

PROGRAM MANAGEMENT

Rand Software

P O BOX 462 , BROMHOF, 2154

5 Swazi road Boskruin Randburg

TEL: 011 792 4429 CELL: 082 212 0324

Fax: 086 512 0 511 (RSA only)

E-mail: scharf@icon.co.za

www.dieteticservices.co.za

www.randsoftware.co.za

Professional Allergen Manager

COPYRIGHT RESERVED

Windows XP, 7 , 8 & 10.
Written in Xbase

THIS MANUAL IS COMPULSORY READING!

This Manual will assist you in using the Professional Allergen Manager Program,

it is NOT a guide as to how to treat food allergies

This is NOT ALLERGY ADVISOR - that is Zing Software

Version September 2015*

**These programs and manual are regularly updated.
This ensures that your investment stays up to date.**

PAMManual.doc

NATAL is your password

	PAGE
1. GENERAL INSTRUCTIONS	3-4
2. PROGRAM FEATURES	5-6
3. THE PROGRAM P A M	7
4. GETTING STARTED – INITIAL PROCEDURES	9
5. PAM. exe MAIN MENU	9

Menu is a group of PROGRAMS dealing with the same aspects

1	LEAVE the programs - return to Desktop	9
2	INDEX ALL THE FILES	9
Commercial foods		
R	SEARCH FOR A FOOD	10
L	SHOPPING LIST (FOODS ALLOWED)	10
X	AVOID LIST (FOODS NOT ALLOWED)	10
F	FOOD DETAILS	10
Generic food names		
3	SEARCH FOR A FOOD	10
4	FOOD DETAILS	10
A	ENTER ALLERGENS	10
6	GENERIC SHOPPING LIST (FOOD ALLOWED)	11
7	GENERIC LIST OF FOODS TO BE EXCLUDED	11
E	E-CODE SYSTEM	11

REMEMBER: YOU CAN PRINT DIRECT FROM MS WORD (DOCUMENTS) – NEVER Notepad.

We use teamviewer to install our software

*** Please contact us for support with our **Software** ***

GENERAL INSTRUCTIONS

1. Check the DATE and TIME on your computer.

Date and time **must be** correct

- NEVER SWITCH THE COMPUTER OFF BEFORE LEAVING ALL PROGRAMS
 - Always read the screen and follow screen instructions
 - “Enter” must be pressed after a name / value etc has been typed in, in order to move on to the next field or screen.
 - Use “Page Up” and “Page Down” OR arrow keys to move up and down through the various files (eg patient files)
 - All information, eg names and codes, must be entered in UPPER CASE Caps Lock All information in Capitals & numeric 0 to 9 only
 - DO NOT USE any PUNCTUATION MARKS (i.e. commas, full stops)

Never use \/? * “ < > | , : in any code or file name

- DO NOT CONFUSE:
 - “O” for Oskar with “0” for zero (nil)
 - “I” for Irene with “1” for one
 - “!” for exclamation with “1” for one
 - Z for 2 ,
 - B for Bert with “8” for eight etc, etc
 - \ = backstroke
 - with
 - / = forward stroke
 - 00 is not OO = Zero Zero is not OO !

Printing information

The printout is sent to the “DESKTOP” as 00ALLER2.txt

Create a “short cut to your Desktop “ for 00ALLER2.txt

and open 00ALLER2. txt

00ALLER2 . RTF must be closed to be overwritten with new information else the previous information will still be there

Please open it, modify it ,and if need be, or save it under another name

One cannot and need not print directly from this PAM

Common WINDOWS problems:

**Please keep your START bar at the bottom of your screen - never auto hide
So you can see if the program is open already**

- “Sharing violation – work area already in use”
MEANS:
You are opening a program that is **already** open;
i.e. you have clicked on an icon that is already open.
look in the START Bar at the bottom of your Desktop – and you will see the program name, indicating that it is already open. PAM.EXE
Click on this program name to re-enter your program.

