

## Foods for People with Autism Spectrum Disorders/Asperger's Syndrome.

People who have Autism Spectrum Disorders/Asperger's Syndrome may not know that they may have Reactive/Moderate or Severe Hypoglycaemia. This is due to an extreme high sugar intake of drinking Coca Cola (coke) Sprite Lemonade, Lift Lemon or any other soft drink.

Excessive drinking of these sugary foods can overload the body's system of insulin intake and therefore the person may get Type 1 or Type 2 diabetes, if diet is not controlled. In taking soft drinks and excessive sugar in tea or coffee is usually putting empty calories into your body, therefore excessive weight will be put onto the body's hips, stomach and buttocks areas quickly.

Low GI Foods are great for people with hypoglycaemia conditions – providing sustained energy slowly released from foods digesting in the body's system.

In managing conditions such as Fibromyalgia, rest and gentle exercise will ensure that a full life is lived whenever possible. A 15 – 30 minute walk every few days will help keep your weight off and maintain your fitness level. If you feel that you are able to do more strenuous exercise, then seek advice from your doctor, before proceeding to do so.

Having an Autism Spectrum Disorder and Fibromyalgia, can be extremely tiring some days, so a rest in the afternoon does wonders...not only for resting the body, but for processing information in the brain, and resetting/restarting one's system once more.

This helps a person to cope with more "busier" times during the day if this is implemented into one's lifestyle. Sometimes a person benefits quite well from taking a rest if necessary from the world, to avoid information overload at times.

Cereals available from Coles/Woolworth/Safeway/Maxi Foods/Leo's Supermarkets, Freedom Foods Corn Flakes & Rice Flakes with Psyllium, Ultra Rice with Psyllium, Rice Puffs with Psyllium, Muesli (gluten/dairy Free) **Monster Muesli Free & Lo** and **Monster Muesli Free & Fruity**.

Milks for dairy intolerant people: Pure Harvest Organic Malt Free/Gluten Free Rice Milk or Soy milk is available from Safeway (Woolworths), Coles, Maxi Foods, and Leo's Supermarkets.

Vitasoy Rice or Soy milk made from whole Soy Beans, not just soy protein like Sanitarium Health Foods. It all depends on individual who can/can't tolerate these foods or not.

Nuttalex Margarine (usually at Coles/Safeway/Woolworths/Maxi Foods/Leos Supermarkets).

Nature's cuppa Tea bags (organic Tea — usually at Coles/Safeway/Leo's/Maxi Foods supermarkets) (Check in your state).

### **Links for contacts of availability of food products in your state/area.**

<http://www.leos.com.au/> for location of supermarkets for both Leo's and Maxi Foods within Melbourne Metro Area.

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

This Company has got a range of premium products including Beef, Chicken & Vegetable Stock powders and liquids and featuring No animal content- No added MSG, No gluten, and No lactose. These products exclusively targeted the discerning consumer looking for high quality, superior performance and great taste.

<http://www.naturescuppa.com/>

For organic tea you simply can't resist!

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

For organic soy/rice milk products that can be used in cooking and everyday use.

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

For Soy products such as Ice Cream, Flavoured Milks, and Soy Milks. Some people may/may not be able to tolerate these foods.

### **Gluten/Wheat free pizza**

<http://www.crownpizza.com.au> provides Gluten/Wheat/Dairy Free pizzas that coeliac's/intolerant people can enjoy as a take away meal.

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

Diary free margarine for use on sandwiches, bread, and in everyday cooking.

<http://www.healthybake.com.au> for gluten free/wheat free/spelt breads.

They can be purchased at the following stores in Victoria....in Northern suburbs.

Sandra's place  
Preston Market  
ShpC244/ Cramer St  
Preston VIC 3072

Phone (03) 9478 7111

Bolton Street Deli  
120 Bolton St  
Eltham VIC 3095  
(03) 9439 6922

## **Gluten/Wheat Free Hot Roast Chickens**

Charcoal Chicken On Bolton.  
Shp 1/ 118 Bolton St  
Eltham VIC 3095

(03) 9431 4000

Patties Gluten free frozen Range

<http://www.pattiesglutenfree.com.au/products.html>

Some products have been deleted from Coles Supermarkets in recent months and people are currently fighting to have these products restored. Check your local supermarket and contact their Head office for product provision details.

Some have been available in your local IGA supermarket, but check with the manager to see if these products can be ordered for you. Don't be afraid to ask!

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

Provide for consumers a huge list of biscuits, deserts etc for a special treat or superb indulgence that you don't often have in life.

<http://www.orgnan.com/>

Provide a huge/wide range of gluten/wheat/dairy/soy/nut/lactose free foods to choose from. A coeliac's delight.

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

Tamari Gluten free soy sauce perfect for those soups and sauces...

Look for them in the health food aisle of your supermarket or available at your local health food store.

<http://www.monster-muesli.com.au/>

Provide delicious, yummy breakfast muesli for gluten/dairy/wheat intolerant people.