

Failsafe Newsletter



The Food Intolerance Network provides information and support for people worldwide using a low-chemical elimination diet free of additives, low in salicylates, amines and flavour enhancers (FAILSAFE) for health, behaviour and learning problems.

Read the Newsletter on the web at <http://fedup.com.au/fedup-newsletters/blog>

Download as a [pdf](#), [ebook for Kindle](#) or [ebook for epub](#).

Focus:

Kids on speed or diet?

SPECIAL OFFER FOR FAILSAFERS! Sue Dengate's ebook just released: *Fed Up with Food Intolerance - a personal story*

Research: ADHD increasing; Red meat and gelatine allergy link to tick bites

In brief: Food and mood ebook now available; Complementary medicine labelling ; Doctors write prescriptions for vegetables

Your questions: What is the mechanism behind food intolerance? ; Why does my naturopath take me off wheat and dairy without any test and why does it work sometimes?

Success stories: [1240] – [1258]

Failsafe shopping list: new products, warnings

Factsheets: update on failsafe weight loss

Support community: meet our members, how to get support

Cooks' Corner: Hint: homemade oatmilk ; Lentil balls: Red lentil kofte and Carob yum balls; Chicken and green bean rice paper rolls; Pear Pizza

Thanks and admin

Hello everyone



Newsletter 76 is now available, with a focus on ADHD due to the ABC's current series Kids on Speed, see [Focus article below](#).

My best-selling personal story is now available as an ebook after being out of print for some years. Many find it very inspiring and it is **a free download for failsafers until 4 March** (\$3.99 thereafter) - see special offer below. Failsafer Jude has also published a thought-provoking ebook called [Food and Mood](#) that you can download.

[Reader stories](#) this time include the chilling account of an ex-partner who deliberately feeds artificially coloured red frogs to his kids before handing them back, a facebook thread about failsafe separated families, the heartwarming 12 year update about "my little firecracker is now a fierce warrior ... failsafe gave me my life back" and a report about incontinence in a dog due to preserved dog food – plus many more.

In other sections, see [research](#) about the mechanism behind food intolerance, and some yummy recipes in [Cooks Corner](#). Thanks to all who have contributed to this newsletter.

Happy failsafeing - Sue Dengage

Focus

Kids on speed or diet?

We recently received this report from a Western Australian mother:

Last year my 6 year old daughter was diagnosed with ADHD and given a trial of Ritalin. I knew there had to be a better way so I began searching and found Fed Up. In week 4 of the elimination diet I did not give the Ritalin to her (on the Thursday and Friday) and the teacher did not notice!!!!!!! [1252]

As this mother found for herself, the science shows that diet can be as effective as Ritalin for ADHD, if you get the diet right – and this involves using a comprehensive elimination diet, not just avoiding artificial colours or sugar. All 11 studies listed in the [scientific references](#) have found that symptoms of ADHD and/or oppositional defiance can be induced by certain foods in some children, yet physicians routinely fail to offer parents a trial of diet before prescribing medication – or even to give meaningful support to families who chose to use diet.

I would like to see families who have just received an ADHD diagnosis routinely offered a trial of diet before medication. If interested, they should be given a referral to an experienced and supportive dietitian for a trial of the RPAH Elimination Diet with challenges to find out exactly what the triggering foods are. See our [list of supportive dietitians](#) and this comment from dietitian Joy Anderson:

As a dietitian who uses the RPAH Allergy Unit Elimination Diet in my everyday practice, I can assure you that it does work brilliantly in the majority of cases, in infants (via mother's breastmilk), in children and in adults as well. However, it needs to be done properly ... The diet should be supervised by an Accredited Practising Dietitian with experience in food-chemical intolerances and conducted as a test diet, for a limited period of time - usually only 3-4 weeks in duration. Occasionally it may go longer, but the dietitian ensures that nutrients are adequately compensated for. The challenges are then performed in a timely manner and the diet refined to be liberalised as much as possible, while only avoiding the problem foods long term. I have many, many satisfied clients who were fobbed off by other health professionals in the past, because they didn't 'believe' in food-chemical intolerance.