PROFESSIONAL ALLERGEN MANAGER (P A M): Program Features Food Allergy / Intolerance Management

→ Saves hours when dealing with food allergic / intolerant patients

→ Enhances dietary treatment of food allergic / intolerant patients by providing them

With the lists with which to manage their condition

NB: use restricted to professionals as results need to be interpreted

OBJECTIVES

Helps the dietitian / doctor isolate their patients problem foods

Assist the food allergic / intolerant patient by providing them

with lists of foods allowed / avoid for one or more food allergies / intolerances

- ❖ **Save time by producing a combination food list.**
- ❖ **Identify clues to which foods might be causing an allergic reaction**
– relative to the patient's symptoms

PROGRAM FEATURES

- 8 Food allergens may be monitored for and used in lists = commercial foods list

MILK EGG PEANUTS MAIZE	FISH WHEAT GLUTEN SOY
---	--

- 15 Food allergens may be monitored for and used in lists = generic foods list

MILK , WHEAT PEANUTS SULPHUR DIOXIDE SOY	FISH 	LACTOSE BENZOATES GLUTEN MAIZE TARTRAZINE	EGG GLUTAMATE YEAST / MOULDS BHA / BHT SUGAR
---	---------------------------------	--	---

- **Choose any combination of food allergens (eg milk, wheat & egg) → “ “ (or display**
- **M to send to the Desktop 00aller.txt for further processing**
 1. **GENERIC LISTS** in English OR Afrikaans of foods allowed & foods to be avoided
→ **LABEL-READING TIPS & TERMS are included for the specific allergens to which the patient is allergic**
 2. **Commercial SHOPPING LIST: Allowed foods**
(up to 800 foods) → gives patient list of foods that MAY be purchased
 3. **Commercial NAME SHOPPING LIST OF foods to be avoided**
(indicates which foods contain the food allergens)

- **Easily draw up lists for ELIMINATION DIETS**

- SYMPTOM SEARCH

An aid in determining the natural food or food additive possibly causing a specific symptom

- **E-CODE SYSTEM** - this should be looked at to see where the user – you – could use it

Pam**PROFESSIONAL ALLERGEN MANAGER (PAM) incorporates:**

1. **commercial-name** information as in ALLERGEN MANAGER (8 food allergens to choose from)
2. **Generic food** information (no brand-names) (18 food allergens to choose from)
3. **E-Code** system – for your edification in your practice quit time **(problems have been solved using these e code programs”**

Definition of ALLERGENS as used in this program:

→ A food substance to which a person is either allergic / intolerant / sensitive

“Printing” a commercial Name Shopping List (PAM):

- One or more allergens are selected in Program L
- “Print” a list of food names (the selected allergens will be excluded in this list)
00ALLER.txt in Documents

Note:

- A database file of >700 commercial names is loaded onto the program
- Label information has been supplied to Program Management by the Food Manufacturer in most cases
- The user has full control over this database, i.e. you may delete and foods off the file (at your own discretion); and / or you may add any foods (eg missing foods / new foods coming onto the marketplace) using program F. – not recommended for the average user
- Alternatively, update your own program on an ongoing basis, as you find new foods
- In real life the above point is not very practical
- This database is updated by Program Management periodically: contact us for updates

“Printing” a Generic Food List (from PAM only):

- One or more allergens are selected in Program 6
- “Print” a list of generic food names (the selected allergens will be excluded in this list)
00ALLER.txt in Documents

DISCLAIMER:

While every effort has been made to provide accurate information regarding the various food products and their allergens, Program Management cannot take responsibility for any sort of loss or damage that may result from the use of this program.

The food lists generated (i.e. shopping lists and foods allowed / avoid lists) generated by the program must serve as an educational guide only.

Program management is solely responsible for all the data and software.

The user of the shopping list must be encouraged to be “SHELF-CONSCIOUS”, i.e. read all labels (bearing in mind that label information may change from time to time) and become familiar with the many terms given for any one food allergen.

READ (the food label) BEFORE YOU EAT – AND IF IN ANY DOUBT – AVOID THAT FOOD!!

