A plant-based failsafe booklet

by Sue Dengate

We support families using the RPAH elimination and challenge protocol
from Sydney's Royal Prince Alfred Hospital Allergy Unit.
This is low-chemical diet free of additives, low in salicylates, amines and flavour enhancers
(FAILSAFE eating).
Hundreds of dietitians in Australia can supervise this protocol.

www.fedup.com.au

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The information given is not intended as medical advice. Always consult with your doctor for underlying illness. Before beginning dietary investigation, consult a dietitian with an interest in food intolerance.

Introduction

Worldwide, doctors are increasingly recommending the whole food plant-based (WFPB) diet that is considered to be extremely healthy.

For example, according to Cleveland Clinic – ranked the world's second best hospital:

> "A plant-based diet refers to eating *entirely* or *mostly* plant foods … has significant health benefits as long as you do it correctly … **Not veganism** … A WFPB eating pattern is focused on whole foods … avoids packaged and processed foods" https://health.clevelandclinic.org/whole-food-plant-based-diet

Benefits: can prevent or reverse symptoms of common health conditions such as Alzheimer's, arthritis, cancer (breast/colorectal/prostate), diabetes, heart disease, high blood pressure, overweight/obesity, osteoporosis , women's reproductive health issues including period pain, PMS, hot flushes, endometriosis … and many more see https://www.pcrm.org/health-topics

> "*this research has achieved greater weight loss at 6 and 12 months than any other trial that does not limit energy intake or mandate regular exercise*" – NZ study https://pubmed.ncbi.nlm.nih.gov/28319109

Disadvantages: plant foods can be very high in natural food chemicals such as salicylates, known to cause food intolerance reactions in some people.

> *"Everyone called me a 'health nut' because of the supposedly ultra-healthy diet I was on… lots of fruits and vegetables - especially citrus, broccoli, and spinach… but my health has steadily declined (I am 24)… almost every diet change recommended to me by the doctors caused my salicylate intake to be astronomical…I've been in and out of emergency rooms… Now that I am on the right track …I have been improving so drastically that everyone is asking what is going on..."* - from story [559] https://www.fedup.com.au/success-stories/current-stories-tec/2007/559-ultra-healthy-diet-led-to-asthma-and-debilitating-health-issues-may-2007

This booklet offers hints for *low to moderate* salicylate whole food plant-based (WFPB) eating.

The Whole Food Plant-Based (WFPB) diet

- based on whole or minimally processed grains, legumes, vegetables, fruit, seeds, nuts
- avoids animal-based foods, including fish and dairy
- limits the use of highly processed foods, added sugars and vegetable oils

Endorsed by doctors all over the world

US - Physicians Committee for Responsible Medicine (PCRM)
https://www.pcrm.org/health-topics

Australia - Whole foods plant-based health
https://www.wholefoodsplantbasedhealth.com.au

New Zealand - Evidence based eating https://www.ebe.nz and Two zesty bananas
https://www.twozestybananas.com/

Dr Luke Wilson was one of the researchers in the BROAD study, see
https://www.twozestybananas.com/about/

The 12-week whole-food plant-based diet BROAD study in New Zealand led to significant improvements in BMI, cholesterol and other risk factors. Researchers commented "To the best of our knowledge, this research has achieved greater weight loss at 6 and 12 months than any other trial that does not limit energy intake or mandate regular exercise". Wright N, Wilson L, Smith M, Duncan B, McHugh P. The BROAD study: A randomised controlled trial using a whole food plant-based diet in the community for obesity, ischaemic heart disease or diabetes. Nutr Diabetes. 2017 Mar 20;7(3):e256. doi: 10.1038/nutd.2017.3. PMID: 28319109; PMCID: PMC5380896.
https://pubmed.ncbi.nlm.nih.gov/28319109/

Australasia - Doctors for Nutrition https://www.doctorsfornutrition.org

UK - Plant-based health professionals https://plantbasedhealthprofessionals.com

Documentaries

Forks over Knives: What if one simple change could save you from chronic diseases such as diabetes and heart disease? Take a deep dive into the plant-based diet documentary that has influenced millions around the world. https://www.forksoverknives.com/the-film