I wish this is what had happened in our family. Instead, it took us 11 long years to find out exactly what the problem was. You can see the story of my personal journey in our new ebook below

Elimination diets are not easy to do, and parents need support, especially at first. My husband Howard and I have spent the last 22 years providing diet support to parents through talks, our website and facebook group and it seems that we are achieving our aims. We were pleased to read the following post:

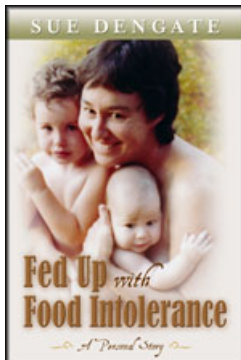
I just wanted to send my congratulations to the moderators and members of this wonderful group. Everyone I have seen posting on here has been supportive, uplifting, and informative. This is a real change from the normal on facebook, and I as a mother have found this group wonderful. Thank you.
- Natasha from facebook group

I would like to say thank you from me too, to the thousands of families who have helped through the years by sharing their stories of desperation, hints, recipes and happiness for publication.

The last word ... goes to a reader:

We made many trips to specialists and psychologists and others, with no explanation as to why we had a totally uncontrollable child (becomes defiant, hyperactive, impossible to reason with, plain silly, very loud, noisy, annoying to others, demanding, pushy, and if something doesn't go her way ... watch out ... fully blown tantrum including slamming doors, storming out the house, screaming, yelling, crying that goes on for a long time. Can't and won't follow simple instructions, becomes distracted easily, goes off track and off task, becomes destructive She also finds settling at night really difficult ... can't seem to switch off.) We chose to try Failsafe before we filled the prescription for Ritalin that we had been given, and thankfully it worked! Thanks to your book, Fed Up, we have seen incredible results and are now on track. – [read the full story \[1166\]](#)

Sue Dengate's ebook just released: *Fed Up with Food Intolerance - a personal story*



SPECIAL OFFER: failsafers can [download this ebook for free](#) until **4 March 2014**. Key in 'failsafe' (no quote marks) in the coupon space as you check out.

The personal story behind Sue Dengate's Fed Up books, telling how deeply her extended family were affected by food intolerance and how many blind alleys there were in finding the answer, leading to her life of activism.

"No parent should have to go through what we went through" she said when she wrote her first book. First published as *Different Kids* (Random House Australia 1994) and revised as *Fed Up with ADHD* (Random House 2004), now revised and formatted for ebook in a very moving, easy-to-read personal story.

This is the story that helped thousands of parents and adults understand this baffling disorder

Download a [sample for Kindle](#) (.mobi) or for [other ereaders](#) (.epub)

Now also available through [Amazon for Kindle](#)

Research

ADHD increasing

New figures from the US show alarming increases in ADHD diagnosis. When my first book was published twenty years ago, experts estimated that 3-5% of US children suffered from ADHD. Now, the most recent survey reveals that:

- on average, about 11% of US children have a diagnosis of ADHD
- over 18% of children - nearly one in five – have an ADHD diagnosis in Kentucky (the highest)
- 10% of children take medication for ADHD in Louisiana (the highest)

The cause of ADHD was originally assumed to be genetic, but with any condition that increases so fast, obviously there are environmental factors involved. In traditional Amish and Mennonite religious communities in the US, ADHD is virtually unknown. [See more](#)

Red meat and gelatine allergy link to tick bites



A link between tick bites and the development of delayed onset allergy to red meat has recently been discovered by Australian and American allergists. Reactions can range from mild stomach pains to vomiting and abdominal cramps, hives or breathing difficulties and even life-threatening anaphylaxis. Unlike most food allergies, the symptoms are typically delayed three to six hours after an affected person eats mammalian meat such as beef, lamb, pork, goat or kangaroo and often occur in the middle of the night. Since the tick bite responsible for the allergy may have occurred weeks or months before, it can be difficult for affected people to recognise the cause of their problem. [See more](#)

In brief

Food and mood ebook now available: failsafer Jude Burger explores the links between food and mood in her new ebook that was released just before Christmas, available on Kindle, iBooks, Nook, Kobo, Smashwords and Diesel, with other formats to come soon. <http://foodandmoodbook.com/>



Complementary medicine labelling: Alison has started a campaign to change the labelling laws for complementary medicines in Australia. <http://alisonvickery.com.au/blog/complementary-medicine-labels-a-consumers-right-to-know/>, and the petition here <http://alisonvickery.com.au/advocacy/>. If you want to know what preservatives and colours are in your medicines, please help.

