intolerance' to food doesn't involve the immune system, is rarely life threatening and tends to occur hours or days after the food ingestion. Food intolerance is an adverse reaction to a food which occurs when the body has an inability to digest a food properly. The most common example being lactose intolerance.

When catering for a large number of children the severity of the allergy or intolerance or the degree of avoidance practiced at home is not important. It is impractical in a childcare setting to remember the intricacies and individuality of each child's allergy e.g. some may tolerate yoghurt or cheese but not milk. Complete avoidance of the allergen is critical for all children– even if the parents or carers say certain foods can be tolerated.

Food allergy and intolerance are medical conditions, the diagnosis and dietary treatment of these conditions requires specialist training and qualification. It is not appropriate for parents or nursery staff to diagnose or plan dietary intervention for children without specialist advice. Many nurseries and Children's Centres have a strict policy about accepting children with allergies and they must have been diagnosed by a qualified medical professional or a Dietitian.

How common are food allergies

As many as one in five adults believe themselves to be intolerant (or 'allergic') to a food. In reality, only 1-3% of the adult population have a true food allergy.

Many parents suspect that their child may be allergic to certain foods and cut out important food groups from the diet risking nutritional deficiencies. It is estimated that about 6-8% of children suffer from a true food allergy. Most young children outgrow allergies to milk and egg by the time they go to school.

Food allergens and labelling

The most common foods causing adverse reactions are:

- Cow's milk
- Eggs
- Shellfish
- Fish
- Soya
- Peanuts
- Wheat
- Other nuts

These eight allergens account for about 90% of all allergic reactions.

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New allergy labelling laws mean that pre-packaged food manufacturers are now obliged to declare the presence of the 8 most common allergens plus a further 6, listed below, in ingredients list.

- Celery
- Lupin
- Molluscs
- Mustard
- Sesame
- Sulphur dioxide and sulphites

This makes it much easier when shopping and cooking for people with allergies.

Many food labels now contain an allergy advice panel as an additional way of highlighting the presence of allergens like milk, eggs and wheat. But it isn't compulsory for food labels to give this type of statement – some foods have them but many don't. You should always check the ingredients list – this is your safest way to check for the presence of the allergens you are concerned with (i.e., milk, eggs and wheat).

Milk allergy

Overview

Allergic reactions to milk may be the result of 2 different components in milk: protein or lactose. In the case of the latter it is commonly referred to as lactose intolerance.

IMPORTANT! Regardless of the reported severity or type of milk allergy, in a Childcare setting, ALL MILK, MILK PRODUCTS AND MILK DERIVATIVES SHOULD BE AVOIDED.

Ingredients lists

It is easy to avoid obvious sources of milk and milk products, however it is often disguised in prepared and manufactured foods – read the ingredients list carefully. Manufactured pre-packaged foods sold within the EU have to list milk in the ingredients panel if it is present in the product, no matter how small the amount.

Some foods do not have to have an ingredients label e.g., delicatessen, bakery and butchery products. These foods should be avoided.

Check the ingredients list for the presence of the following sources of milk:

- Butter
- Butter oil
- Butter milk
- Casein
- Caesinates
- Cheese
- Cow's milk (pasteurised, UHT, evaporated, condensed, dried)
- Cream
- Curd
- Ghee
- Lactoglobulin
- Lactose

Allergy advice panel (can also appear as: “contains” or “free from”)

An example of an allergy advice panel and how they may be confusing. This soft cheese product has an allergy advice section but it doesn't state that it contains milk!

