

Berrydales special diet cookbook : dairy free, egg free, sugar free, wheat & gluten free recipes for everyday dishes plus product information / Michelle Berriedale-Johnson.

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The best news since sliced bread...



At last gluten-free and low-protein breads that are nearer to regular bread in taste and texture – new Glutafin and Loprofin from Nutricia Dietary Products.

Developed using the latest ingredient technology, these loaves are light and tasty, with an attractive colour. Best of all, unlike other dietary breads, Glutafin and Loprofin loaves have a texture that does not crumble – great for sandwiches!

There are three new varieties – Glutafin Gluten-Free Loaf, Glutafin Gluten-Free Fibre Loaf and Loprofin Low-Protein Loaf – all sliced or unsliced loaves with a long shelf life.

Baking made easy

For home baking, there are three new gluten-free and low-protein Mixes. These all-purpose flour replacements give enhanced flavour and texture to a whole range of home-made foods – cakes, breads and pastries and much more.

The new breads now available are:

- Glutafin Gluten-Free Loaf
- Glutafin Gluten-Free Fibre Loaf
- Loprofin Low-Protein Loaf

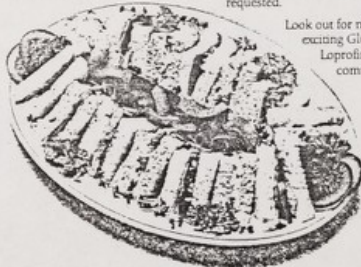
The new mixes now available are:

- Glutafin Gluten-Free Mix
- Glutafin Gluten-Free Fibre Mix
- Loprofin Low-Protein Mix

All the new products may be supplied on prescription when gluten-free or low-protein breads and mixes are requested.

Look out for more new and exciting Glutafin and Loprofin products coming shortly.

...sliced bread!



NUTRICIA
DIETARY PRODUCTS LTD.
Leaders in scientific nutrition

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Prescribability

Glutafin breads and mixes. On FP10 as per the recommendations made by the Advisory Committee on Borderline Substances (ACBS) for gluten-sensitive enteropathies including coeliac disease, dermatitis herpetiformis.

Loprofin bread and mix. On FP10 as per the recommendations made by the Advisory Committee on Borderline Substances (ACBS) for phenylketonuria, similar amino acid abnormalities, renal failure, liver failure, liver carcinoma, gluten-sensitive enteropathies including coeliac disease, coeliac disease and dermatitis herpetiformis.

The gluten-free wheat starch used in these products complies with the internationally-agreed criteria for gluten-free foods (Codex Alimentarius).

Berrydales Special Diet COOKBOOK

*Dairy free
Egg free
Sugar free
Wheat &
gluten free
recipes for
everyday
dishes
plus
Product
information*



Michelle Berriedale-Johnson

BERRYDALES SPECIAL DIET COOKBOOK

by Michelle Berriedale-Johnson

Following the success of our *Christmas Feasts for those on Restricted Diets* we have decided to broaden our scope and produce a more comprehensive book which can be used year round - *Berrydales Special Diet Cookbook*.

- # 40 - 50 gluten, dairy, egg or sugar free recipes covering breakfast, light lunches, tea, supper and dinner party food and incorporating the *Christmas Feasts* dishes
- # Extra helpful hints and suggestions
- # 'Allergy' classification for each recipe.
- # Product Information in which will be listed suppliers of wheat, gluten, dairy, egg, sugar & fat free products

The book will be published on September 1st, retail for £1.95 and will be obtainable from health food stores nationwide or direct from Berrydales.

See facing page for sample of recipe & product information

Promotion: Copies will be distributed free to 1,500 dietitians and allergy clinics. We would hope to receive extensive coverage in the trade and consumer press. Since we did no less than thirteen radio interviews and a five minute spot on Granada's *This Morning* programme about our Xmas booklet, we are sure there will be a lot of interest in an expanded version!

For more information and advertising rates call Annie Phillips on 071 722 2866 Fax. 071 722 7685

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PASTA PRIMAVERA

Serves 4

dairy free; gluten free; egg free

450g/1lb rice noodles (or pasta if you can eat it)

3 tbs olive, soya, sunflower or rapeseed oil

2 leeks, sliced very thinly

4 sticks celery, very finely chopped

100 g / 4 oz mushrooms, sliced thinly

1 x 200g/7 oz tin artichoke hearts, quartered

50g/2oz chopped ham, tongue, prawns (optional)

300ml/10fl oz soya cream or puréed silken tofu

150ml/5fl oz dry white wine or vegetable stock

juice 1/2 - 1 lemon, salt and pepper

a handful of parsley, finely chopped

1. Heat the oil in a heavy pan & gently cook the leek & celery till it is quite soft; add the mushrooms & continue to cook for a few minutes.
2. Add the artichoke hearts & the ham etc if you are using it.
3. Add the soya cream or tofu & the wine or stock. Mix well & allow to simmer for a few minutes. Add the lemon juice & season to taste.
5. Cook the rice noodles or pasta in fast boiling water till they are just cooked. Drain them quickly and turn them into a dish.
6. Stir the parsley into the sauce, spoon it over the noodles & serve.



PRODUCT INFORMATION

DAIRY FREE

Cheese/cheese spread Fromsoya, Green Dragon, Marigold

Confectionary Plamil non dairy carob bar, Dove Cottage

'Ice Cream' Berrydales, Dayvilles, Elysia, Genice, Granose, Ice Dream, Marinelli, So-Good

Margarines & Spreads DP Pure, Golden Rose, Granose, Outline, Sainsburys Dairy Free, Suma, Tomor, Vitaquell

Pastry mix Diet care (0273 417157)

Soya desserts Granose, Provamel, Sojal, Unisoy

Soya milks Bonsoy, Granose, Plamil, Provamel, So-Good, Sojal, Sunrise, Unisoy

Soya yoghurt Granose, So-good

Tofu Cauldron, Granose Organic, Paul's, Mori-nu