Printing:

- All printouts should be sent to Documents in MS Word for further editing and printing.
- All printouts must be discussed in detail with the patient, and never just handed over

EXTRA INFORMATION ON LABELING

Maize-free diet : hidden ingredients (particularly where maize is used a sweetener)

- glue on envelopes
- paper containers
- milk cartons
- plastic food wrappers
- medicines (many vitamin preparations & drugs in tablets / capsules / liquids contain corn / maize derivatives)
- meat
- syrup
- canned fruit (the phrase "sugar added" on a label often refers to corn syrup solids, not glucose / table sugar)
- toothpaste
- corn sugar, dextrose or glucose, dexin, dextrin, dextrimaltose, commercial citric acid and monosodium glutamate
- sorbitol is usually made from corn
- malt is often yeast-fermented corn
- commercial fructose may be made from corn

Some products containing maize are not meant to be ingested but may cause problems if inhaled (especially where there is allergy to maize). These include bath powders, hair sprays, talcum powder and laundry starch. The cooking fumes from fresh maize / mealies are irritants for some people.

GETTING STARTED – INITIAL PROCEDURES

NB: To leave any program – type a space over the code at the top of that program

PASSWORD = NATAL

The number appearing in the password is the version number of the program, i.e. 2015 = year 2015

Type in the word NATAL = password: – strangers are then prevented from entering data into the computer.

Should you ever have any problems in your Professional Allergen Manager program, type “**INDEX**” into the password.

Once the password has been typed in, the following menu appears:

```

Professional Allergen Manager by Program Management 082 212 0324
_____
A check Allergens, information
8 list the allergens
1 Leave pam P
2 Index all the files G error log
commercial names _____
R seaRch for a FOOD T list foods alphabetic sequence.
F enter food & their allergens
L shopping List - list of ALLOWED foods allergen free
X eXcluding list - foods Not allowed foods not allergen free

Generic food names _____
3 search for generic FOOD
4 food & their allergens 5 list foods alphabetic sequence.

6 shopping list - list of ALLOWED foods allergen free
7 excluding list - foods Not allowed foods not allergen free

Ecode system _____
E Ecode system |
_____in ..\pam
0 select program Dietetic Services
  
```

DESCRIPTION

1 LEAVE this program

- allows the user to leave the PAM programs and return to your Windows desktop.
- Type number 1 when you are finished working in the program.

2 INDEX all the files

Indexes all the computer files automatically, thus repairing any problems that may occur.

Run this program often: it results in a smoother running of your program.

If you experience any computer / program problems: run this program!

R SEARCH FOR A FOOD

Type in the food you are searching for, and the program will display all the food on file of this specific food.

This program allows you to find a specific food that meets specific allergen requirements:
 EXAMPLE: to find milk-free ice-cream: type in ICE-CREAM, then select the allergen you wish the food to be free from, eg milk. Then press the "Page Down" button and all milk-free ice-creams will be listed.

Alternatively, do not select any allergens, just select the food, eg ice-cream, and the program will list all the commercial foods for that food and their allergen criteria.

If you are looking for a specific commercial name, and it is not on file, you must enter this specific food's details yourself (using program F).

L SHOPPING LIST: List of foods allowed (allergen-free)

- Select the allergens that this patient is intolerant to
- Select "P" to print the list or "M" send to Documents for printing
 Or use Word to modify the printout in Documents

X AVOID LIST: List of foods NOT allowed (contain the allergen)

- Select the allergens that this patient is intolerant to
- Select "P" to print the list or M sends to Documents for printing

F FOOD DETAILS

To enter NEW commercial **name** FOODS:

- a) Select FOOD SECTION into which this food must go
- b) Give your food a CODE (use the number which follows the last food entered)
- c) Type in the food description AND the Section Number (Eg 03 for BREADS)
- d) Type in an "x" next to all allergens from which this product is FREE.
- e) This product will now be included in all lists printed out.

To DELETE a food off the file:

- a) Go to that food's code (use program R to find the code)
- b) Delete the food's description
- c) Answer "YES" to the question 'Do you wish to delete this food?'

3 SEARCH FOR A FOOD

Same as Program R, but finds the codes for **generic food names**.

4 FOOD DETAILS

Use this program in the same way as Program F, but to enter in new **generic food names** onto the database file.

A ENTER ALLERGENS

8 Allergens have been entered onto the system, with labelling information.
 To modify any of the labeling information, use this program.