Milk and milk products to avoid

Below is a list of the obvious sources of milk and milk products that need to be completely avoided by children who have a milk allergy:

- Cow's milk
- Evaporated and condensed milk
- Dried milk powder
- UHT milk
- Goat's milk
- Sheep's milk

- Butter
- Margarine or fat spreads containing milk ingredients

- Cheese
- Cheese spreads
- Soft cheese
- Cottage cheese

- Yogurt
- Fromage frais
- Crème fraiche

- Cream
- Ice cream

Hidden sources of milk in everyday foods

As you have seen from the ingredients list section, milk comes in many guises and may be added to a variety of manufactured foods. The following table includes less obvious foods which may contain milk or milk derivatives:



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Cereal foods	Bread and bread rolls Breakfast cereals Cakes Biscuits and crackers Pizza Pasta (fresh and canned)
Fruits and vegetables	Vegetables canned in sauce Instant potato Baked beans Batter- or breadcrumb-coated vegetable and potato products
Meat, fish and alternatives	Meat or fish products, e.g. beef burgers, sausages, fish fingers, ready meals
Savoury foods	Canned, fresh and packet soups Instant gravies / gravy granules Sauces Crisps and savoury snack foods
Desserts	Instant desserts e.g. mousse Dairy desserts e.g. rice pudding Ice cream Custard
Confectionary	Chocolate Caramel Toffee Fudge
Drinks	Instant drinking chocolate Malted drinks Coffee whitener Smoothies containing milk or yogurt

This list is by no means exhaustive. The foods in the list have been included because they often contain milk or milk derivatives; however there are some brands which are free of milk/milk derivatives. Therefore shopping around and looking at labels will help you identify which brands are free from milk and milk derivatives at the moment. But remember manufacturers can change ingredients at any time so you cannot rely on your usual brand being milk free forever.

It is your responsibility to check the ingredients you buy.

IMPORTANT! The recipes and formulations of manufactured and pre-packaged foods can change from time to time. So it is important to check the ingredients list of the foods you buy on a monthly basis to check ingredients are still the same. We have produced a template to help you do this, see page 18.

Substitutes

Avoidance of milk and milk products can lead to a significant reduction in the choice of foods and may reduce the intake of protein and calcium – a vital mineral for growing children. If your recipe or menu calls

for milk, cheese, yogurt, cream or ice-cream take a look at the table of possible substitutes you can use instead.

IMPORTANT! There are a number of dairy alternatives made from vegetable sources like rice and oats but not all of these are appropriate for under 5's as they contain less protein than milk and milk products and many are not fortified with calcium. Soya dairy free alternatives to milk and milk products have a similar protein profile to milk and milk products and are often fortified with calcium.

Milk- containing food	Milk-free alternative to use instead
Pasteurised milk	Soya dairy free alternative to milk fortified with calcium
Butter or margarine	Soya dairy free and vegan spreads
Cheese	Soya dairy free alternative to cheese – available as hard, soft, melting, spreading and parmesan varieties
Yogurt	Soya dairy free alternative to yogurt or desserts fortified with calcium
Ice cream	Soya dairy free ice-cream
Cream	Soya dairy free alternative to cream

Recipes adaptations

Recipes containing only dairy ingredients (milk, butter, cheese, yogurt or ice-cream) are relatively straight forward to adapt for children with milk allergies - you can simply swap with the substitutes suggested above.

Recipes which contain a combination of milk, egg and wheat are more complex and require multiple substitutions of ingredients (or a completely different dish) in order to produce a dish that is suitable for all children with allergies. These more complex recipe adaptations are dealt with on page 14.

Where a nursery is catering for children with a variety of allergies it may be safer and more practical to prepare one separate dish which is appropriate for all special diets (i.e., milk, egg and wheat free).

Some examples of dishes only containing milk or milk products and simple adaptations you can make to make them safe for children with milk allergy are given below:

Dish	Milk or milk product present	Replace with...
Rice pudding	Milk	Soya dairy free alternative to milk fortified with calcium
Potato-topped cottage pie	Milk and butter	Soya dairy free alternative to milk fortified with calcium and soya dairy-free spread
Yogurt or ice-cream serve with desserts	Yogurt or ice-cream	Soya dairy free alternative to yogurt or ice cream

Egg Allergy

Overview

The main causes of egg allergy are 3 proteins in the white of eggs, ovomucoid, ovalbumin and ovotransferrin. Cooking can destroy some of these allergens, but not all, which means that some people might react to raw eggs but not cooked eggs. As a result egg allergy can be:

- To all forms of egg (well cooked, loosely cooked and raw)
- Only to loosely cooked and raw egg

IMPORTANT! Regardless of the reported severity or type of egg allergy, in a Childcare setting, ALL EGGS, EGG PRODUCTS AND EGG-CONTAINING FOODS FROM ALL BIRDS SHOULD BE AVOIDED.

