

# Village Health Clinic

#105 - 15153 Highway 10, Surrey V3S9A5

T: 604.575.7275 F: 604.574.7290

[www.villagehealthclinic.ca](http://www.villagehealthclinic.ca)

## Hypoallergenic Diet - Food Ideas

Save-On Foods & Safeway have a moderate selection of wheat-free, dairy-free food options in their "Natural Foods" aisles. Also look in the International Food aisles for some options.

### BREADS

- \* Irene's Bakery "Nothing Else Bread" - 100% rye (wheat-free, yeast-free, dairy & egg-free)
- \* Manna Bread - Millet Rice or Rye bread [found in the refrigerated section]
- \* Silver Hills Kamut (if not gluten sensitive)
- \* Kinnickinnick Brown Rice Bread or Multigrain Rice Bread [refrigerated section; may contain eggs]
- \* Ener-G Brown Rice or White Rice bread (yeast-free)
- \* La Boulange Millet, Kamut, or Spelt bread (yeast-free; [laboulange@shaw.ca](mailto:laboulange@shaw.ca) or 866-752-0077)
- \* Que Pasa Organic Corn Tortillas (refrigerated)

### PASTAS

- \* Mrs. Leepers Rice Pasta (spaghetti & twists)
- \* Any rice noodles or pastas [International food section]
- \* Soba noodles (buckwheat - which is actually a berry, not wheat)

### COLD CEREALS

- \* Nature's Path Corn Flakes, Kamut Flakes, or Millet Rice
- \* Arrowhead Mills Puffed Millet, Rice, Corn, or Kamut

### CRACKERS

- \* Edward & Sons Brown Rice Snaps (plain, onion, vegetable, garlic)
- \* Hot Kid Rice Crisps (plain, sesame, onion, unsalted, garlic)
- \* Rice Cakes - any brand (no cheeses)
- \* Wasa light crispbread
- \* Ryvita crackers or Kavli flat breads

### DAIRY ALTERNATIVES (AVOID casein, whey, or lactalbumin)

- \* YU Rice milk (basmati rice), Soy Milk, or Multigrain Milk Cream
  - \* Rice Dream (Original Enriched or Vanilla Enriched)
  - \* Rice Choice
  - \* Eden Blend Rice & Soy milk
  - \* Eden Soy
  - \* Westsoy Extra Creamy Vanilla
  - \* SoNice (Original or Vanilla)
- \* Tofutti brand "Better than cheese"
  - \* Rice Dream Ice Cream
  - \* Soy Delicious Ice Cream
  - \* Nancy's Soy Yogurt

### Wheat-free Soy Sauce

- \* Tamari
- \* Braggs Liquid Aminos

Mesa Buckwheat Waffles  
Kinnickinnick Pancake Mix

### PEANUTBUTTER ALTERNATIVES

- \* Almond butter
- \* Cashew butter
- \* Macadamia nut butter
- \* Pumpkin seed butter

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\* Tahini (sesame seed butter)

## Sample Menu

### BREAKFAST

Mesa Buckwheat waffles topped with almond butter, goat's milk yogurt, frozen berries (thawed) & banana slices

### LUNCH

Quinoa salad (tahini dressing, 1 cup each cooked quinoa, chopped peppers, and steamed broccoli and 1/2 cup each onions, pecans, and sunflower seeds, plus 1 clove minced garlic)

Soup (ShariAnn's or Imagine brands)

Piece of fruit

### DINNER

Baked or Grilled Fish or Chicken - 3 to 4 ounces

Sweet potato mash (made with rice milk in place of dairy, season to taste)

Grilled green beans with sesame seeds, garlic & olive oil

Mixed green salad with pecans and oil & vinegar dressing

SNACKS - as needed for hunger. You may be hungry every 2 hours on a hypoallergenic diet.

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- \* Almond or Cashew butter on apples, celery sticks, or rice crackers
- \* Vegetables & hummus dip
- \* Sweet potato chips (Terra Chips)
- \* Homemade granola
- \* Trail mix (nuts, seeds, and unsulphured dried fruit)
- \* Protein smoothie

Drink at least 2 liters of water daily. Avoid caffeine and drink decaf herbal teas only. Try to eat mostly or entirely organic foods, especially meats. Look for wild fish, not farm raised fish - which have a different essential fat profile than wild fish.

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## “TAHINI DRESSING”

1/2-cup tahini (roasted sesame seed butter)  
Juice of 1 lemon  
2 garlic cloves, minced  
1/8 tsp each parsley, dill, or coriander to taste  
1/2 to 1 cup water

Mix all ingredients together, adding water slowly until the sauce is pour able but not too runny.

## “HUMMUS DIP”

1-can (375 ml) chickpeas (garbanzo beans)  
1/2 -cup liquid from chickpeas  
1/4 -cup tahini  
1/4 cup lemon juice  
1/4-cup flaxseed oil  
1 TB tamari (wheat-free soy sauce)  
2 tsp cumin powder  
1 tsp coriander powder  
1 TB chopped parsley  
4 fresh garlic cloves  
1 small onion, chopped & sautéed in olive oil

Blend all ingredients together in a food processor - scraping down the sides frequently. Hummus can be thick or thin depending on what you like. Add extra flaxseed or olive oil for a thinner hummus.

## “PROTEIN SMOOTHIE”

1 cup Rice, Soy or Almond milk  
1-2 scoops rice or soy Protein powder  
1-TB almond butter  
1/2-cup Frozen berries (blackberries or blueberries)  
Banana  
1 tsp ground flaxseeds

Blend together in a blender. Add ice cubes as needed or more liquid as needed.