More info

Cleveland Clinic - Is a Whole Foods, Plant-Based Diet Right for You?
https://health.clevelandclinic.org/whole-food-plant-based-diet

Physicians Committee for Responsible Medicine (PCRM) https://www.pcrm.org/health-topics

Dr T Colin Campbell, lead scientist on the China Study https://nutritionstudies.org/

Dr Michael Greger, author of bestselling How Not to Die
https://nutritionfacts.org/topics/plant-based-diets/

Plant foods that are low/mod in problem chemicals (salicylates/amines/glutamates)

- **whole or minimally processed whole grains** - eg oats, barley, wheat, brown rice, millet, quinoa, buckwheat, amaranth

- **legumes -** chickpeas, lentils, kidney beans and all other beans (except broad beans which are very high in salicylates and amines)

- **vegetables -** potatoes, green beans, cabbage, Brussel sprouts, iceberg lettuce are all low in salicylates (sals); all other lettuces, bok choy, butternut pumpkin, sweet potatoes and many more are mod sals - for recipes and for a complete list, see the RPAH book Friendly Food https://www.fedup.com.au/sues-blog/new-edition-of-friendly-food-from-rpah

- **fruit** the RPAH elimination diet recommends no more than 2 pieces a day because most fruit contain salicylates and some contain amines - -pears (soft, ripe, juicy, peeled) are the only fruit low in sals and amines, apples (red or golden delicious) are mod in sals then peeled) - **nuts** raw cashews are the only low (mod amines if cooked)

Reintroduction of higher sals foods

Failsafers should do careful reintroduction with the help of their dietitian to see how much they can manage (request the reintroduction sheet if you don't have it *confoodnet@ozemail.com.au*)

Nutrition

If avoiding all animal foods it is essential to take vitamin B12 supplements (nutritional yeast recommended by the Cleveland Clinic is not failsafe) and possibly others, and to have your nutrition checked by a dietitian or a WFPB-supportive doctor, see the supplement section below and our list of failsafe-friendly dietitians at https://www.fedup.com.au/support/failsafe-dietitians

Quick and easy meal suggestions

As approved by a dietitian for a failsafe athlete on the strict RPAH elimination diet. Note - frozen green beans are low, frozen peas are low sals, mod glutamate - cans of kidney beans, lentils etc. with no added flavourings are failsafe.

- Green peas and beans with borlotti beans on cooked rice
- Mashed potato with Brussel sprouts and kidney beans
- Jacket potato, Brussel sprouts, swedes, kidney beans
- French Puy lentils, green beans and peas served with rice or mashed potato and pear ketchup

PART 1: A typical day

Breakfast: porridge

- oat porridge or microwaved oats (if eating gluten) OR
- quinoa, buckwheat, millet or amaranth porridge (if gluten free)
- with milk substitute: soymilk (made from organic whole beans), oat milk (if eating gluten) or rice milk (gluten free)
- with topping: chopped pear, mashed sweet potato (mod in sals), OR small amounts of carob syrup, organic rice malt syrup, maple syrup (these are failsafe and make up for lack of fruit) http://the-carob-kitchen-australia.myshopify.com/collections/pure-carob-range/products/carob-syrup-250ml-1

Lunch: bread, wraps or potato with spreads, salad

- home-made 50% wholemeal wheat /barley flour
- flatbreads eg MEB bread or Mountain bread https://www.woolworths.com.au/shop/productdetails/63441/meb-vitastic-pita-bread-wholemeal or https://www.woolworths.com.au/shop/productdetails/16436/mountain-bread-rye-mountain-bread
- boiled peeled potato
- if gluten-free (GF), homemade GF quinoa bread according to Howard's recipe http://fedup.com.au/recipes/other-recipes-and-hints/gluten-free-bread-dr-dengates-ugf-ultimate-gluten-free-bread or GF bread/wraps, see our shopping list https://www.fedup.com.au/information/shopping-list/gluten-free-foods