Ingredients lists

It is easy to avoid obvious sources of eggs, served in recognisable forms. However it is often disguised in prepared and manufactured foods – read the ingredients list carefully. Manufactured pre-packaged foods sold within the EU have to list egg in the ingredients panel if it is present in the product, no matter how small the amount.

Some foods do not have to have an ingredients label e.g., delicatessen, bakery and butchery products. These foods should be avoided as ingredients are unknown.

Check the ingredients for the presence of the following sources of egg:

- Whole egg
- Egg protein
- Egg albumin
- Egg yolk
- Egg lecithin

Egg and egg products to avoid

Below is a list of the obvious sources of egg and egg products that need to be completely avoided by children who have egg allergy:

- Boiled egg
- Scrambled egg
- Fried egg
- Poached egg
- Omelette
- Batter made with egg
- Scotch egg
- Quiche
- Egg custard
- Meringues

Hidden sources of egg in everyday foods

As you have seen from the ingredients list section, egg comes in many guises and may be added to a variety of manufactured foods. The following table includes foods which may contain egg or egg derivatives:

Cereal foods	Egg fried rice Pasta Egg noodles French toast Bread and bakery products glazed with egg e.g., scones Cakes and biscuits
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	Potato salad with mayonnaise
Fruits and vegetables	Coleslaw with mayonnaise
Meat, fish and alternatives	Meat coated in egg and breadcrumbs Meat pies/pasty's with egg glazed pastry Beef burgers with egg as binder Sausage with egg as binder Fish coated in egg and breadcrumbs Fish coated in batter Quorn™ products
Savoury foods	Ready meals Gravy granules Savoury bakery items Hollandaise sauce Mayonnaise Tartare sauce Horseradish sauce
Desserts	Royal icing Freshly made mousse Sorbet Ice-cream Egg custard Bread and butter pudding Lemon meringue pie Meringues including nests Crème caramel Milk puddings enriched with egg Trifle Pancakes Bakery products glazed with egg Lemon curd and products made using lemon curd
Sweet snacks and Confectionary	Cakes Biscuits Marzipan Nougat Mars bar and milky way Some marshmallows Chewitts
Drinks	Ovaltine

This list is by no means exhaustive. It is your responsibility to check the ingredients and the foods you buy. Some foods rely on egg so heavily for their production that they can never be made egg free e.g., meringue.

The foods in the list have been included because they often contain egg or egg derivatives; however there are some brands which are free of egg/egg derivatives. Therefore shopping around and looking at labels will help you identify which brands are free from egg and egg derivatives at the moment. But remember

manufacturers can change ingredients at any time so you cannot rely on your usual brand being egg free forever.

IMPORTANT! The recipes and formulations of manufactured and pre-packaged foods can change at any time. So it is important to check the ingredients list of the foods you buy on a monthly basis to check ingredients are still the same. We have produced a template to help you do this, see page 18

Egg replacers for baking

Avoidance of egg can limit food choices, particularly of manufactured foods that use egg as a raising agent or binder. Whole and egg white replacers are available from pharmacists and health food shops. They are useful in cooking and baking for example Yorkshire puddings and sponge cakes /puddings but some experimentation may be required to achieve the desired effect. Look out for brands such as Ener-G, Orgran and Allergycare. Read the instructions carefully as each is used in different amounts and in a different way.

Substitutes for glazing

If you wish to glaze pastry or other bakery items use dairy free alternative to milk fortified with calcium milk instead of egg.

Recipes adaptations or menu substitutes

Unlike dairy foods eggs are rarely served in isolation; however there are some popular dishes/recipes where egg is not essential and can easily be replaced. Conversely some dishes rely on eggs as a key ingredient and in these cases a replacement dish may be the only safe solution.

