
AUTISTIC SPECTRUM DISORDERS

Autistic Spectrum Disorder (ASD) is the title given to a group of developmental disorders which includes **Autism** and **Asperger's Syndrome**. ASD is usually diagnosed by age 3 and affects approx 1 in 500 births with symptoms and severity of symptoms varying widely between individuals.

Symptoms used in diagnosis include;

- Poor social skills - many appear to be "switched off" from the world, are indifferent to affection, have poor eye contact and no interest in playing with other children.
- Altered response to sensations - high pain tolerance, difficulty with particular textures, smells and tastes.
- Speech and hearing problems, sound sensitivity.
- Ritual or repetitive behaviors - including rocking, hand flapping and self-stimulating behaviour.

Epilepsy, night horrors, hyperactivity, diarrhoea, eating non-food items and food addictions/ aversions are additional common symptoms of ASDs.

Modern research is showing many symptoms of ASDs may be caused by incomplete digestion of particular proteins in the diet- particularly gluten (found in wheat, barley, oats, rye and triticale) and casein (found in dairy products). Fragments of these proteins may end up in the brain and interfere with normal function in the same way many drugs do. ASD sufferers tend to be fussy eaters and are often addicted to milk, noodles, bread and other wheat containing foods - a good indication these foods are causing a problem. Leaky gut syndrome, intestinal yeast infections, vitamin and mineral deficiencies, poor blood sugar control, food allergies and sensitivity to chemicals in food and the environment may also play a significant roll in the symptoms of ASD.

By adopting a strict gluten and dairy-free (gf-df) diet many parents have described a "reawakening" of their children with improvement in social skills and eye contact within weeks. Withdrawal symptoms such as shaking, refusal to eat, tantrums/ aggression are common in the first two weeks and are a good indication the diet will ultimately be of benefit. If the whole family follows the same gf-df diet for the first few weeks the child will adapt to the new foods and settle into the gf-df diet faster and with less stress.

DIETARY SUGGESTIONS

- Diet must be strictly gluten and dairy free – even trace amounts of these proteins may affect normal brain function and remain in the blood for weeks following ingestion.
 - Avoid cross contamination from gluten and dairy products - breadcrumbs in the toaster or margarine etc
 - Play dough should be avoided and toys washed
 - Wash hands before cooking and eating
 - Treat intestinal Candida infections with Nystatin (prescription required). Soak toothbrushes in peroxide to avoid reinfection.
 - Improve gut flora with Dairy-Free Inner Health Plus - available in pharmacies and health food stores
 - Use unperfumed washing powder (e.g. OMO sensitive), Freedom Foods deodorant, shampoo and soap and avoid exposure to perfumes, chlorine, plastics and natural gas.
 - Boil or filter all water, 2 litres per day should be consumed
 - Treat nutritional deficiencies appropriately
 - Test for other food allergies/intolerances- common problems include eggs, soy, potato, food colours/ flavours, yeast, salicylates, tomato, dried fruit, peanut butter, banana, chocolate and honey (children often become addicted to foods they are allergic to)
 - Avoid grain-fed and milk-fed meat/ chicken/eggs
 - Avoid fatty meat, mince and chicken skin
 - All meat should be washed before cooking.
 - Marinate meat with paw paw to make it easier to digest or supplement with digestive enzymes. Aversion to meat may be caused by zinc deficiency.
 - Ensure enough protein is consumed in the diet. At least 100g of lean meat / poultry or fish should be eaten. Eggs, raw cashews and pulses (chickpeas etc) are good sources of protein.
 - Peel and wash all fruit and vegetables before cooking
 - Choose foods with a low Glycaemic Index if hyperactivity or epilepsy are an issue
 - Choose vitamin-fortified products such as Freedom Foods enriched pasta, rice flakes with psyllium and vege spread
 - Inform teachers, other family members and carers of the importance of sticking strictly to the gf-df diet
 - Try to get the children involved in cooking – children like to eat foods they have been involved in preparing
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Autistic Spectrum DISORDERS

Gluten & Dairy Free Products



Freedom Foods

The Functional Food Company

Attention-Deficit Disorder (ADD)

Attention-Deficit Hyperactivity Disorder (ADHD)

Aspergers Syndrome

Hyperactivity

Dyslexia

Dyspraxia

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GLUTEN & DAIRY FREE PRODUCTS

