

Good Stuff “Notes to self – Stephanie Davies”

A practical approach to Nutrition

1. Read at least one of these two books:

- (i) No Grain No Pain - Peter Osborne for science / references
- (ii) It starts with food” by the Hartwigs for background and recipes

2. Decide if you will commit to a trial of all grains free and dairy free to see if this reduces your inflammation. This needs to be done well.

3. Make a date to start your 30-day trial of excluding all dairy and all grains as this may reduce inflammation. Grain free is a step beyond the gluten free Coeliac food. Dairy free is a step beyond lactose free. If you have improvements (pain, thinking, energy levels, gut, skin) then this is likely to be a factor for you. So, if you are better at the end of 30 days, then you know this is part of your biology.

4. After 30-days, if you feel a benefit, continue with excluding grains and dairy in general, but every few days add back one food that you like, and if you feel worse then you will go back to excluding it, if it is OK, then you can put it back on your OK list. Only add back a new food every 2-3 day, as inflammation, once triggered lasts a few days, and you need the inflammation to settle before you try out another food.

Other benefits include that you will have almost no processed food, as it pushes people to eat whole foods, this may have another benefit of reducing exposure to preservatives. Aim for more vegetables, less meat. If eat meat try and buy organic, grass fed (kangaroo is a good option).

How to start by Megan Moffat:

- Pick a date that suits you to start this elimination diet.
- Be prepared! Make a shopping list and plan your meals and snacks for each week.
- Continue the diet for 4 weeks.
- Touch base at the 2-week mark if you are feeling unwell / unsure about anything or have questions.

- Book in for a consult at the end of the 4-week mark.

Individual Nutritional Educators

Megan Moffet at Painless to help you understand and will find you affordable and tasty options to increase your range of food.

On-line: Bek Sutton for individual coaching on no grain no dairy

<https://www.brainfoodhealth.com/>

<https://www.brainfoodhealth.com/shop/>

Foods to include

- All Fruits
- All Vegetables
- All legumes and beans
- All Meats and seafood
- All nuts and seeds

True Grain free/Dairy free substitutes to include:

Coconut / almond milk cider vinegar/balsamic vinegar

Ground flaxseed/nuts Coconut yoghurt

Shredded coconut

Wild rice (grass)

* lactose free isn't dairy free

- eat paleo bread only (strange grains in Shenton Park have one loaf they sell frozen; Temptations in Claremont opposite farmer Jacks do a paleo banana bread)

Foods to avoid

All true grains:

Barley (malt)	Oats	Corn	Rice
Wheat	Rye	Einkorn	Soaked or sprouted grains
Emmer	Sorghum	Ezekiel breads	Spelt
Graham flour	Teff	Groats	Triticale
Millet	Durum wheat		

All pseudo-grains:

Amaranth

Buckwheat

Quinoa

All soy products:

Edamame	soy protein powder
Miso	tempeh
Non-dairy creamer	tofu
Soy milk	

All Dairy Products:

Butter	Milk
Cheese of all kinds	Sherbet
Cream	Sour cream
Ice cream, gelato and ice milk	Whey or casein protein powder
Kefir	Yoghurt

List of stabilizers and thickeners on ingredient lists to avoid:

- | | |
|----------------------------|---------------------------------|
| • MSG | Pregelatinized starch |
| • Vegetable gum | GMO starch |
| • Vegetable protein | Modified food starch |
| • Extenders and binders | Textured vegetable protein |
| • Maltodextrin | Hydrolyzed plant protein |
| • Dextrin | Hydrolyzed vegetable protein |
| • Maltose | Hydrogenated Starch Hydrolysate |
| • Hydroxypropylated Starch | |

TIP: Try your best to avoid packaged goods as they contain many of these compounds. Instead focus on consuming whole foods from the list below.

Favourites of mine

Cow Milk alternatives:

Almond milk – suggest MilkLab and Alternative Co (both at IGA's):

Suggest trying Milk Lab Macadamia nut milk (cold) with GF Sultana Bran (IGA's).

Carman museli GF (usually also without oats)

Nuttelelex instead of butter (lots of alternatives)

Almond Cow: The Plant-Based Milk Maker \$195 USD: Use any nut, seed, or grain to make homemade plant-based milk in moments. Makes 5-6 cups of fresh milk at the touch of a button. No straining. No mess. Easy clean-up.. Just the way it should be! Please note: this model is for use in 220v countries (those outside the Americas).
<https://almondcow.co/products/almond-cow-milk-machine-220v>

CocoWhip is made from coconut milk

<http://wherethestyledthingsare.com/where-can-i-find-cocowhip-in-perth/>

www.grainfreeliving.com website for looking at when at the shops and deciding if the food in front of you is a grain, or not.

