



free from

gluten, wheat, dairy and lactose

Tasty, nutritious solutions





FOOD SENSITIVITIES CAN FITHER INVOLVE THE IMMUNE SYSTEM (IN WHICH CASE IT'S CALLED A FOOD ALLERGY) OR NOT (IN WHICH CASE IT'S CALLED A FOOD INTOLERANCE), THE MOST COMMON ALLERGENS ARE GLUTEN, WHEAT, MILK, SOYA, NUTS, FISH AND SHELLFISH,

Gluten-free diet

Excludes the protein gluten, which is as wheat, barley and rve. Who would with diagnosed coeliac disease or a gluten sensitivity.

Lactose-free diet

lactose, a sugar found When the body has insufficient lactase – the enzyme that breaks down develops. Who benefits? Those with lactose-related digestive problems.

Dairy-free diet

Strictly excludes cow's milk and related dairy products. It's an in milk and is one of Who benefits? People with a dairy allergy.

Gluten hidling in plain sight

Wheat, rve and barley are the main sources of gluten and should be avoided if you have an allergy or intolerance to gluten.

POTENTIAL SOURCES OF 'HIDDEN' GLUTEN:

Instant gravies, soups and sauces where flour is used as a thickener

Processed meats such as sausages, hot dogs and deli meats may contain gluten used as fillers

Some dressings, marinades and condiments may be thickened with wheat flour

Grains may have other names so look out for these on labels: durum, faro and semolina

INCLUDE GLUTEN-FREE WHOLEGRAINS IN YOUR MEALS TO **GET MORE FIBRE AND NUTRIENTS** SUCH AS B-VITAMINS, IRON, ZINC AND MAGNESIUM, TRY THESE TIPS:

• Add chia seeds or ground flaxseeds to gluten-free cereal. Have the PnP Free From Gluten oats as a porridge.

Grains without gluten include brown rice and wild rice, quinoa and buckwheat. O Look for breads made from buckwheat, brown rice flour or almond flour.





LACTOSE INTOLERANT? WHAT YOU SHOULD KNOW



Lactose intolerance is not the same as milk allergy

Lactose intolerance results from an inability to adequately digest lactose, while a milk allergy is an immune response to milk protein.



Lactose-free milk does not contain any lactose, but it does have all the other essential nutrients, such as protein, calcium and vitamin D – so it still packs a nutritional punch.



REPLACING COW'S

MILK WITH PLANT-

WILL MEAN THAT

PROTEIN, CALCIUM

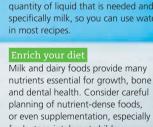
AND B-VITAMINS

IN THEIR DIET.

The severity of intolerance differs from person to person and is influenced by how much and when the lactose was consumed. Learn to manage how much you can tolerate.

When cooking or baking, it's usually the quantity of liquid that is needed and not specifically milk, so you can use water in most recipes.

Milk and dairy foods provide many nutrients essential for growth, bone and dental health. Consider careful planning of nutrient-dense foods, for lactose-intolerant children





LACTOSE INTOLERANT

ALLERGIC TO MILK

The body cannot digest the lactose (sugar) in milk

The immune system overreacts to milk protein

LOCATION

Gastrointestinal system Immune system

SYMPTOMS

Nausea, gas, bloating and diarrhoea Itchy throat and difficulty breathing

For life: rare in children

Often impacts young children: could outgrow it

Consume lactose-free products Avoid milk proteins – found in or reduce lactose in food

all dairy products and in some and drinks processed foods

DID AOII KNOMS

Our registered dietitian provides free nutrition advice to the public via the Pick n Pay Health Hotline. Email: healthhotline@pnp.co.za



Pick n Pay

Our PnP branded products provide detailed information on all their ingredients. Where an allergen exists behind the respective ingredient





CONSCIOUS COOKING

Living with an intolerance or allergy doesn't mean you should steer clear of the foods you love. Try these 'free from' alternatives

DAIRY-FREE CORIANDER AND CASHEW CREAM

Cover 3 packets (100g each) cashews with water and soak overnight. Drain and transfer to a blender. Add 1 punnet (20g) fresh coriander (stems and leaves), 1 clove garlic, juice (30ml) of ½ lemon, ½ tsp (3ml) each fine salt and milled pepper, and 1 cup (250ml) water. Blend until smooth and it has a spreading consistency. To make a dressing, combine 1/3 cup (80ml) water with half the mixture. **Store** in separate jars for up to 2 weeks in the fridge.

MAKES 11/2 CUPS SPREAD OR 2 CUPS DRESSING





GLUTEN- AND DAIRY-FREE **BUCKWHEAT BANANA LOAF**

Preheat oven to 180°C. Mix together 2 cups (220g) buckwheat flour, 1 tsp (5ml) baking powder, 1 tsp (5ml) bicarbonate of soda and 34 cup (150g) castor sugar. Mash 600g (5-6) ripe bananas and add 1/₃ cup (80ml) almond or peanut butter, 1 tsp (5ml) vanilla essence and 1/4 cup (60ml) non-dairy milk. Mix well and add to dry ingredients to make a smooth, thick batter. Pour into a lined 12x20cm loaf tin. Halve 1 firm banana (lengthwise), place on top and drizzle with maple syrup or honey. Bake for 45-55 minutes. Cool in tin for 5-10 minutes, then turn out onto a wire rack. Serve with nut butter and berries. MAKES 8-10 SLICES

TRY THESE GLUTEN-FREE BAKING TIPS

• Gelatine is a useful binder and adds moisture to batters or dough made with gluten-free flour. 📀 Eggs can help the batter rise during baking, especially when

For more recipes, visit pnpfreshliving.com









Free from and delicious







LOOK OUT FOR:

1. PnP Free From Gluten shortbread biscuits;

2. PnP Free From Gluten muesli rusks with cranberries;

3. PnP Free From Gluten tortilla wrap; 4. PnP Live Well gluten-free

chickpea fusilli; 5. PnP Free From Gluten lightly salted seed crackers; 6. PnP Live Well low-carb gluten-free cauliflower & turnip noodles;

7. PnP Live Plant Based dairy-free olive & herb tofu salad cubes

Contact PnP's registered dietitian for health and dietary advice email healthhotline@pnp.co.za or visit adsa.org.za for a dietitian in your area