Doctors write prescriptions for vegetables: doctors who formerly wrote prescriptions for drugs are now writing prescriptions for vegetables and fruit in a New York City health initiative. At Lincoln Medical Center in the Bronx, doctors have changed the way they are treating kids with asthma, diabetes and weight problems. Instead of drugs, they write prescriptions that can be swapped for Health Bucks accepted at 140 farm markets in the city, including one that is set up right outside the hospital. [See more](#)

Your questions

Q: What is the mechanism behind food intolerance? (question from the Adelaide presentation at the 2013 Roadshow)

A: Food intolerance is thought to be due to enzyme deficiencies or reduced enzyme activity (not the same as digestive enzymes you can buy in pharmacies). These can be inherited or acquired, either temporarily through taking drugs, or possibly long term through in utero exposure to environmental chemicals.

It is well known that people who are sensitive to amines have a deficiency of the monoamine oxidase (MAO) enzymes, especially MAO-A. In people who are taking drugs known as MAOIs (monoamine oxidase inhibitors), this enzyme is inhibited and a build up of tyramine can occur, leading to life-threatening high blood pressure as well as the usual range of food intolerance symptoms including headaches, itchy skin rashes, heart palpitations and diarrhoea. There is a rare condition in which people who are born without the MAOA gene lack the MAO enzyme altogether and researchers have long known that this condition is associated with aggression in men. Much more common is a low activity variant that seems to occur in about one third of the population.

Similarly, there is an inherited life-threatening condition called propionic acidemia in which babies lack or have a low activity of the enzyme propionyl-CoA carboxylase. These people are unable to metabolise propionic acid (the same as the bread preservative) which builds up in the bloodstream and can cause damage the brain, heart, and liver, cause seizures, and delays to normal development like walking and talking. It seems that children and adults who react badly to a build up of the bread preservative calcium propionate (E282) may have a lower activity of this enzyme.

http://en.wikipedia.org/wiki/Propionic_acidemia

Salicylate intolerance is due to a deficiency of the two cyclooxygenase enzymes called COX-1 and COX-2 for short. The effects of salicylates in food from plants or in salicylate-based painkillers such as aspirin and ibuprofen (called COX inhibitors) are essentially the same. They can both cause intolerance symptoms such as gastrointestinal, respiratory or behavioural symptoms by blocking the enzyme function. For more details see Baenker H, Salicylate Intolerance, 2008

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2696737/>

There is growing concern about pesticides that work by targeting enzymes in pests that may be identical or very similar to enzymes in human beings. Experts now think these may be contributing the Western epidemic of behavioural and learning disorders, because children are particularly vulnerable while in utero or very young. WHO, Pesticides

<http://www.who.int/ceh/capacity/Pesticides.pdf>

More information in factsheets about [amines](#), [propionates](#) and [salicylates](#) and about [managing salicylates](#)

Q: Why does my naturopath take me off wheat and dairy without any test and why does it work sometimes?

A: Most naturopaths automatically take people off wheat and dairy, even though the science says that these are the food items least likely to be causing the problems (although if they really are a problem they need to be taken seriously). This change does remove many additives, so people may

see an effect even though it was neither the wheat nor the dairy that was the problem.

There really is no substitute for doing a thorough and systematic Royal Prince Alfred Hospital Elimination Diet and challenges, preferably with [an experienced and supportive \(both!\) dietitian](#). Do it once and do it properly and then you will know for sure what affects you is my motto and then you can eat failsafe or explore other avenues from then on with confidence.

Note: See all FAQs at <http://fedup.com.au/information/frequently-asked-questions>. Some of the FAQ information, particularly about specific foods and what they contain, may be out of date – always check the [Failsafe shopping list](#) for the latest information.

Many more questions are answered by knowledgeable failsafers in the [Failsafe forum](#) and the 6,000 member [Sue Dengate facebook group](#), which you are free to join.

Success stories

[You can scroll through the full text of all stories](#): for every story we report, there are probably another 10 which cover similar issues. And these are just the ones we get to hear about. Names have been changed to protect privacy.

[Success story collections](#): organised by symptom or by additive keywords are proving the most popular downloads from the website. They'll be added to as time permits.