Purchase nuts (raw or roasted) in bulk and store in the freezer

Turmeric latte mix

<http://www.naturesharvest.com.au/turmeric-latte-mix/>

<http://www.naturesharvest.com.au/stockists/>

Massel stock cubes are preferred <http://www.massel.com.au/products/> Gluten-free
Suitable for people with Coeliac Disease, Vegan, Lactose-free, Wheat-free,
Cholesterol-free, Trans fat-free, Preservative-free, No added MSG
Made using all natural ingredients Kosher certified.

Pastries: they have sausage rolls, pies, doughnuts, xmas treats.

<https://www.darringtons.com.au/about>

3/285 GREAT EASTERN HWY, BURSWOOD WA 6100,

Order Email: orders@darringtons.com.au

Enquiries Email: info@darringtons.com.au

Pasta:

Buontempo Gluten & Wheat Free Pasta Spirals / Penne Pasta 500g \$3.45 – Coles and Woolies and some IGA's

Buontempo Gluten Free Penne Pasta 500g - Coles Online [https://shop.coles.com.au › national › product › buontempo](https://shop.coles.com.au/national/product/buontempo)

Barilla pasta – spaghetti, penne, lasagne, elbows

<https://www.barilla.com/en-us/product-results/pasta/range/gluten-free?sort=alpha>

Breads: Now in most supermarkets: Woolworths now has GF crumpets, GR wraps, GF fruit bread, GF white rolls such as baguettes.

In coles the GF is often opposite milk – have gluten free / grain free choice of bread e/g .Helga's which includes fruit bread

Bakers delight – have low FODMAP bread loaf, cheese-vegemite rolls and normal rolls (you would need to check if you can tolerate these – usually one day to order them as they make to order)

Strange Grains has gluten free AND grain free options

Check website for suppliers – ask for grain-free if they do not already stock it.

www.strangegrainsbakery.com.au/

Honest Goods Company do a range of 8 loaves.

<http://honestgoodscompany.com/> (all except for coconut bread are grain free and dairy free; the Superloaf and Caco loaf are vegan too).

Woolworths/Coles now both have no grain breads for about \$5 !

Genius bread is gluten-free (not grain free) www.geniusglutenfree.com/en_au

Soy Sauce: Buy Tamara Gluten Free soy sauce from Supermarket.

Coconut Aminos may be a better choice.

Also worth remembering any **fermented food** is good.

Sauerkraut – can buy from May St Larder (Fremantle) – or elsewhere and make at home – try and have every day. Sauerkraut is available in Woolworths/Coles now too. Swanbourne IGA has quite a few varieties.

Kombucha try to have every day – Book to read: Delicious Probiotic Drinks: 75 Recipes for Kombucha, Kefir, Ginger Beer and other Naturally Fermented Drinks
On-line orders less than \$3 per bottle from **Tea Gardens** in NSW

<http://teagardenskombucha.com.au/buy-kombucha-online/>

<http://kommunitybrew.com/stockists-kombucha/> with some places doing refill on tap.

Glass noodle made from sweet potato or tapioca (available from Coles, Woolworths, Spud shed and Asian stores) spaghetti squash or zucchini “noodles” instead of pasta

Eating in

Get rid of all sauces, stock with gluten in them e.g. soy sauce with gluten

DinnerTwist: Consider subscribing and ask for Gluten Free, Dairy Free, (and don't eat gluten free breads unless Paleo) – Deliver weekly food and recipes from farmer to consumer, free range, fresh, price basically less than you can buy at the shops and this is fresher ++.

<https://www.dinnertwist.com.au/>: “We bring you a box of fresh, seasonal produce with matching recipes! Our delicious meals are tried and perfected in our test kitchen, have the tick from our nutritionist and take 20-45 minutes to cook and plate, perfect for your busy weekday. Let us do the run around and planning – all you have to do is cook!”. Dinner Twist is Fremantle based & was started in 2013 by My & Chris Tistrand “Our mission is to improve the quality of life of our clients by enabling them to enjoy healthy, homemade and delicious food – minus the stress.”

Eating out

Check menus on-line before you go for gluten free options. Remember to also say you don't want the gluten free alternative unless also grain free e.g. made with almond flour or potato flour

Upperhand Burgers - Swanbourne

Bilby's Chargrilled Burgers – Davies Rd, Claremont

Flipside Burgers – North Fremantle

Grill'd Low Carb SuperBun all natural quality ingredients: free range whole eggs, almond meal, coconut cream, water, tapioca flour, psyllium husk, honey and salt.