> **WARNING!!!** *most commercial breads/flatbreads including gluten free are likely to contain propionate preservatives (280-283), that can be hidden under innocent-sounding names such as cultured or fermented anything eg cultured dextrose, cultured wheat flour, fermented wheat flour or even starter culture, more info https://www.fedup.com.au/news/blog/caution-cultured-dextrose*
>
> *NOTE that sourdough bread is NOT failsafe due to natural propionates*

… **spreads** (see sauce and spread recipes below)

- failsafe hummus
- failsafe kidney bean spread
- yellow sauce
- nomato sauce
- citric tofu dressing (silken tofu mixed with half tsp citric acid)
- mash: potato, swede, green peas (low sal) OR butternut or sweet potato (mod sals)

… or tofu cheese http://www.fedup.com.au/recipes/other-recipes-and-hints/tofu-'cheese'

Main meal: legumes, vegetables, pasta or grains, sauces

- **soup:** hearty lentil and veg soup with homemade freshly baked bread http://fedup.com.au/recipes/main-meals/hearty-lentil-a-veg-soup
- **grains or wholegrain pasta with veg and sauce**: eg steamed failsafe veg (eg white peeled potatoes, green beans, swedes, chokoes, Brussel sprouts etc) with rice, quinoa (or half rice, half quinoa in a rice cooker) or pasta, salad and yellow sauce, see yellow sauce recipe below
- **lentil loaf** (see recipe link below) or boiled lentils with rice, quinoa or barley (not GF) and cooked failsafe vegetables; with yellow sauce (see recipe below) and/or carob sauce and/or pear puree
- **burritos**: using mountain bread or GF wraps, filled with mashed potatoes, swede and kidney beans, served with salad, extra vegies, yellow sauce, carob sauce
- **veg combo** http://fedup.com.au/recipes/main-meals/vegetarian-combo
- **veg pizza** (home-made, no meat, no cheese) with the usual vegetables and yellow sauce (see recipe below) using failsafe flatbread as the base

Salads

- Thermomix Beetroot salad - sliced or grated veg or combine all roughly chopped and process for 5 seconds in the thermomix: cabbage, Brussel sprouts, red cabbage for colour, shallots, half tsp of citric acid if you want a lemon flavour (plus grated beetroot, carrot if mod sals permitted)
- Nepali salad - large peeled if necessary chunks of any three or four vegetables on a plate, not mixed together, no dressing eg celery, iceberg lettuce, thinly sliced cabbage, mungbean sprouts OR bean shoots, bamboo shoots (canned or fresh), plus (when *moderate sals* are permitted): peeled carrot or carrot sticks, peeled cucumber cut into sticks, grated beetroot, snow peas

Sauces

- yellow sauce (or see our lower fat version below) http://fedup.com.au/recipes/main-meals/that-cheese-sauce-thermomix-or-traditional
- failsafe hummus http://fedup.com.au/recipes/lunches-and-snacks/failsafe-hummus
- bean paste http://fedup.com.au/recipes/lunches-and-snacks/howards-bean-spread
- cashew: cup raw cashews, 1 clove garlic, tsp citric acid, 3-4 tbsp water, salt to taste
- carob sauce – use like soy sauce http://www.australiancarobs.com/product.php
- silken tofu dressing – one block with half tsp citric acid
- cashew cheese , see http://cleanfooddirtygirl.com/cashew-cheese-easy-recipe/
- nomato (No-tomato) sauce http://www.fedup.com.au/recipes/other-recipes-and-hints/nomato-or-no-tomato-sauce

Desserts (once a week for us)

- Sanitarium Vanilla Bliss soy icecream (it's low fat) with fruit or sauce below
- Fresh pears [after challenges: banana & papaya (low sal but amines) or small amounts of moderate sal fruits eg peeled delicious apples (or rhubarb - now listed as high sal)
- Carob Tofu pudding (or poached pear in carob sauce) , see http://fedup.com.au/recipes/sweet-things-biscuits-desserts/carob-tofu-mousse-or-sauce
- black bean carob brownies https://www.fedup.com.au/recipes/sweet-things-biscuits-desserts/carob-black-bean-brownies-v