6 SHOPPING LIST: Generic list of foods allowed

Use this program in the same way as Program L, but select any combination of allergens out of 18 allergens.

The food list generated will be a list of **generic foods that are free-from the allergens selected**, i.e. **generic foods that are allowed**.

Labelling tips / information is included in the printout per allergen selected.

7 EXCLUDING LIST: Generic list of foods NOT allowed

Select one or more out of 18 allergens, and the list produced will indicate which **generic foods must be avoided**.

E E-CODE SYSTEM

An E-Code is the number given to allowed food additives.

Eg, tartrazine E102 is used to colour a processed food.

The E-Code of the patient's allergen should be given to the patient and explained to the patient.

ECODES

(By Program Management)

-
- 1 Leave these programs
 - 2 Enter additives and ECODES
 - 3 Search for adverse reactions within ECODES 'symptom due to food'
 - S List 'symptoms due to a food'
 - 4 Search ECODES for restrictions eg HALAAL
 - 5 Search food groups for their ECODES
 - 6 Search for a chemical within the ECODES
 - 7 Search for usage "where used" of a chemical within the ECODES
 - 8 Search ECODES in code sequence
 - A Print codes in alphabetic name sequence

REFERENCES:

1. *Clinical Nutrition and Dietetics, 2/e: F.J. Zeman, 1991*
2. *Krause's food Nutrition and Diet Therapy, 9/e: L.K. Mahan & S. Scott Stump, 1996*
3. *Secret Ingredients: P. Cox & P. Brusseau, 1997*
4. *All Food Manufacturers whose names appear in the program*
5. *Understanding Food Allergy: R. Griffiths, 1986*
6. *Managing the Allergic Child: SADHEA 7th National Congress, 1989*

F enter a commercial food and its allergens

```

FOOD code : 0420 F commercial foods & their allergens
description peri peri all types
food group 04 ,04 02 to 17 Condiments,Jams ,Sauces Spices
additional info. none
L Lacto.
M Milk
S Soy a
W wheat
N Gluten
E Egg
P nut/peanut
F Fish
B BHA/BHT
G Glutamate
A Tartazine
I maize
0420
peri peri all types

```

00aller. Rtf

Y food groups,commercial foods,FS.DBF for ff.dbf
Dietetic Services 2015.03.30

- 02 Breakfast Cereals & bars
- 03 Biscuits
- 04 Condiments,Jams ,Sauces Spices
- 05 Crisps & Snacks & chips
- 06 Pasta , Noodles
- 07 Crackers
- 08 Mash
- 09 Desserts
- 10 Meats - processed fish, chicken
- 11 Soups
- 12 Meal Kits & Soy a
- 13 Meal Snacks
- 14 Salads
- 15 Fat Spreads & oils cooking
- 16 Dips & Mezze
- 17 Canned

Y , Number of food groups 16

K is the food heading – group list for the generic foods
The generic foods have different groupings than the commercial foods

K food headings - generic foods,fh.dbf Fg.DBF
 Dietetic Services 2015.03.30

- 01 MEAT, CHICKEN
- 02 FISH, SEAFOOD
- 03 EGGS
- 04 DAIRY PRODUCTS
 - 04A CHEESE
 - 04B BUTTER, MARG
 - 04C MILK,DESSERTS,YOGHURT
- 05 BEVERAGES
- 06 STARCHES
- 07 VEGETABLES
- 08 FRUIT AND FRUIT JUICES
- 09 LEGUMES
- 10 SOUPS,SAUCES,SPICES
- 11 FATS AND OILS
- 12 DESSERTS
- 13 SWEETS
- 14 MISCELLANEOUS

K , Number of food HEADINGS groups FOR GENERIC FOODS 17

8 ALLERGEN LIST ,FA 2015.03.30
 Dietetic Services

Note – not all foods and their allergens can be loaded
 These allergens are included to high light the problems

