

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

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**.

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

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.

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

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).

<http://www.naturescuppa.com>

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. They are also available at both Maxi/Leo's supermarkets and at Coles as well.

<http://www.naturescuppa.com/> (Coles/Safeway/Woolworths)

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. Some of these foods produced, are full of sugar, eg, Vanilla & Chocolate Flavoured Soy Milks and particularly the Ice Creams the company produce.

Dairy Free Cheese

Mini – Chol cheese is available from most Coles delicatessen in their supermarkets and through most delicatessen stores. It is a dairy free/lactose free cheese that most lactose intolerant people can eat & digest.

The company that produces this cheese is Delrae.

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.

You will need to contact HealthyBake to find out where you can purchase their breads, in the nearest location to you.

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 are no longer available in smaller Coles Supermarkets but ask the store manager to order the frozen pies/sausage rolls/vegie rolls in for you.

<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.orgran.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.

Gluten/wheat/dairy/egg free pastas

San Remo

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

This company make a huge range of gluten/dairy/wheat free pastas and are available in the health food section of Coles Supermarkets and the pasta aisle of Safeway/Woolworths supermarkets. If you can't find the products there, try the health food section. These pastas are also available at most health food stores as well.