- * No Dairy Added (May contain traces of dairy)
- Low GI

Biscuits

Sultana Splitz
Chocolate Blitz - (lactose free)
Chocolate Dream
Crunchy Coconut
Florentines
Triple Choc Bites
Caramel Crunch

Fruit Spreads

Gluten Free, Wheat Free

- * Apricot (GI - 29)
- * Marmalade (GI - 27)
- * Raspberry (GI - 26)
- * Strawberry (GI - 29)

Slices/ Bars

Strawberry Slice Multipack (4 x 50g bars) –
Medium GI (58)

- Omega Bars (GI - 21)
- * Nutritious Snack Bars:
 - Almond & Apricot
 - Macadamia & Pineapple
 - Simply Nuts
 - Break Bar

Breakfast Bar

- Gluten-Free Muesli Bar (GI - 50)

Snacks

- * Corn Chips Plain
- * Corn Chips Cheese
- Baked Corn Chips
- Potato Chips
- Crackers
- Mild Chick Pea Chips (GI - 44)

Snack Pack:

Gluten/Wheat Free, Dairy, Nut, Egg Free

- Hommus Dips & Crackers
- Spinach & Garlic Dips & Crackers

Confectionery (100% Fruit)

- Apricot & Apple Fruit Strips (GI - 29)
- Plum and Apple Fruit Strips (GI - 29)
- Peach and Pear Fruit Strips (GI - 29)

Breakfast Cereals

Rice Flakes with Psyllium
Rice Puffs with Psyllium
Ultra-Rice with Psyllium

- Gluten-free, Wheat-Free Muesli (GI - 50)
- Corn Flakes with Psyllium

Bakery

All Purpose Flour

- * Instant Pancake Shake – (lactose free),
Medium GI (61)
- * Corn Fritter - (lactose free) (GI - 34)
- * Custard Mix - (lactose free)
- * Plum Pudding (low fat) - Seasonal

Spreads

Soy Butter Spread (peanut free)
Vege Spread

Beverages

Organic Grape Juices

- Black Muscatel
- Shiraz
- White Muscatel

Pastas (soy-free, vitamin enriched)

- Enriched Rice Pasta (corn-free) (GI - 57)
- Enriched Spaghetti (GI - 57)

Sauces (low fat, no added sugar/salt)

Tomato Pasta Sauce

Cookbook (RRR \$24.95)

Free call 1800 646 231 for more information

Low Allergenic Fragrant Free Body Range

- ▶ Natural shampoo & conditioner
- ▶ Crystal deodorant stick
- ▶ Crystal deodorant spray
- ▶ Crystal roll on deodorant
- ▶ Aluminum free roll-on Deodorant.
- ▶ Body soap

Avoid any of these Freedom Food Products if a known allergy exist.

The following items are Gluten and Casein-Free

- Rice/ rice flour/ glutenous rice flour
- Buckwheat/ buckwheat flour
- Millet
- Arrowroot flour
- Tapioca flour
- Potato flour
- Rice noodles, mung bean noodles
- Maize cornflour, Hi Maize, polenta
- All fresh fruit and vegetables
- Most canned fruit , vegetables and pulses
- Meat, poultry and fish (not manufactured)
- Nuts, nut butters
- All oils except wheat germ oil
- Sugar, fructose, golden syrup, pure maple syrup
- Nuttalex margarine (most margarines contain milk)
- Ward's Baking powder
- McKenzie's cream of tartar, bicarbonate soda
- Abundant Earth carob powder
- CSR pure icing sugar (not icing mixture)
- Massel Chicken stock powder
- So Natural calcium enriched rice milk

The Following items & ingredients may contain Gluten or Casein

- Wheat, flour, rye, barley, oats, triticale, semolina, burghul, sourdough, gluten, breadcrumbs
- Milk, goats milk, milk solids, cheese, whey powder, skim milk, casein, lactose, lactate
- Most margarine, breakfast cereals, stock powders, gravy mixes, sauces, soups, soy sauce
- Soy and rice milk, soy ice-cream, soy yoghurt and soy cheese with added malt, maltose or casein
- Processed or crumbed meat and fish, frozen potato products

Additives to avoid include:

- 469, 482, 270, 325, 326, 327, 328, 329
- 1400's range of additives unless "gluten-free"
- Hydrolysed Vegetable Protein (HVP)
- Maltodextrin, maltose, malt extract unless labelled "gluten-free"

Glycemic Index (GI) is a ranking of carbohydrate according to their effect on blood glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology.

Low GI ≤ 55

Medium GI = 56 - 69

High GI ≥ 70