- A A TARTRAZINE
- B B BHA AND BHT
- C C CITRUS
- E E EGG AND EGG DERIVATIVES
- F F FISH
- G G GLUTAMATES
- I I MAIZE
- L L LACTOSE
- M M COW'S MILK AND IT'S DERIVATIVES
- N N GLUTEN
- P P PEANUTS
- S S SOYA BEAN DERIVATIVES
- T T SALICYLATES
- U U SUGAR
- W W WHEAT & WHEAT DERIVATIVES
- X X SULPHUR DIOXIDE & RELATED COMPOUNDS
- Y Y YEAST & MOULDS
- Z Z BENZOATES

8, Number of ALLERGENS = 18

E E EGG AND EGG DERIVATIVES

"Free from" = having no egg or egg derivatives
 AVOID food containing the following:

EGG (whole or dried)	ALBUMIN	EGG LECITHIN	OVOMUCOID
EGG WHITE	VITELLIN	LIVETIN	OVOMUCIN
EGG YOLK	OVOVITELLIN	GLOBULIN	

Egg - particularly the ALBUMIN (EGG WHITE) is the second most common food allergen

F F FISH

"Free-from"= not having any sort of fish/seafood

* AVOID:

FRESH / SMOKED / DRIED / SALTED / FROZEN / CANNED FISH OR SHELLFISH

Canned fish includes TUNA, SALMON, SARDINES, PILCHARDS ETC.

Watch out for fish/seafood SOUP

SHELLFISH: OYSTERS, CLAMS, SHRIMPS, CRABS, LOBSTERS, CRAYFISH

FISH PASTE

USE ALTERNATE SOURCES OF PROTEIN:MEAT/CHICKEN; NUTS,LEGUMES ETC.

Another 6 pages of information

R search for foods

```

R      Finding CEREAL
You have not selected any allergens so NO food will be excluded
therefore all food names containing CEREAL will be displayed
                                         contains
02C4 Fast start cereal chocolate           MSW N
02B2 Cereal bar Apple & cranberry         MSW N
02B1 Cereal Berry Bar                     MSW N
02B3 Cereal bar Chocolate cream          MSW N
02B4 Cereal citrus bar                   MSW N
02B5 Cereal fudge bar                    MSW N

N code, Enter to continue , enter 'Y' to leave

```

Example only

T Foods (ALPHABETIC SEQUENCE) within FOOD GROUPS

Lizel Marais 2015.03.30 Starting from : 02 Ending :17

means food contains

L = Lactose

M = cows Milk

S = Soy a

W = Wheat

N = gluteN

E = Egg

P = nut/Peanut

F = Fish / sea food

I = Malze

02 Breakfast Cereals & bars

02C1 Bran Flakes	W	IN		
02B1 Cereal Berry Bar	M SW		N	
02B2 Cereal bar Apple & cranberry		M SW		N
02B3 Cereal bar Chocolate cream		M SW		N
02B4 Cereal citrus bar	M SW		N	
02B5 Cereal fudge bar	M SW		N	
02B6 Chocolate Clusters	M SW		N	
02C2 Corn flakes		IN		
02C3 Fast start (original)	M S			
02C4 Fast start cereal chocolate	M SW		N	
02C5 Fruit clusters exotic	SW	P	N	
02C6 Mini Frosted Flakes			N	
02C7 Muesli ,Nutty crunch	W	P	N	
02C8 Muesli Raisin & banana	W		N	
02C9 Muesli Tropical Swiss	W	P	N	
02CA Oat Bran		N		
02CB Oats Caramel Instant Oats	M S		N	
02CC Oats Muesli Mix Instant	M		N	
02CD Oats Quick cooking			N	
02CE Oats instant	W		N	
02CR Rice popped -Rice Crispies		W	N	
02CS Shredded Bran	SW		N	
02B7 Strawberry & Yoghurt Clusters	M S		N	
02CT Tri Crunch Chocolate	W	P	N	
02CP Tri Crunch original	W	P	N	
02CV Vanilla Flavoured pillows	M SW		N	
02CW White Choc Flavoured pillows	M SW		N	

04 Condiments,Jams ,Sauces Spices

0401 Chakalaka				
0402 Cheese sauce instant	M S			
0403 Gravy Brown Onion instant	M S			
0407 Gravy for roast meat instant	M S			