Drinks

Failsafe drinks: Water, soda water, decaf, carob, gin, vodka, whisky with soda water & ice. (PCRM does not recommend alcohol)

Snacks

Failsafe Crackers eg rye vitas, rice cakes, plain or with toppings as above, raw cashew nuts, pears (limit 2 whole pears per day on the RPAH elim diet) or red/golden delicious apples (if mod sals permitted); leftover vegies; or plate of microwaved peeled potatoes with failsafe sauces (as recommended in The DIY Spud Fit Challenge: A How-to Guide to Tackling Food Addiction With the Humble Spud - by Australian teacher Andrew Taylor)

Q&A Beans

Q. How can you stop flatulence from beans?

A. Reactions are related to the size of the dose. RPA recommend starting with small doses and getting used to them then eating large doses. However, that didn't work for me. Trekking in Nepal taught me that over there, people eat ginger to prevent bloating or flatulence due to beans. Ginger is listed as very high in salicylates per 100 grams, but you only need to eat about 1-2 grams of peeled raw ginger with a bean meal to stop the problems, so that's a mod sals intake.

PART 2: Some recipes

Yellow sauce recipe (our version)

400g white potato peeled, 1cm cubes
80g carrot (*moderate salicylates* – leave out if on elimination diet; can colour with saffron instead), 1 cm cubes
60g celery, chopped
A few spring onions, only the white parts, chopped
100g raw cashews (can be reduced to 75g for lower fat, but no further …)
500g water
1 tsp citric acid
2-3 tsp salt (this gives it the real cheesy kick, adjust to desired amount)

Traditional Method: Chop all vegetables and place all ingredients in saucepan, boil until vegetables are tender. Pour in to blender, and blend until very smooth. Adjust consistency by adding water if necessary. http://fedup.com.au/recipes/main-meals/that-cheese-sauce-thermomix-or-traditional

Lentil loaf

See our website recipes
https://fedup.com.au/recipes/main-meals/lentil-loaf

Carob black bean brownies

1 can black beans (540 ml), rinsed and drained
1 cup (250 ml) water
2 cups brown sugar, packed (*not recommended on the WFPB diet*)
1 and a half cups (375 ml) quinoa (or other flour)
1and a quarter cups (310) carob powder, sifted
1 cup (250ml) coarsely chopped cashews (optional)
1 tsp (5 ml) baking powder
1½ cups (375 ml) cooked quinoa made with water

Preheat oven to 175˚C. Lightly grease a 3.5 litre metal baking pan with canola oil. In a food processor, pulse the beans. Slowly add the water to puree. Set aside.
In a large bowl, mix together the brown sugar, quinoa flour, carob powder and cashews (is using) and baking powder. Gently fold in the cooked quinoa.
Add the bean puree and stir well to combine. The batter will be very thick. Spoon the batter into the prepared pan and flatten the top with a spatula. Bake in the centre of the oven for 5o to 55 minutes, or until centre if firm and a toothpick comes out clean. Remove from oven and cool completely on a wire rack before cutting. Makes 16 brownies. Keeps in a covered contained in a cool place for up to 4 days - *Adapted from the Vegetarian's complete quinoa cookbook by Mairlyn Smith, thanks to Rosemaree*

PART 3: Nutrition

It has recently become recognised that vegan nutrition can be a problem for certain people:

- some people have **polymorphisms** – a genetic background – meaning they won't be able to get all their nutrition, such as Vitamin A, from plant foods
- people who have malabsorption due to ***irritable bowel symptoms*** may also be at risk***.*** IBS is estimated to affect 10% - 15% of the population, obviously this includes some failsafers

Many of the foods recommended for vegans to maintain good nutrition are not suitable for the strict RPAH elimination diet:

- ***nutritional yeast*** often recommended for Vitamin B12 is not failsafe as it is very high in amines and glutamates - Vitamin B12 supplements are better for failsafers
- ***spinach*** (very high in sals, amines, glutamates) and **kale** (high in sals) are often recommended as sources of vitamin A. For failsafers, **iceberg lettuce, green beans, Brussel sprouts and cabbage (low sal) and romaine/cos lettuce, sweet potato, carrots and butternut (mod sal) are plant-based sources of vitamin A.** However, for those with polymorphisms or IBS malabsorption who can't make the conversion to vitamin A, eating some animal products such as oily fish or taking supplements such as cod liver oil may be necessary
- ***Brazil nuts*** (high in sals, amines) are recommended for selenium if living in a low selenium country such as Europe or Australia (the US is high); the recommended dose of only 1 or 2 nuts per week may be tolerated by failsafers after the first stage of their elimination diet
- **flaxseeds/linseeds, chia seeds, hemp seeds** (high in sals, amines) are often recommended for omega-3 fatty acids

Low-chemical sources of major nutrients - RPAH recommendations from Friendly Food p18:

- Vitamin A: eggs, dairy free margarine, lettuce, green beans, Brussel sprouts, cabbage
- Iodine: fish, eggs, iodised salt and commercial breads
- Omega-3 fats (essential fatty acids): canola, sunflower and safflower oils and margarines
- Calcium: calcium-fortified rice milk or soy drink, tofu (set with calcium), other plant-based alternatives such as green beans (note- this can include Brussel sprouts, beans and lentils, amaranth, cashew nuts, etc)

If fully vegan it is essential to discuss nutrition with your dietitian or WFPB doctor and the possible need for supplements, eg

- vitamin B12 (essential)
- vitamin D (if not exposed to sunlight regularly)
- iodine (if not eating iodised salt in bread/ using iodised salt)
- selenium (if living in a low-selenium country such as Australia and not eating Brazil nuts)
- vitamin A (if in the high-risk group)
- omega-3 essential fatty acids (if very low fat)

How to find an experienced and supportive dietitian
There are some failsafe-friendly vegetarian and vegan dietitians on our list and most will do Skype, phone or email consultations https://www.fedup.com.au/information/support/failsafe-friendly-dietitians-and-other-health-professionals

WFPB doctors – see page 4 above

Low iodine levels
A recent study compared vegans and omnivores. They found "*Most vegans are aware that a vegan diet is associated with the risk of vitamin B12 deficiency, and vitamin B12 is by far their most frequently taken supplement*". This study also found that **both groups had low iodine levels**, more so in vegans: only 8% of vegans achieved adequate iodine levels compared with 25% of omnivores. Cornelia Weikert et al, Vitamin and Mineral Status in a Vegan Diet, Dtsch Arztebl Int, 2020 Aug 31;117(35-36):575-582. Full study https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7779846/ OR https://www.medicalnewstoday.com/articles/vegan-diets-raise-concerns-for-iodine-deficiency

What every vegan should know about vitamin B12
https://www.vegansociety.com/resources/nutrition-and-health/nutrients/vitamin-b12/what-every-vegan-should-know-about-vitamin-b12

UK Vegan society on nutrients
https://www.vegansociety.com/resources/nutrition-and-health/nutrients

4 reasons why some people do well as vegans (while others don't)
https://www.healthline.com/nutrition/4-reasons-some-do-well-as-vegans

Calcium
https://www.healthline.com/nutrition/vegan-calcium-sources

For seniors
A recent study suggests that **a pesco-vegetarian diet – that includes fish – provides the most protection** against mortality in older seniors BNK https://news.llu.edu/research/pesco-vegetarian-diets-best-for-reducing-risk-of-death-elderly

Some happy failsafe vegan stories on our website

Diet cures 5 years of chronic back pain … and joint pain, anger outbursts, depression - story [1446]
https://www.fedup.com.au/stories/2017/1446-diet-cures-5-years-of-chronic-back-pain-and-joint-pain-anger-outbursts-depression-june-2017