Examples of adaptations or substitutes you could make

Instead of:	Serve:
Sponge pudding/cake, muffins or fairy cakes	Cake or muffin mix (that is milk, egg and wheat free)
Royal icing	Butter icing made with icing sugar and dairy-free spread or icing sugar and water
Cookies or biscuits	Mini flapjack bites (baked using non-dairy spread, oats and golden syrup) Cornflake or rice krispie cakes (made with dairy free chocolate)
Egg custard tart	A milk pudding made with dairy free alternative to milk fortified with calcium
Baked items with an egg glaze	Use dairy free alternative to milk for the glaze

Where a nursery is catering for children with a variety of allergies it may be safer and more practical to prepare one separate dish which is appropriate for all special diets (i.e., milk, egg and wheat free).

Wheat allergy

Overview

There is much confusion about the terms used to describe possible intolerances to wheat. Wheat allergy is very rare and thought to only affect a tiny proportion of the population, where as Coeliac disease is relatively more common but is rarely diagnosed in the under 5s. These two conditions are entirely different and both require a medical diagnosis.

Coeliac disease is an allergy to a protein called gluten – this is found in wheat and other grains which makes it a difficult condition to cater for in the nursery environment. Childbase do not cater for children with coeliac disease but can accommodate children with a wheat allergy.

Wheat allergy is caused by proteins other than gluten that are only found in wheat therefore gluten free and wheat free foods are NOT the same thing. Gluten free foods are not always suitable for children with a wheat allergy and should not routinely be used as substitute products.

Wheat is a major component of most cereal foods and is also a common ingredient in many other manufactured foods. Wheat exclusion therefore has considerable impact on food choice and potentially on nutrient intake.

Ingredients lists

It is easy to avoid obvious sources of wheat. However it is often used in prepared and manufactured foods – read the ingredients list carefully. Manufactured pre-packaged foods sold within the EU have to list wheat in the ingredients panel if it is present in the product, no matter how small the amount.

Some foods do not have to have an ingredients label e.g., delicatessen, bakery and butchery products. These foods should be avoided as ingredients are unknown.

Check the ingredients for the presence of the following sources of wheat:

- Whole wheat
- Wheat gluten
- Wheat germ
- Wheat bran
- Wheat flour
- Bread or bread crumbs
- Rusk

Wheat and wheat products to avoid

Over the page is a list of the obvious sources of wheat and wheat products that need to be completely avoided by children who have wheat allergy.

- All types of bread
- Breadcrumbs and foods coated in bread crumbs
- Breakfast cereals unless derived solely from oat, rice or maize (corn)
- Cakes, biscuits and crackers
- Couscous
- Flour and all foods containing/made using flour e.g. pastry, pies, batter, pancake, sauces
- Pasta

Hidden sources of wheat in everyday foods

As you have seen from the ingredients list section, wheat is present in a wide variety of cereal-based foods. But wheat-containing ingredients, often thickeners, may also be added to a variety of manufactured foods which would otherwise be wheat-free and so are much less obvious. The following table includes less obvious foods which may contain wheat or wheat derivatives:

Cereal foods	Listed under obvious sources of wheat
Fruits and vegetables	Canned vegetables in sauce instant mash
Meat, fish and	Meat products and ready meals with pastry e.g., pies, pasties, sausage

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alternatives	rolls Sausages, burgers and other meat products using flour or breadcrumbs as a binder or coating Fish and fish products coated in breadcrumbs Fish coated in batter Fish in white sauce Fish pie
Savoury foods	Yorkshire puddings Pancakes Canned, fresh and packet soups Instant gravies / gravy granules Sauces and condiments Crisps and savoury snack foods
Desserts	Instant desserts e.g. mousse Semolina Ice cream Custard
Sweet foods	Pastries and pies
Drinks	malted drinks

This list is by no means exhaustive. The foods in the list have been included because they often contain wheat or wheat derivatives; however there are some brands which are free of wheat/wheat derivatives. Therefore shopping around and looking at labels will help you identify which brands are free from wheat and wheat derivatives at the moment. But remember manufacturers can change ingredients at any time so you cannot rely on your usual brand being wheat free forever.

It is your responsibility to check the ingredients you buy.

IMPORTANT! The recipes and formulations of manufactured and pre-packaged foods can change from time to time. So it is important to check the ingredients list of the foods you buy on a monthly basis to check ingredients are still the same. We have produced a template to help you do this, see page 18.