[\[1258\] My little Firecracker is now a fierce warrior \(February 2014\)](#)

My failsafe baby started high school this week. Twelve years ago I was at breaking point trying to find a reason my baby was covered in eczema, never slept, did frothy green poos, and never smiled. Sue Dengate saved both our lives, literally. My little Firecracker was one of the first babies to join Sue's support group and the affirmation and support I received from others on those groups has seen me forge lifelong friendships. Today my daughter is a fierce warrior. She is eating foods, her body continues to lead the way and we all listen. It's not an easy road by any stretch of anyone's imagination, but this works.

I've recently been reminded of what life was like before Sue pointed me in the right direction and I realised how far we've come. My little Firecracker is the best person she can be, and it's all thanks to you. But it's not just about her and babies. Failsafe also gave me my life back and I do my bit to pay it forward. Thank you Sue, for showing me how - Blanca

[\[1257\] Separated parents and failsafe - thread from facebook \(February 2014\)](#)

Any thoughts on/experiences with constantly switching between failsafe and non-failsafe for kids with separated parents? My ex and his family won't even acknowledge our kids' bad nut allergies despite a couple of hospitalisations! They "forget" so I have no hope of them acknowledging food sensitivities and they have used artificial colours "against me" on purpose in the past (given boys red frogs just before they are returned to me)....See also [Factsheet on divorced families and coping with diet](#)

[1256] One-liners (February 2014)

The "Failsafe" elimination diet is a very specific diagnostic tool, which will give you many answers, and for us (myself and my kids, we have various food reactions) doing this elimination diet was the fastest, most direct way to a resolution. It changed our quality of life from hard, to absolutely lovely - Susanne from facebook group

I just wanted to send my congratulations to the moderators and members of this wonderful group. Everyone I have seen posting on here has been supportive, uplifting, and informative. This is a real change from the normal on facebook, and I as a mother have found this group wonderful. Thank you - Natasha from facebook group

I could chat on all day about how you've changed my life - which wouldn't have changed at all if my now 2 yo son hadn't had food intolerance symptoms as a breastfed bub - thank you, thank you, thank you. The most frustrating thing is I want to sing it from the rooftops but no one really cares - and I know their lives could change too! - Katie from Victoria

I asked my son today (which is day 3 on FS diet), "Can you tell a difference in yourself? Do you feel any different?" At first he said, "No, not really." Followed by, "Well, I don't feel so negative anymore...and I feel happier." Praise The Lord and raise the roof! - Alicia from facebook group

[1255] Oppositional Defiance Disorder ODD - thread from facebook (February 2014)

My DS7 admitted tonight that he is doesn't listen because he does not like what he may have to do at the time (i.e. defiant after they didn't practice enough flips at gymnastics tonight). Is then just a derivative of ODD or is food intolerance contributing to it? I hate to keep him on the elim diet if he is just naturally defiant...lol, if you know what I mean - Michelle.....See also [Factsheet on ODD](#)

[1254] Growing pains - facebook thread (February 2014)

Any suggestions for likely culprits for growing pains or pains in legs for 11 yo? - Glenda....

[1253] Unexpected mental symptoms from eating gluten (February 2014)

I've been failsafe for about 5 years, including gluten free. I decide to bite the bullet and have a stomach biopsy to test for celiac disease, to confirm if I am celiac or just gluten intolerant, thinking if I'm "just" intolerant then I can have a bit of gluten on holidays which would make traveling so much easier....

[1252] Diet as effective as Ritalin for 6 yo with ADHD (February 2014)



Last year my 6 year old daughter was diagnosed with ADHD and given a trial of Ritalin. I felt sick in the pit of my stomach when I gave her that first tablet and I knew there had to be a better way. So, I began searching and found Fed Up. We went on the elimination diet and in week 4 I did not give the

Ritalin to her (on the Thursday and Friday) and the teacher did not notice!!!!!! I can not tell you how happy and relieved I was. Thank you for sharing your knowledge and experience. - Julia, WA.
See also [Factsheet on ADHD and diet](#)

[1251] Maybe alcohol's not the problem –'brain snaps' due to additives (January 2014)

I was sitting at home, reading about 'alcohol-fueled' violence in Sydney, while listening to my seven- and five-year-old having a Category 5 tantrum outside as they recovered from the preservatives and artificial flavourings.....