T , Number of FOODS on this list= 49

L SHOPPING LIST - ALLOWED FOODS - FREE from these ALLERGEN S
by Dietetic Services 2015.03.30

Always read the information label on the food before buying

foods free from M COW'S MILK AND its DERIVATIVES free
foods free from L LACTOSE free none
no foods loaded contain L LACTOSE

foods free from E EGG AND EGG DERIVATIVES free none
no foods loaded contain E EGG AND EGG DERIVATIVES

foods free from S SOYA BEAN DERIVATIVES free

02 Breakfast Cereals & bars allowed

Bran Flakes
Corn flakes
Mini Frosted Flakes
Muesli ,Nutty crunch
Muesli Raisin & banana
Muesli Tropical Swiss
Oat Bran
Oats Quick cooking
Oats instant
Tri Crunch original
Rice popped -Rice Crispies
Tri Crunch Chocolate

04 Condiments,Jams ,Sauces Spices allowed

Chakalaka
Tomato sauce
Marinade spar rib
Marinade Cape Malay
Marinade Lemon & herb
Salad dressing - reduced oil
peri peri all types

15 Fat Spreads & oils cooking allowed

Canola oil
Sunflower oil pure

Number of FOODS = 21

X AVOID LIST - NOT ALLOWED FOODS - NOT FREE FROM ALLERGEN
FOODS TO AVOID - DO NOT EAT THESE FOODS

by Dietetic Services 2015.03.30

ALWAYS read the information label on the food before buying.

foods contain S SOYA BEAN DERIVATIVES foods NOT FREE

Breakfast Cereals & bars foods containing allergens- Avoid

Cereal Berry Bar
Cereal bar Apple & cranberry
Cereal bar Chocolate cream
Cereal citrus bar
Cereal fudge bar
Chocolate Clusters
Strawberry & Yoghurt Clusters
Fast start (original)
Fast start cereal chocolate
Fruit clusters exotic
Oats Caramel Instant Oats
Shredded Bran
Vanilla Flavoured pillows
White Choc Flavoured pillows

Condiments, Jams, Sauces Spices foods containing allergens- Avoid

Cheese sauce instant
Gravy Brown Onion instant
Mushroom sauce instant
Gravy for roast meat instant
Gravy powder
Pasta & sauce - ham & mushroom
Pasta & sauce - sour cream & chive
Pasta & sauce - cheese & bacon
Pasta & sauce - chick peas parmesan+herb
Pasta & sauce - cheese
Marinade BBQ Meat

X Number of NOT ALLOWED FOODS = 25 Dietetic Services

Generic foods

FOOD code :	1112	4 GENERIC FOODS + allergens
description :	GRAVY THICKENED WITH FLOUR SOUS VERDIK MET MEEL	
food group :	11 11 01 to 14	FATS AND OILS
additional info. :	contains allergens	
M Milk		
L Lacto.		
E Egg		
S Soya		
W wheat	W	W WHEAT & WHEAT DERIVATIVES
N Gluten	N	N GLUTEN
Z Benzo.		
X S.Dioxide		
B BHA/BHT		
G Glutamate		
A Tartazine		
P Peanuts		
C Citrus		
F fish,shell		
T Salicylate		
I Maize		
U Sugar		
Y Mould		

6 SHOPPING LIST - ALLOWED FOODS - FREE FROM ALLERGEN

by Dietetic Services 2015.03.30

always read the information label on the food before buying.

foods free from S SOYA BEAN DERIVATIVES free

"Free from" = having no products made from the soybean (either fresh, processed into flour, or pressed for oil)

AVOID all food containing:

SOYA BEANS SOYA SAUCE SOYA SPROUTS TEMPEH
SOYA FLOUR SOYA OIL SOYA BEAN CURD(TOFU) MISO
SOYA MILK SOYA LECITHIN SOY NOODLES/PASTA
TVP (TEXTURISED VEGETABLE PROTEIN) / MEAT SUBSTITUTES
Varnish,paints,candles,cloth,massage creams,adhesives (Eg glue used in plywoods) & blankets may contain soy. Skin contact with these products must be avoided.