It's Gluten, Grain & Dairy Free. Contains nuts

<https://www.grilld.com.au/nutrition/low-carb>

Ribs and Burgers (Perth): replaces buns with big lettuce leaves

Other burger places - ask for a plate of food - no bun, or subways – ask for a salad bowl (no bun)

Pizza with Gluten Free / Vegan cheese

Allegros pizza – 231A Stirling Hwy, Claremont WA 6010

Crust's pizza

Domino's Pizza

Rise pizza – 185 Challenger Parade, South City Beach (beside the beach)

Restaurants / Cafes: All times:

Hermitage Café – Stirling Hwy

Propeller in North Fremantle

Mother (used to be called The Raw Kitchen) – Fremantle

Swan Valley Café – Swan Valley

Coogee Common – south of Fremantle

Breakfast:

Nature Harvest Cottesloe – good for breakfast (GF, DF – and vegan)

Tiisch in Perth CBD has grain free bread – good for breakfast

Healthfreak cafes: These cafes do Paleo

<http://www.healthfreakcafe.com.au/>

Dinner:

Bowline: Royal Fresh Water Bay Yacht club - Peppermint Grove (on the River)

Ocean Spice Café (Thai) in Cottesloe (behind the OBH)

Odyssea Beach Café - South City Beach (beside the beach)

Itsara on Stirling Highway, Nedlands is Thai fusion with everything gluten free.

Himalayan Nepalese – Mosman Park & Victoria Park –OK except breads and dahl.

If you are sensitive to white rice, then if possible take brown / black / wild rice with you.

www.grainfreeliving.com website for looking at when at the shops and deciding if the food in front of you is a grain, or not.

Shopping: Good whole food stores:

Clarkson: The Source Bulk Foods Clarkson | 36 Ocean Keys Boulevard

<https://thesourcebulkfoods.com.au/all-our-stores/>

Doubleview: Shop 8, 257 Scarborough Beach Rd

<https://dunn-walton.myshopify.com/>

Floreat Forum: The Source Bulk Foods Floreat | 1 Howtree Place, WA 6014

<https://thesourcebulkfoods.com.au/all-our-stores/>

Victoria Park - The Park Centre, Shop 40 / 789 Albany Hwy Victoria Park, WA 6030.
Ph: 08 9355 1881

<https://thesourcebulkfoods.com.au/all-our-stores/>

Mount Claremont: Mount Claremont Primary School, 103 Alfred Rd,
<http://www.mtclaremontfarmersmarket.com.au/>

Fremantle Markets: South Terrace & Henderson St, Fremantle
<https://www.fremantlemarkets.com.au/traders>

Manna Wholefoods and Café South Tce South Fremantle
<https://www.mannawholefoods.com.au/>

Peaches Fresh Food Hampton Rd South Fremantle
<http://peachesfresh.com.au/>

The Storehouse (Packaging Free Wholefoods) Hampton Rd South Fremantle
<https://www.thestorehousefremantle.com.au/>

BUNBURY FARMERS MARKET 2 Vittoria Road, Glen Iris, (08) 9724 2999
<https://bunburyfarmersmarket.com.au/>

Donnybrook: 7 Southwest Highway (08) 9731 1198
<https://www.facebook.com/Fruitbarn/>

The People's Market Perth
<https://www.thepeoplesmarketperth.com.au/>

Meat: The Naked Butcher (also delivers Yanchep to Mandurah)
<https://www.thenakedbutcher.com.au/>

Websites for supplements:

www.lherb.com

www.Bulletproof.com

www.examine.com

Websites for recipes:

<http://susanjoyfultable.com/>

<https://www.glutenfreesociety.org/forum/true-gluten-free-recipes-no-grains-please/>

<https://www.brainfoodhealth.com/blog/>

Book: Road Map to Health: 7 Steps to Alter Your Destination Paperback Stacey J Robinson MD

Could read book: Aging Well by George Valiant – Do have a sense of humour (fun), don't hold a grudge, not too much alcohol

I have also summarised some studies presented at the International Behavioural Medicine Conference in Melbourne below – taking these approaches in conjunction with other options also can switch people from pro-inflammatory state to non-pro-inflammatory state.

Eudaemonia and subjective and objective wellbeing:

Helping those in local community – Researcher Steve Cole Cellular proteins less pro-inflammatory

General better health things to do:

- Listen to Music
- Good Sleep
- Respect from those around you
- Caffeine
- Moderate Alcohol
- 5 Vegetable and 2 Fruits
- Fruit juice
- Daily Walk (in nature)
- Mindfulness
- Mindfulness colouring in books (not puzzles)

Cohort studies:

Book: Aging Well by George Valiant – Do have a sense of humour (fun), don't hold a grudge, not too much alcohol.

Publications: Almeida UWA cohort studies factors associated with less mortality (all causes) for age 65 years old: Daily walk, increased weight above normal weight (but not obese), moderate alcohol consumption (males 4 standard drinks 5 days a week [also less cognitive impairment]; females 2 standard drinks 7 days a week)

Book: The Telomere Effect Elizabeth Blackburn Elissa Epel

Screening blood tests: to check with your previous doctors what has already been done. Ask if you can have a copy of the results for your records:

FBP, U&E, Mg, Fasting BSL(+/-Hb1AC), LFT, ESR, hsCRP, tTG-IgA test, ANA, EUA, Rheumatoid factor; Uric acid, B6, B12, Folate, Vit D, Ca Po4, Iron studies with Ferritin levels, thyroid function tests (T3, rT3 but cost \$80 approx),

If relevant stool MCS and urine MCS, QUEPP, PSA, toxic heavy metals