

the children's hospital at Westmead

Rice Free Diet

Rice is one of the most common causes of food protein induced enterocolitis syndrome (FPIES) in Australia. It is an extremely rare cause of immediate food allergy. .. It is important to avoid all forms of rice if you have been diagnosed with a rice allergy. Rice can be found in unexpected foods, so you must always read food labels carefully.

Foods that must be avoided:

- All kinds of rice: brown, white, jasmine, basmati, wild, Arborio, sticky, jasmati, glutinous etc.
- All kinds of rice flour: brown, rice,
- Cereals: rice bran, puffed rice, rice bread/wraps, rice pasta, rice noodles, rice paper
- Oils: rice bran oil
- Sauces: mirin, rice vinegar, thickening agents.

Where you are likely to find rice:

- Biscuits and crackers e.g. shortbread, rice crackers, rice cakes.
- Breads e.g. breads containing rice flour, rice bread, rice mountain bread.
- Foods from diverse cultures e.g. paella, risotto, arancini balls, fried rice, biryani, burritos, fajitas, burger patties, fritters, sushi, nougat, dumplings.
- Cereals e.g. rice bubbles, muesli, rice puffs, muesli bars.
- Drinks: rice milk
- Gluten free and health food products e.g. cake mixes, breads, packaged foods.
- Puddings e.g. rice pudding, black rice pudding, cakes made with rice flour.
- Packaged foods e.g. muesli bars, biscuits, rice wheels, rice sticks.
- Party foods e.g. chocolate crackles, slices, cakes.
- Noodles and pasta e.g. vermicelli, rice noodles.
- Wrappings e.g. rice paper rolls, rice paper (sweet).
- Mineral and vitamin tablets
- Sausages (many will have rice flour as a filler)

What you can use:

It is best to discuss with your doctor which other grains apart from rice your child can have. Most children with rice FPIES are able to tolerate wheat, corn, rye and barley, but cross-reactions between rice and oats appear to be more frequent.

Contacts for more information

- www.chw.edu.au/parents/factsheets/#allergy
- Australian Society of Clinical Immunology and Allergy (ASCIA) www.allergy.org.au
- FSANZ - Food Standards Australia and New Zealand for information on food labelling www.foodstandards.gov.au