

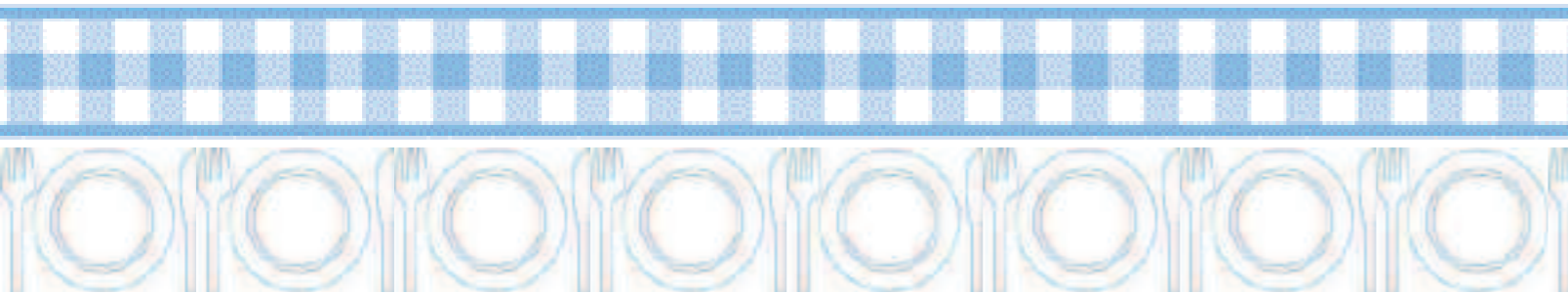


safety with food

Diet Manual

Providing Special Diets

April 2006



DIET MANUAL

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DIET MANUAL

SECTION ONE

Introduction

This manual has been devised as a means of reference to those catering for medically prescribed and special diets. Its aim is to make the provision of special diets as simple and straightforward as possible.

Anyone requiring to follow a special diet is usually referred to a Dietitian by a Medical Practitioner for specialised, individual dietary advice. It is important that the diet is adhered to properly, as it is likely to be a major part of the medical treatment.

There are many special diets, the following information being a brief and general summary of the most common ones. Any specific dietary information should be contained in the individual's personal diet sheet and meal plan which will have been issued by their Dietitian. Parents who wish their child to have school meals with more specialist dietary requirements should arrange for the Dietitian to discuss their requirements with the Catering Manager.

Background

In November 2002 the Scottish Executive launched the initiative "Hungry for Success: A Whole School Approach to School Meals in Scotland". This document recommended the establishment of nutrient based standards for school lunches.

This initiative recognises the importance of the whole school, whole child approach as being central to the way forward. Partnership and working together – catering managers, school management, teachers, parents and pupils – is seen as the way forward together with other agencies playing their part. Diet in childhood plays an important role in both childhood and adult health and wellbeing. Diet also influences educational performance and the standards aim to provide the optimum nutrition that a school lunch can provide.

The balance of good health shows the proportions of foods from the following groups that make up the overall healthy diet:

- Bread, other cereals and potatoes
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish and alternatives
- Foods high in fat, foods and drinks high in sugar

Both menu planning and portion sizes are designed to meet these proportions and therefore provide optimum nutrition.

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This manual is an aid to helping the Catering Manager be aware of the different needs of the most common dietary requirements (special diets and allergies). Specific dietary information will be provided by the parents on requesting school meals for their child and further help is available from the main office of the Catering and Cleaning Service.

It must be stressed that these recommendations are based largely on the consensus of scientific opinion and may be subject to periodic revision.

Questions & Answers

- | | | |
|----|---|---|
| 1. | Q | Is it only medically prescribed diets we accommodate? |
| | A | <i>No – A comprehensive menu is available to those wishing to eat healthily, lose weight or who are vegetarians. The Catering Service on confirmation of diagnosis of specific conditions by a medical practitioner, will provide medically prescribed diets. Ethnic and Faith diets are also available on request.</i> |
| 2. | Q | Can parents provide meals for their children on special diets? |
| | A | <i>Food Hygiene Regulations do not permit Catering staff to reheat meals that are not cooked on the premises. Requests by parents for alternatives to standard weekly menu must be directed through Catering Service staff who will subsequently contact the Dietitian for further advice and guidance.</i> |
| 3. | Q | What if the system is not working? |
| | A | <i>Problems with any aspect of “Special Diet Requests” should be raised with the Catering Service Area Officer who will discuss issues with the school, parents, catering staff and if necessary Dietitian.</i> |
| 4. | Q | Can we buy products for special diets at the supermarket? |
| | A | <i>All foodstuffs must be purchased through the Contracted Supplier. Any difficulties experienced in this area must be directed through the Catering Service office.</i> |