Adaptations and substitutes for everyday wheat-based cereal foods

Apart from breakfast cereals, wheat commonly appears in recipes as flour e.g. cakes, pastries and bread. There are many wheat-free flours available however some have a limited range of use e.g., cornflour is great for thickening sauces but is not suitable for baking. You will need to stock a range of wheat free flours to suit all purposes.

If your recipe or menu calls for a wheat-containing ingredient or food take a look at the table of possible substitutes or replacements you can use instead.

REMEMBER! Gluten-free foods made especially for people with Coeliac disease may not be suitable for people with a wheat allergy as the protein that causes the allergy may still be present. Always check the ingredients and the allergy alert panel for the presence of wheat.

Recipes that call for the use of wheat-containing ingredients e.g. flour, pastry, breadcrumbs are relatively straight forward to adapt for children with wheat allergies. Likewise meals including wheat-based staple foods e.g., pasta or couscous can be easily substituted.

Wheat- containing food	Wheat-free alternative or substitute to use instead
Breakfast cereal	Cornflakes, Rice Krispies, Porridge, Ready brek,
Bread	Wheat free bread (e.g. Dietary Specials)
Pasta	Wheat free pasta, rice, potatoes, quinoa, buckwheat
Couscous	Wheat free pasta, rice, potatoes, quinoa, buckwheat
Pizza	Wheat free pizza bases (e.g. Dietary Specials or Ener-G)
Crackers	Oat cakes
Flour for cakes	Rice flour or dietary special cake mix
Flour for baking	Rice flour
Flour for thickening sauces	Corn flour
Breadcrumbs coating (e.g. fishcakes)	Crushed cornflakes

Brands with wheat-free cereal/grain products:

Dietary Specials

Ener-G

Orgran

Doves Farm

Recipes adaptations

Where a nursery is catering for children with a variety of allergies it may be safer and more practical to prepare one separate dish which is appropriate for all special diets (i.e., milk, egg and wheat free).

Recipes which contain a combination of milk, egg and wheat are more complex and require multiple substitutions of ingredients (or a completely different dish) in order to produce a dish that is suitable for all children with allergies. These more complex recipe adaptations are dealt with here.

More complex recipe adaptations for dishes containing multiple allergens

Where a nursery is catering for children with a variety of allergies it may be safer and more practical to prepare one separate dish which is appropriate for all special diets (i.e., milk, egg and wheat free).

See some examples below:

Spaghetti Bolognese

Usual ingredient	Allergen present	Replace with...
Pasta	Wheat & egg	Wheat and egg free pasta or rice

Beef mince	None	Same
Bolognese Sauce	Milk – if butter or margarine is used	Sweat off onions with sunflower oil
Grated cheese	Milk	Soya dairy free cheese – melting or parmesan-type

Chicken and mushroom pie

Usual ingredient	Allergen present	Replace with...
Pastry	Wheat, milk & egg	Make pastry with wheat free flour, soya dairy free margarine and glaze with dairy free alternative to milk or top pie with mashed potato made with dairy free spread and soya dairy free alternative to milk
chicken	None	Same
Mushroom	None	Same
White sauce	Wheat & milk	Make with corn flour and soya dairy free alternative to milk fortified with calcium

Macaroni Cheese

Usual ingredient	Allergen present	Replace with...
Macaroni	Wheat	Wheat and gluten free macaroni
Butter	Milk	Soya dairy free spread
Full fat milk	Milk	Soya dairy free alternative to milk fortified with calcium
Plain flour	Wheat	Corn Flour
Grated cheese	Milk	Soya dairy free alternative to cheese
Chopped chives	none	same

White sauce

Usual ingredient	Allergen present	Replace with...
Full fat milk	Milk	Soya dairy free alternative to milk fortified with calcium
Butter	Milk	Soya dairy free spread
Plain flour	Wheat	Corn Flour
Grated cheese	Milk	Soya dairy free alternative to cheese
Parsley	none	same

