

Urticaria diet

Department of Dermatology

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Salicylate, azo dyes and preservative free diets

This leaflet is a guide of food types which may make your Urticarial worse. These compounds are naturally present in some food in various amounts depending upon the food's freshness and ripeness. If you find any of these foods do worsen your condition, it would be best to avoid them or reduce the amount of them you eat.

Salicylates

Salicylates are naturally occurring in some foods and may also be used for flavouring. It is also necessary to rule out non-food sources of salicylates e.g. aspirin containing drugs.

Azo dyes

Azo dyes are chemical food colours. It is also necessary to rule out non-food sources of these dyes for example coloured toothpastes, pastilles, lozenges and medicines.

Benzoic acid

Benzoic acid and its derivatives are used as food preservatives. Benzoic acid is found mainly in fruit products and occurs naturally in peas and bananas.

In order to rule out these food additives, it is necessary to base the diet on fresh foods, removing those which have the naturally occurring salicylates or benzoates. Manufactured products which are free from flavourings, colourings and preservatives are also suitable. Reading labels will show if the manufactured product is suitable. Any product which states that it contains no additives, colours, flavourings or preservatives is safe, as is any label which is free from any of the above terms. If there is ever a doubt about a produce, avoid it.

Foods which may be consumed freely

Fresh meat and fish, but no smoked products as artificial colours may be used to enhance the colour obtained by smoking. Cleaned shellfish should also be avoided as it may have colouring added to it.

- ☐ Fresh milk, cream, butter, dripping and cooking oils
- ☐ Eggs
- ☐ Fresh fruit but no bananas or blueberries. It may also be necessary to avoid apples, apricots, blackberries, dried fruit, gooseberries, grapes, nectarines, oranges, plums, raspberries, rhubarb
- ☐ Fresh vegetables but no peas
- ☐ Seasonings salt, pepper, vinegar, pure herbs and spices
- ☐ Sugar brown or white, honey, treacle and molasses
- ☐ Tea and coffee
- ☐ Cereals, rice, oatmeal, cornflour, sago, tapioca etc
- ☐ Bread and flour, where possible wholemeal flour and products should be used although small quantities of white bread and flour can usually be tolerated. If symptoms do not clear up, the sources of white flour should be eliminated
- ☐ Spirits – but no brandy, liqueurs or brandy-based liqueurs

Foods that should be avoided are:

- ☐ Soft drinks, including canned and bottled drinks and fruit drinks
- ☐ Ciders, beer, brandy-based liqueurs, sherry, martini, port, brandy, advocaat and red wines
- ☐ Liquorice
- ☐ Almonds
- ☐ Jellies, jams and marmalades
- ☐ Fruit gelatines, fruit sauces and fruit yoghurts
- ☐ Ice cream
- ☐ Pie fillings
- ☐ Instant puddings
- ☐ Vanilla, butterscotch and chocolate puddings
- ☐ Caramel custard
- ☐ Whips and dessert sauces
- ☐ Cream in powder form e.g. Coffeemate
- ☐ Bakery goods except plain rolls and crackers etc
- ☐ Cake and biscuit mixes
- ☐ Macaroni and spaghetti (certain brands)
- ☐ Mayonnaise, salad dressing and salad cream
- ☐ Sauces e.g. ketchup
- ☐ Packet and canned sauces, sausages, certain tinned meats or cold meats
- ☐ Packet and canned soups
- ☐ Canned anchovies, herrings, sardines and caviar
- ☐ Mustard
- ☐ Refrigerated preserves of fish e.g. herrings and sardines
- ☐ Whitefish treated with preservatives – can be washed off and then allowed

- ☐ Some cheese – especially cream cheese and coloured cheese
- ☐ Caramels, chews, fruit drops and coloured sweets
- ☐ Filled chocolate, but not pure chocolate
- ☐ Coloured toothpaste, pastilles, lozenges and medicines
- ☐ Aspirin containing drugs

Food colourings

Yellow azos

E102 + tartrazine
E104
E107
E110

Reds

E122
E123
E124
E127
E128

Blues

E131
E132
E133

Benzoates

E210 – benzoic acid
E211 – sodium benzoate
E212 – potassium benzoate E214
E215
E216
E217
E218
E219

If, after 3 weeks of the diet there is no obvious improvement, then abandon it. If it appears to be helpful, then continue it until the patient has been weaned off the antihistamines for three months, then gradually relax back to a normal diet.

Help us to help you, by attending follow-up appointments at the hospital clinics on the date and time shown on your appointment card. If, for any reason, you are unable to attend, please let us know.

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department sister/charge nurse if you have any questions or concerns.

Infection control request

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high, our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections, by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

Special instruction

Any questions or queries, contact the Dermatology Department on 01695 656107 between the hours of 9am – 5pm Monday to Friday, or the Dermatology Secretaries on 01695 656665.

Any condition specific danger signals to look out for:

- Facial swelling - Attend your local emergency department

Contact information if you are worried about your condition

- Your own GP

Other useful telephone numbers/contacts:

- NHS 111
- Stop Smoking Helpline (Sefton) - 0300 100 1000
- Stop Smoking Helpline (West Lancashire) - 0800 328 6297

Southport Hospital
Town Lane,
Kew,
Southport,
Merseyside,
PR8 6PN
Telephone:
01704 547 471

Ormskirk Hospital
Dicconson Way,
Wigan Road,
Ormskirk,
Lancashire,
L39 2AZ
Telephone:
01695 577 111