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SECTION ONE

Role of Professionals involved in providing a Special Diet

Role of Dietitian

- The Dietitian will see the child and parents/guardians and advise on the appropriate dietary intervention providing supporting information and follow-up as required. This will happen through normal referral procedures from the hospital or General Practitioner.
- On request from parents/guardians, provide school meals service with appropriate dietary information (School Meal Request Form) to allow the service to provide a meal suitable for the child's dietary requirements.
- Dietitian will assist school catering if further support required.

Role of Service Manager (Operations)

- On receipt of the School Meals Request Form, inform the appropriate Catering Manager within 5 working days.
- Be instrumental in resolving any issues that may arise in the provision of the appropriate diet.
- Keep a record of the child's name, diet and school.
- Check that the Catering Manager is confident to provide this diet and that (he/she will mirror the standard menu choices as much as possible).
- Inform the referring Dietitian and Service Manager, if the Catering Manager is experiencing any difficulties in providing this diet.
- Confirm with the Catering Manager that they know how to obtain the necessary ingredients.

Catering Manager

- Receive enough information about the diet required so that he/she can purchase necessary ingredients and instruct staff in the preparation of the daily meal.
- Liaise with the Catering Service Manager, the Head Teacher and parent/guardian of the child to ensure that the correct meal is provided and that it is in keeping with the standard menu as far as possible.

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The Head Teacher

- Liaise with parents/guardians, catering staff and class teachers regarding the medical and dietary needs of the child in question. If necessary, they will liaise with the Dietitian.
- Ensure that a whole school approach is taken with regards to the safe provision of food and drinks for the child i.e. all staff will be made aware of the child's needs.