Two sisters joint pain – story [1400]
https://www.fedup.com.au/stories/2016/1400-two-sisters-joint-pain-july-2016

Nurse Naomi's failsafe vegan story – story [1240] https://www.fedup.com.au/success-stories/current-stories/2013/1240-nurse-naomis-failsafe-vegan-story-october-2013

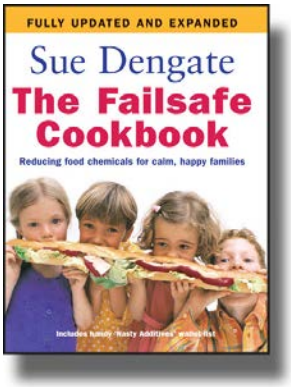
… and vegan diet not successful …

> *"I've been a migraine sufferer for over 30 years. I ended up in the allergist's office in 2018. After working out my allergens they put me on the RPAH diet. The only times I've had a migraine since has been when I've eaten high chemical foods or chemical exposures. I react to the smell of fragrance, plastics, smoke etc. which can cause pain and I wear a Vogmask for that as well as make my home safe. I have damage to the trigeminal nerve on the right side of my head. It used to be bad after the initial trauma but the pain isn't continuous and now I get it approx 48 hours before rain arrives. Basically I'm a walking weather barometer. I can do mod sals in small portions and I can eat chickpea and buckwheat but in small amounts. Vegan doesn't work for me - too many veggies would overflow my bucket back to migraine territory."* - from story [1601] https://www.fedup.com.au/success-stories/current-stories/2021/1601-chronic-migraines-and-hemicrania-continua-facebook-responses-may-2021

Questions: You are welcome to email me with questions (suedengate@ozemail.com.au) but please read my book Fed Up first! Other people to ask: your dietitian, the supportive failsafe facebook group with over 20,000 members.. For more information, especially factsheets and newsletters see our website www.fedup.com.au. You can also ask for our Salicylate & Amines Mistakes Information.

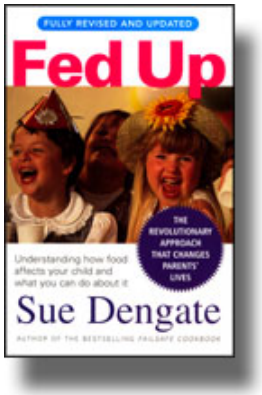
Learn more!

The more you know, the more likely you are to succeed. Available from **www.fedup.com.au** and various stores:



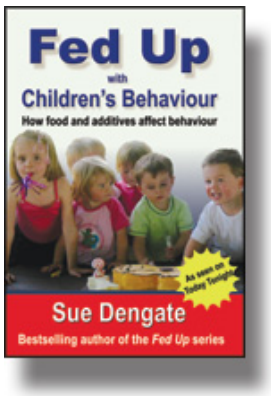
The Failsafe Cookbook: reducing food chemicals for calm, happy families

Readers say:
- very easy to use and yummy results
- everything we cook is out of your cookbook it has become like my bible - I even take it when I leave the house
- I'm SO grateful for the simple, family friendly recipes
- now he is getting enough interesting things and variety so he feels that he is not missing out!'



Fed Up: how food and additives affect behaviour

Readers say:
- if it had not been for your book we would still be living with an unhappy, difficult child and she would not have had the pleasure of knowing that she could achieve so much
- Fed Up has been a lifesaver for us
- the best of all your books



DVD: Fed Up with Children's Behaviour
helps to convince children, spouses, relatives, friends and teachers

Viewers say:
- I've watched your fantastic DVD three times. Many people who are not concerned about children's behaviour could still benefit in a big way
- if I did not see your DVD my son would have ended up on some kind of horrible medication
- Our 3 children saw the first 40 minutes as well, amazing as they are 8, 6 &5.

Failsafe magnifying card with names and numbers of all 50 additives to avoid. Some food manufacturers are switching to names to confuse consumers. Give this handy wallet card to all your family so they know which additives to avoid at the supermarket.

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