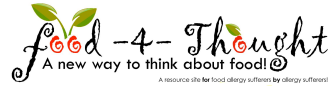


# Tips by Food type/ Menu item



Type of Food  
Appetizers/Snack Foods  
Drinks

Tip  
Oil? Stuffed – ask what's inside? Nuts, Gluten,  
Crystal light is one alternative to fruit juice.  
Find out where the drink is made. Is it in a mixer where other drinks  
are made? Check out what other drinks are on the menu? E.g.  
chocolate hazelnut shake etc., which may be made using the  
same utensils.

Same thing with the glasses, ask for a plastic one if you can. If you  
can't tolerate citrus make that clear in the beginning, some  
places serve water with lemon in it. Trust me, I've experienced this.  
Or if they put a slice of lemon on your glass, ask them to take it  
back and bring a fresh glass without the lemon. Make sure this is  
done and they don't just remove the lemon and bring it back.  
Again something I've personally experienced, it's not a fun  
feeling.

Sandwiches/Pasta and Breads

Don't get it cut. Pasta –find out if alternative is available? Rice  
pasta, corn pasta or rice noodles?  
Breads? Ask for alternatives – ask for Rice or a side of potatoes for  
starch.

Soups  
Steaks/Main Courses  
Salads

Wheat/ gluten in 90% of soups  
Marinades, Garnishes, Corn Starch, Wheat, Soy, Oils  
A word of advice, always ask what kind of dressing has been  
added to the salad before you take a bite. I've had instances  
where the Caesar salad dressing had apple cider vinegar in it.  
You never know what may be in a salad. It could be a Thai  
dressing with peanuts, an oriental dressing with soy or simply a  
cream dressing with egg white or milk products. Better safe than  
sorry. You're pretty safe using basic vinaigrette or the Italian  
dressing. I used to bring my own because of my severe allergy to  
the vegetable/ 100% soy oil that most dressings contain.

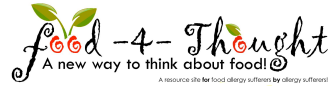
It's simple, just go to the nearest dollar store and find the smallest  
Tupperware containers you can find. They actually have special  
ones for sauces and dips. Then just put the dressing in container,  
tie it in a small sandwich bag and stick it in your purse. If you start  
to get strange looks from the staff or other people, it's okay. If  
someone asks, just be honest, most places are very  
understanding.

Or just ask for the salad, and then ask for the dressing of your  
choice in a separate container, so you can put it in yourself. And if  
you're still uncomfortable ask them to bring you a bottle or go into  
the back and check the ingredients yourself. Whatever works for  
you. After all when in doubt, it's better to be safe than sorry.

Also, if you're allergic to gluten, be sure to ask them to keep out  
the croutons. Oh and make sure if they forget that they don't just  
pick them off and serve the same salad to you. That happened to  
me once, I still got sick. Another one that hurts many is the egg,

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assisting Food Allergy Sufferers.

## Tips by Food type/ Menu item



### Ice cream

Caesar's are bound to have some form of egg and so are any cream based dressings, so stay away from them. The rest you'll have to ask and make sure of.

Peanut allergy sufferers or nut allergy sufferers be weary of fast food ice cream parlors if you can. Especially when it comes to places where they've got tubs of ice cream lined up and they use the same scoop which once they done they put back into the same bucket full of water. Talk about a cross contamination issue. Not to mention most ice creams have some sort of peanuts or nuts in them, unless you go with the Chapman's nut free choices.

If you really do want to go with ice cream, I would recommend going with the Yogun Fruz frozen yogurt stands. They have small separate packages of ice cream ready for each person, and they give you a variety of fruits in tubs to choose from. Then they mix them in with the desired ice cream – vanilla or chocolate. I believe they even have a lactose and sugar free option there.

Or just go to the grocery store and pick up a "Chapmans" ice cream tub or one of their popsicles. Be sure to check the labels if you're suffering from any other allergy e.g. milk, chocolate etc.,

For the lactose intolerant or milk allergy sufferers, try the new Minute Maid smoothy bars, they're awesome! And they come in two flavours. You can also try the sorbets and granitas from most brands, but don't take my word for it, labels are always changing, so make sure you check before you buy © They also have a line of soy based ice creams which I've never tried, but if you're not a soy allergy sufferer, then you can give them a shot as well.

### Desserts

Desserts are often pre-cut or put next to something else that may be allergenic. For example, when I go into a bakery, I always check to see which muffins are farthest away from the "Apple bran muffins".

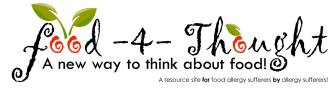
But in a café like Demetres where all of desserts are placed in show case, always check to see where the peanut butter/ Reese cake is. Try to go with something plain, and ask them to cut it in front of you with a clean knife. You're better off going with something that's not cut, than something that may have been pre-cut with the same knife as the Reese chocolate cheese cake.

Most bakeries don't advertise which desserts contain which type of nuts, so always try to ask. These days more and more people are using walnuts in their brownies than peanuts, but always ask. Most of the time banana bread has walnuts as well.

If you want to go the healthy route and grab a granola bar or other energy bar, be careful most have some form of peanut in them. And most even if they're peanut free are made in peanut oil. Some people have the belief that because no protein from the peanut actually exists in the oil, you shouldn't react to the oil, but I

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# Tips by Food type/ Menu item



still did. I guess it depends on the individual.

Corn syrup and Corn starch are frequently used in desserts, so be sure to check that.

Oh and if you're going with cookies or other baked goods from the counter of a bakery, again always make sure it is what actually says it is. Some places have cookie jars, and you could pick up a one thinking it's a chocolate filled short bread cookie, but it turns out to be a vanilla cookie filled with macadamia nuts.

Some kids have allergies to food colouring and other additives, always ask about this in advance as well.

For people with severe Oral Allergy Syndrome who react to juices, always ask in advance. Especially when it comes to jelly based candies most are made of fruit juice. Now a days more and more people are starting to sweeten their baked goods with fruit juice. When ordering water, you're better off getting a spring water bottle. Try not going with a glass, especially if it's glass. I feel more comfortable if it's a plastic glass, just so I know it's not been used before. I've had instances when I've drunken the water and fallen sick because I could still smell the apple juice. But that's just me being safe. It's up to you.

Water

Fruits & Vegetables  
Seafood

Corn syrup...

If you're interested in sea food but you can't tolerate shellfish, be careful when you order pastas with seafood, they may have added clam juice. If you can't tolerate specific types of seafood but you can others, I would recommend skipping all seafood. For me, at one point I could eat the fish, but not the soy based marinade they used, so I had to put in a special order so they could get some fish without the marinade. Always ask what type of marinade is being used, the type of oil and the spices that are being applied. Seafood is one of those things that people really use their imagination to spice up.

Fats/Sauces

Loose cheese bowls – Parmesan or Romano, just be careful for cross contamination. You're better off asking the server to sprinkle it on your pasta with a sprinkler or putting it on yourself again with a sprinkler. Or ask them to bring it out in another bowl just for you and your guests. This way you have control of what it's getting in contact in.

Mayo is egg based, so be careful when you order dressings or sauces that may look a bit creamy. Creams will most likely including milk as well.

And soy is in any all forms of oriental and thai cuisine, so be careful with that. Thai food is great, but it's very peanut based, so be careful with that. There are places that may substitute it with cashews instead, but it's rare to find.

Oh on another note, roasted nuts are usually a "no no" even if they aren't peanuts. You'll be surprised to know that most nuts in general are roasted in peanut oil. Nuts eh? Yeh I learnt this the hard way too ☺