[1250] Incontinence in dog fixed by diet (December 2013)

My children have been following a failsafe lifestyle for quite a few years due to behavioural issues and we've found it has improved our quality of life significantly. Our little dog has been incontinent for about 3 years.....See also [Factsheet on pets and diet](#)

[1249] Sensitivity to sound (hyperacusis and ASPD) and diet – facebook thread (October 2013)

That's it! I'm convinced!.....For the past 11 months my children have not been able to eat in the same room, let alone next to each other at the table without some kind of temper tantrum explosion, because my youngest (miss 8) has what I can only describe as some kind of anxiety attack over the noise her sister (miss 10) makes when eating anything.....See also [Factsheet on hyperacusis](#)

[1248] *Happy Dance* (October 2013)

So I have now cut out all artificial flavors/colours/preservatives, changed milk to A2 - but he doesn't really have a lot only in mashed potato etc, Bread to Brumbys, restricting fruit to mainly pears with the odd piece of other fruit, and we already used Nuttalex etc for about 2 weeks now and I must say although we are not on the Strict Elimination - WOW what a difference!!!!.....

[1247] Dust mites, eczema and failsafe (November 2013)

My son was about to be put into hospital for his severe eczema but doing all these things below as well as the RPAH diet has seen his eczema almost disappear, and his rhinitis as well....

[1246] One-liners (November 2013)

I am a food technologist and I am unhappy about the way food technology is going: I have sat in technical meetings discussing what to call the MSG that we want to put in a product – Fedup Roadshow 2012

That's the thing about failsafe - as overwhelming as it all seems, you are not just bumbling around in the dark. There is a specific procedure, which will give you a lot of answers - Susanne

My son is doing wonderfully behavior wise too. It amazes me how he has progressed in the three weeks. With Halloween, we decided to let him have a small piece of chocolate and immediately he regressed to where he had been. Now we know...no deviations, especially with regard to preservatives/flavors. That was a wake up call - Meghan

I found Failsafe after 18 mths researching. Couldn't believe it was something I was eating as my diet hadn't changed & I was in my 40s & had always eaten a "good" diet. All the medication can only hold it at bay, failsafe allowed me to find a cure, for which I am so grateful. I followed a tiny thumbnail pic of a girl's face & thought "her rash looks like mine" and it was a blog about Ribo Rash! - Kate

I went to Sue's Fedup Roadshow looking at behaviour kids for my son. She was showing some photos and one was the rash ... "Lightbulb" that's my rash! - Brianna

Just realised my 3 year old has stopped stuttering since starting fs nearly 7 weeks ago! Another tick in the box for the one kid we thought didn't have a problem - Kylie.

[\[1245\] What have schools done to tackle food intolerance issues? – facebook thread \(November 2013\)](#)

I was chatting with a school counsellor about the problems *we* face... being THAT MOTHER. The one that groans inside when our child runs out of class clutching a Freddo frog from another kid's birthday. The one who asks at the fete meeting "Will there be any healthy food?" The one who says "Can't we get better snacks at the canteen?" and "Shouldn't the school be sending a better message about food?" So... he put the question back to me... to put to you...What have other schools DONE to tackle this issue?...see also [Factsheet on school canteens](#)

[\[1244\] 202: splenic flexure syndrome due to potassium sorbate preservative in margarine \(October 2013\)](#)

I developed 202 intolerance in my mid 40s and now avoid 202 like the plague as it gives me pain in the splenic flexure of my descending colon, sometimes inflaming the whole descending colon. I suffered a barium meal, and no consult with any doctor delivered me an answer to my difficulty. Elimination of 202 solved a range of unexplained symptoms. I picked up the problem by timing my recurrent pain 1.5 hours after spreading margarine on my toast. - by email, New Zealand

[\[1243\] Statins caused insomnia so I lowered my cholesterol levels through a healthy diet \(October 2013\)](#)

I was diagnosed with a heart valve problem late last year and also with 2 out of 3 coronary arteries being blocked by 20%. The latter was not enough for the specialists to intervene but a wake up call for me! One cardiologist wanted me to lower my cholesterol levels through medication. When I said to him I would like to try it through diet the answer was: "That is not easy, I wish you good luck". I really had the idea that there should be a natural way through diet....

