

Pick n Pay



Deliciously
free from

gluten, wheat, dairy and lactose

Tasty, nutritious solutions



The 'Free From' food movement



HEALTH COACH After diagnosis of a food allergy or intolerance, consult with a registered dietitian who can assist with recommendations on foods and lifestyle changes. Find a registered dietitian on www.adsa.org.za

FOOD SENSITIVITIES CAN EITHER 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 found in grains such as wheat, barley and rye. Who would benefit? People with diagnosed coeliac disease or a gluten sensitivity.

Lactose-free diet

Limits foods that contain lactose, a sugar found naturally in milk products. When the body has insufficient lactase – the enzyme that breaks down lactose – an intolerance develops. Who benefits? Those with lactose-related digestive problems.

Dairy-free diet

Strictly excludes cow's milk and related dairy products. It's an abnormal response to the protein found in milk and is one of the most common allergies in children. Who benefits? People with a dairy allergy.

Gluten hiding in plain sight

Wheat, rye 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:

- 1 **Instant gravies, soups and sauces** where flour is used as a thickener
- 2 **Processed meats** such as sausages, hot dogs and deli meats may contain gluten used as fillers
- 3 **Some dressings, marinades and condiments** may be thickened with wheat flour
- 4 **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.
- Look for breads made from buckwheat, brown rice flour or almond flour.

Try these alternatives to pasta and noodles that are naturally gluten-free: cauliflower noodles, mushroom tagliatelle, baby marrow spirals and legume pastas (made from lentils or chickpeas).





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 is real dairy

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.

Everyone is different

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.



Preparing meals is not impossible

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.



Enrich your diet

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



REPLACING COW'S MILK WITH PLANT-BASED ALTERNATIVES WILL MEAN THAT CHILDREN ON A DAIRY-FREE DIET WILL NEED TO HAVE OTHER SOURCES OF PROTEIN, CALCIUM AND B-VITAMINS IN THEIR DIET.



DAIRY *intolerance vs allergy*

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

LIFESPAN

For life; rare in children

Often impacts young children; could outgrow it

ACTION

Consume lactose-free products or reduce lactose in food and drinks

Avoid milk proteins – found in all dairy products and in some processed foods

DID YOU KNOW?

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

Check your labels

Pick n Pay's labelling of products is in line with the South African regulations for food labelling and advertising. We are committed to labelling being:

✔ TRANSPARENT ✔ ACCURATE ✔ CLEAR ✔ CONCISE

Our PnP branded products provide detailed information on all their ingredients. Where an allergen exists in a product, it is highlighted in bold in the respective ingredient in the ingredients list.



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 ½ cup (80ml) water with half the mixture. **Store** in separate jars for up to 2 weeks in the fridge.

MAKES 1½ 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 ¾ cup (150g) castor sugar. **Mash** 600g (5-6) ripe bananas and add ⅓ cup (80ml) almond or peanut butter, 1 tsp (5ml) vanilla essence and ¼ 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 the whites are beaten separately to trap air and folded gently into the mixture.

✔ For more recipes, visit pnpfreshliving.com



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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