Sponge pudding /cakes

Usual ingredient	Allergen present	Replace with...
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Butter	Milk	Soya dairy free spread
Self raising flour	Wheat	Rice Flour
Sugar	None	-
Eggs	Egg	Whole egg replacer

Or use a milk, egg and wheat free cake mix

Or replace with flapjack or cornflake cake

Apple pie and custard

Usual ingredient	Allergen present	Replace with...
Butter	Milk	Soya dairy free spread
Plain flour	Wheat	Rice Flour
Sugar	None	-
Egg glaze	Egg	Whole egg replacer
Apples	None	-
Custard	Milk & Egg	Soya dairy free custard

Or replace with fruit crumble and dairy free custard

Useful contacts and information

British Dietetic Association - for general information about allergies and intolerance see their 'fact sheets'.
www.bda.uk.com

Allergy UK - a national medical charity established to represent the views and needs of people with allergy, food intolerance and chemical sensitivity www.allergyuk.org

Alpro soya – Producer of a wide range of soya dairy free alternatives to milk, yogurt, flavoured milk shakes, desserts and custard available in all major supermarkets . www.alprosoya.co.uk

Dairy Council – A is a non-profit making organisation which provides science-based information on the role of dairy foods as part of a healthy balanced diet and lifestyle www.milk.co.uk

Brands specialising in foods free from allergens

TRUfree	An extensive range of wheat and gluten free sweet biscuits, crackers, savoury snacks and sweet treats
Telephone	Careline: 07041 544 044 (9am - 5pm, Mon to Fri)
E-mail	info@trufree.co.uk
Website	www.trufree.co.uk
Where to buy	The 'free-from' sections in most major supermarkets From health food stores: Holland and Barrett and Tree of Life Mail order from: www.goodnessdirect.co.uk
Orgran	A range of over 70 products that are all wheat, egg, milk, gluten and yeast free. All products are suitable for vegetarian and vegan diets. The range includes pasta, biscuits and cookies, flour, bread and cake mixes, crispbreads and savoury snacks, breakfast cereals, soups and egg replacer
Telephone	01455 556878 Naturally Good Food is the contact in the UK for all enquires about Orgran products
E-mail	info@orgran.co.uk
Website	http://www.orgran.co.uk
Where to buy	Mail order from: www.naturallygoodfood.co.uk or www.goodnessdirect.co.uk
Dietary Specials	A wide range of gluten free and wheat free products, including bread, bread and cake mixes, biscuits and crackers, pasta and Yorkshire puddings.
Telephone	Careline: 07041 544 044
E-mail	info@dietaryspecials.co.uk
Website	
Where to buy	The 'free-from' sections in most major supermarkets
Mail order from:	www.goodnessdirect.co.uk
Ener-G	General Dietary provides a wide range of ready-baked foods that are completely free from gluten, wheat and milk, and also have products free from soya, yeast and egg. All products are free of peanuts and tree nuts. They are suitable for vegetarians and are also certified kosher. Their range includes breads, rolls, pizza bases, doughnuts, cookies, bread crumbs, egg replacer and pasta.
Telephone	0208 336 2323 General Dietary is the contact in the UK for all enquires about Ener-G products
E-mail	info@generaldiary.com
Website	www.generaldiary.com
Where to buy	The 'free-from' sections in most major supermarkets From leading health food stores Direct from the General Dietary website
Pure	A range of three spreads free from milk and dairy products: Pure Soya, Pure Sunflower and Pure Organic. All are suitable for cooking and baking
Telephone	0800 028 4499
E-mail	info@puredairyfree.co.uk
Website	www.puredairyfree.co.uk
Where to buy	Available from major supermarkets From health food stores: Holland and Barrett

Sheese	A range of dairy and egg free cheeses and cheese spreads including Cheddarstyle and Edam-style
Website	www.buteisland.com/index.htm
Where to buy	Mail order from: www.healthstore.co.uk or www.goodnessdirect.co.uk

Monthly allergen check list

A tick in the box confirms the food/ingredient regularly appearing on the menu or in recipes has been checked and is free from milk, egg and wheat.

Food/ingredient	J	F	M	A	M	J	J	A	S	O	N	D
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