[\[1242\] Salicylates and asthma - cough drops! \(October 2013\)](#)

I recently discovered that I have a sensitivity to salicylates after getting a rash (not for the first time) which seemed due to taking aspirin for a cold. In researching what in aspirin I might be sensitive to, I came across numerous articles....see also [Factsheet on salicylates](#)

[\[1241\] Gastric attack on weight watchers food \(October 2013\)](#)

When I started on the weight watchers program, everything was going well for the first few days then I developed gastric problems. I was losing weight but I had terrible stomach pains all the time, so I had to give it up after six weeks and the problem stopped. Yes, I was eating their products. – by email

[\[1240\] Nurse Naomi's failsafe vegan story \(October 2013\)](#)

Under the supervision of a dietician, I embarked on my Food Intolerance Journey 2.5 years ago. I had no idea it would become my ticket to a transformation in wellbeing, energy and better health!....

Don't forget, you can scroll through all [current stories](#)

Failsafe shopping list: new products, warnings

[The Failsafe shopping list](#) is updated on an almost daily basis and is fully searchable. Look there in the first instance. Here are some of the interesting updates since the last newsletter:



Bulla icecream BLUE contains failsafe 160a beta-carotene and is gluten-free. BUT their RED tub still contains 160b annatto which is not failsafe - be careful!

Factsheets

The updated [factsheet on failsafe weight loss](#) is very popular

Support community

Thanks for your continuing support of each other!

Diet not working as well as you'd hoped? One tiny mistake can make a huge difference. For fine-tuning, see the [Checklist of common mistakes](#). Readers tell us this list is very useful. You can also ask for our Salicylate, Amine and Glutamate mistakes sheets confoodnet@ozemail.com.au.

Online support: [Sue Dengate facebook group](#) (nearly 6,000 members) and/or the [Failsafe forum](#) (more private). If you want to use an email support group, join at failsafers-subscribe@yahoogroups.com. There are [special interest email support groups](#) too.

There's a new UK facebook page <http://www.facebook.com/groups/380347182034474/?fref=ts> and of course the active USA facebook page <https://www.facebook.com/groups/284241571702972/>



tweet as **@failsafers** (note the plural).

Over 5.6 million people have now visited www.fedup.com.au, between 3,000 and 4,000 visits per day. Nearly 10,000 families now receive this newsletter. Who visited the website in 30 mins this morning early?



Local contacts: can generally answer some questions about failsafe eating - many have brochures and a copy of the DVD to lend out. They can also advise on supportive dietitians locally.

Dietitians: for failsafe-friendly dietitians, see <http://fedup.com.au/information/support/dietitians>. There is no longer any need to email confoodnet@ozemail.com.au for this list.



DVD "Fed Up with Children's Behaviour" has [subtitles in six languages](#). (In PAL format only, not available with subtitles in NTSC format. But NTSC format DVDs are at a reduced price of only \$15.50 through www.fedup.com.au)



Brochures: are available in many languages [in a printer-friendly format](#) (thanks to Failsafe members for translating!). Email confoodnet@ozemail.com.au if you can help with other languages.

Newsletters: [All Failsafe Newsletters can be searched and printed](#). There is a wealth of research, issue discussion, recipes, personal reports and recipes now available in one place. But some of the links are out of date and you must always check current products rather than relying on historical information.

Success story collections: These are the most popular downloads from the website, [organised by symptom and by additive](#).

The Food Intolerance Network strongly supports the peer-reviewed publication of evidence regarding the effects of salicylates on health, behaviour and learning and acknowledges that more research needs to be published, particularly using dietary salicylates. However the very foundation of science is observation and these observations over many years show an astonishing and convincing range of real symptoms. We hope that they may assist in stimulating further research publication.

Reintroduction guidelines: for people who are extra sensitive, the new RPAH reintroduction guidelines recommend much smaller servings of salicylate and amine containing foods than previously, see reader comment below. Available on request from confoodnet@ozemail.com.au

Thank you so much for the new RPAH reintroduction recommendations. I now understand why when I tried to ascertain my tolerance levels and did as my dietician recommended (try 1/2 a cup of salicylates) that my symptoms returned very quickly. 1/2 a cup is 100 times 1/4 of a teaspoon, and given my scent problems I'm probably highly sensitive. Now I can try again. - failsafer, NZ

Cooks' corner

Hint: homemade oatmilk – after making oat porridge in our Thermomix in the morning, I fill it with water to the top of the blade and whiz on speed 9 for 90 seconds. This results in a clean Thermomix and about 700 mls of oatmilk that I keep in the fridge. You could add oil and sweetener to taste. - Sue

Lentil balls

These balls are a real winner, sweet or savoury. What else can you do with this healthy lentil and bulgur (wheat) base? We suggest two of our favourites, but email confoodnet@ozemail.com.au with any other variations to win a DVD "Fed Up with Children's Behaviour".