** CROSS REACTIVITY: PEAS;LENTILS;PEANUTS;KIDNEY,LIMA & NAVY BEANS
: possibly also CLOVER;ALFAFA;LICORICE;CAROB

foods free from W WHEAT & WHEAT DERIVATIVES free

"Free-from" = having no wheat or wheaten products (proteins in wheat

* AVOID all food containing: are the allergens)

WHEAT FLOUR WHEAT GERM FLOUR GRAHAM FLOUR
WHEAT BRAN GERM BRAN GLUTEN
WHEAT STARCH GERM OIL STARCH THICKENING
WHEAT PROTEIN BRAN ENRICHED FLOUR SEMOLINA
WHOLEWHEAT BREADCRUMBS MODIFIED STARCH HYDROLYSED PROTEIN
(Malt may be made from wheat or from other cereals,Eg barley or corn)

* YOU MAY USE: MAIZE, RICE, RYE, OATS, BARLEY, POTATO, SWEET POTATO,
SAGO, CAROB POWDER, TAPIOCA, SOYA(unless otherwise indicated)

** CROSS REACTIVITY: GRASSES Eg MAIZE, RYE, OATS, BARLEY, SUGARCANE,
RICE, MILLET, SORGHUM, BAMBOO SHOOT

foods free from N GLUTEN free

"Free-from" = having no gluten or derivatives of gluten

The glutamine-bound fraction(glutenin & gliadin) of protein is omitted

* AVOID all food containing

WHEAT RYE OATS BARLEY MALT
 GLUTEN FLOUR TRITICALE(CROSS BETW.WHEAT & RYE) DURUM WHEAT
 ROASTED NUTS(MAY BE ROLLED IN FLOUR) FARINA COUSCOUS

* YOU MAY USE: AGAR AGAR,ARROWROOT,BARLEY SUGAR,BUCKWHEAT,CHICKPEA
 FLOUR, CAROB, CUMIN, DHAL(FROM LENTILS),KELP,LECITHIN,PSYLLIUM,SAGO,
 SORGHUM, TRAGACANTH GUM, TOFU, RICE & WILD RICE, BEAN NOODLES

* ENSURE ADEQUATE INTAKE OF EXTRA IRON & FOLIC ACID (i.e. leafy green
 vegetables)

01 MEAT, CHICKEN allowed

BEEF
 MUTTON
 VEAL
 LAMB
 PORK
 HAM
 MINCE
 OFFAL
 POULTRY
 BACON
 MEAT, SMOKED

02 FISH, SEAFOOD allowed

FISH, FRESH
 SEAFOOD
 TUNA IN BRINE

03 EGGS allowed

EGGS: ANY
 OMELETTES (EXCL. FILLING)
 EGG WHITE POWDER

04 DAIRY PRODUCTS allowed

MILK, FULL CREAM
 MILK, SKIM/LOW FAT
 MILK POWDER
 MILK BLENDS
 MILK, EVAPORATED
 MILK, CONDENSED
 BUTTERMILK
 YOGHURT, PLAIN NATURAL
 MAAS
 MILK, FLAVOURED
 NON-DAIRY CREAMERS (Eg Cremora)
 GOATS MILK
 CUSTARD - COMMERCIAL/HOMEMADE
 ICECREAM
 SORBET ICES
 SMA/S26/LACTOGEN (INFANT FORMULAE)
 YOGHURT, FRUIT
 SOUR CREAM
 CREAM

K food headings - generic foods,fh.dbf Fg.DBF

Dietetic Services 2015.03.30

01 MEAT, CHICKEN

02 FISH, SEAFOOD

03 EGGS

04 DAIRY PRODUCTS

04A CHEESE

04B BUTTER, MARG

04C MILK,DESSERTS,YOGHURT

05 BEVERAGES

06 STARCHES

07 VEGETABLES

08 FRUIT AND FRUIT JUICES

09 LEGUMES

10 SOUPS,SAUCES,SPICES

11 FATS AND OILS

12 DESSERTS

13 SWEETS

14 MISCELLANEOUS

K , Number of food HEADINGS groups FOR GENERIC FOODS 17

Best is to back the whole folder to a memory stick

Last page of
PAMManual.doc