Failsafed with thanks to Burcu <http://almostturkish.blogspot.com.au/>

1 cup red lentil
2 cups of water
1/2 cup fine bulgur

Wash lentils and boil gently until all water gone, about 5 mins. Stir bulgur in thoroughly and set aside to soak and cool for 10 mins. Each recipe below uses the whole base mix, but you can halve quantities and make a batch of savoury and a batch of sweet.

Red lentil kofte

Tasty and great in school lunches, can wrap in lettuce for a different texture.

6 spring onions
3 cloves garlic
2 tsp canola oil
1/3 cup water
1.5 tsp citric acid

1 tsp salt (to taste)

Finely chop whites of spring onions and garlic, fry in oil stirring. Add water and citric acid and bring to boil. Set aside to cool. Very finely chop the green parts of the spring onions, add and stir all into the lentil bulgur base. With wet hands, roll walnut-sized balls and set out on plate to dry a little. Will keep 3-5 days in the fridge. Can wrap each in a lettuce leaf for a different texture.

Carob yum balls

Chris who answers your emails sometimes says “I really like chocolatey ones”.

4 tblspns castor (fine) sugar
4 tblspns carob powder, sieved

Mix vigorously into the lentil bulgur base. With wet hands, roll walnut-sized balls and set out on a plate to dry a little. Will keep 3-5 days in fridge and become dryer with time.

Chicken and green bean rice paper rolls

Failsafed from <http://www.taste.com.au/recipes/19202/chicken+and+vegetable+rice+paper+rolls>

12 large rice paper rounds
1 iceberg lettuce, leaves separated, washed and dried
cooked chicken meat from half of a large bird, either left over from a roast or boiled chicken breast, shredded. Obviously no skin or bones.
2 sticks celery, very finely cut across.
1/2 small carrot, grated coarsely (option: moderate salicylates)
handful raw green beans
1 Lebanese cucumber, halved, thinly sliced (option: moderate salicylates)
1/2 cup beansprouts, trimmed

carob sauce to serve (see [Failsafe shopping list](#))

Half-fill a shallow dish with warm water. Dip 1 rice paper round in water. Place on work surface. Stand for 20 to 30 seconds or until soft enough to roll without splitting.

Place lettuce along edge of rice paper. Top with chicken, celery, beans and beansprouts. Roll up, folding up edges to enclose filling. Cover roll with a damp tea towel to prevent it drying out. Repeat with remaining rice paper rounds and fillings to make 12 rolls. Cut in half. Serve rolls with carob sauce, adding salt if desired.

Pear Pizza

A quick and delicious dessert that cuts the calories by using pizza dough – or mountain bread – instead of a buttery pie crust.

Make a failsafe pizza base and rise (see Failsafe Cookbook p124 or p125). Commercial pizza bases often contain synthetic antioxidant BHA 320.

Top with pears tinned in syrup (not juice: salicylates) or fresh pears, sliced thin. Bake at 220°C for 15mins. Sprinkle sifted icing sugar on top and slice while still warm.

Great served with a melted puddle of icecream plus maple syrup, vanilla custard (see Failsafe Cookbook p153) and/or caramel sauce (see Failsafe Cookbook p186).

(Note that RPAH says that the low fat and dairy-free So Good Vanilla Bliss contains gluten but the maltodextrin and glucose syrup now specify corn and it says contains zero gluten if you are gluten free).

Thanks and admin

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Sue Dengate's books and DVD and the failsafe magnifying card and sulphite test strips are available through www.fedup.com.au

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Disclaimer: the information given is not intended as medical advice. Always consult with your doctor for possible underlying illness. Before beginning dietary investigation, consult a dietician with an interest in food intolerance. Information is drawn from the scientific literature, web research, group members and personal enquiry; while all care is taken, information is not warranted as accurate and the Food Intolerance Network and Sue Dengate cannot be held liable for any errors or omissions.

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