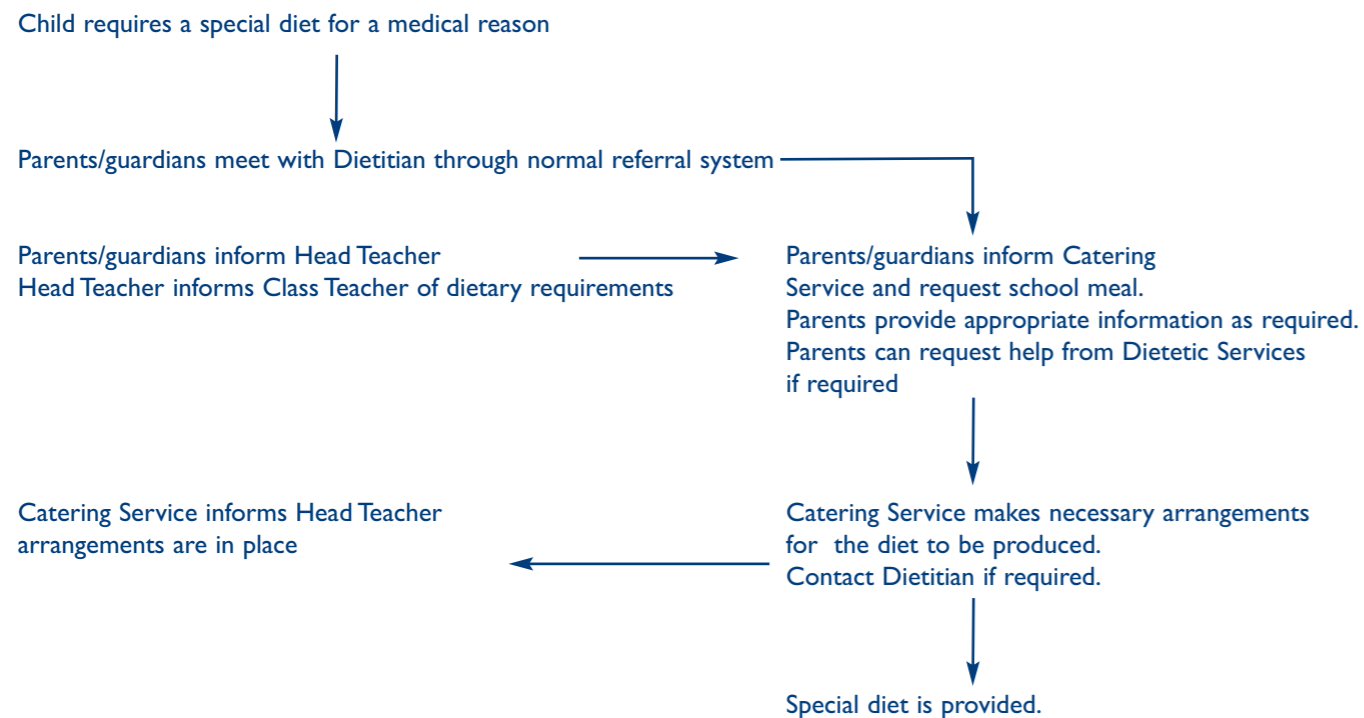
Role of Class Teacher

- Be aware of a child's dietary requirements, ensure that they know of any symptoms to watch for and how to treat adverse reactions if required.

Role of Parents/Guardians

- To inform Head Teacher of child's dietary requirements.
- To inform Catering Service of child's dietary requirements and give appropriate dietary information to school if child wishes school meals.
- Ask Dietetic Department to provide extra information to school if required.

Decision making flowchart



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SECTION ONE

Special Diet Request Form

Date

Name

Date of Birth

School

Dietitian Name

Address

Dietitian Telephone No.

Fax No.

Type of Diet Requested

Please provide details of the diet requested and information on any supplements required. (If diet is very complex please attach diet sheet to this form)

Parent/Guardian Signature

Dietitian Signature

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SECTION TWO

Diabetic

General Information

Diet plays a major part in the treatment of diabetes and varies according to the person's medical treatment. The types of treatment are:

- Diet alone
- Diet and tablets
- Diet and insulin injections

No matter what the treatment, all diabetics should:

- 1 Have regular meals
- 2 Choose fewer sugary foods and drinks
- 3 Eat starchy food at each meal
- 4 Have less fat
- 5 Eat plenty fruit and vegetables
- 6 Keep salt intake low
- 7 Maintain healthy weight

DIET MANUAL

SECTION TWO

Diabetic (Continued)

1. **Eating regularly will help you to control blood glucose levels, preventing them from going too low or too high.**
2. **Choosing fewer sugary foods and drinks.**

Change from High Sugar	To Low Sugar/Sugar Free Alternatives
Sugar, Glucose, Dextrose	Artificial Sweeteners, e.g. Hermacetas, Candarel, Nutrena, Sweetex
Sugary Squash/Diluting Juice	Sugar Free/Low Calorie, Squash/Diluting Juice
Ordinary Fizzy Drinks	Diet Fizzy Drinks
Sweets, Chocolate, Mints, Chewing Gum	Sugar Free Mints, Chewing Gum
Chocolate Biscuits, Cream Filled Biscuits, Shortbread, Cakes, Doughnuts, Danish Pastries	Plain Biscuits, Wholemeal or Bran, e.g. Digestive, Hobnobs, Crackers Low Sugar Baked Goods, e.g. Scone, Pancake, Fruit Loaf
Sugar Coated Cereals, e.g. Sugar Puffs, Frosties	Plain Breakfast Cereals, e.g. Weetabix, Rice Krispies, Cornflakes, Porridge
Tinned Fruit in Syrup	Tinned Fruit in natural Juice or Water
Fruit Yoghurts/Fromage Frais	Diet or Very Low Fat Yoghurt/Fromage Frais
Sweet Puddings, Pies, Tarts, Cheesecake	Low Sugar Milk Puddings made with Sweetener and Semi-Skimmed Milk, Sugar Free Instant Whip, Sugar Free Jelly, Stewed Fruit and Fresh Fruit
Jam, Marmalade, Honey, Syrup, Lemon Curd	Reduced Sugar Jams and Marmalades or a thin scraping of ordinary Jam/Marmalade
Sweetened Condensed Milk	Semi-Skimmed Milk

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SECTION TWO

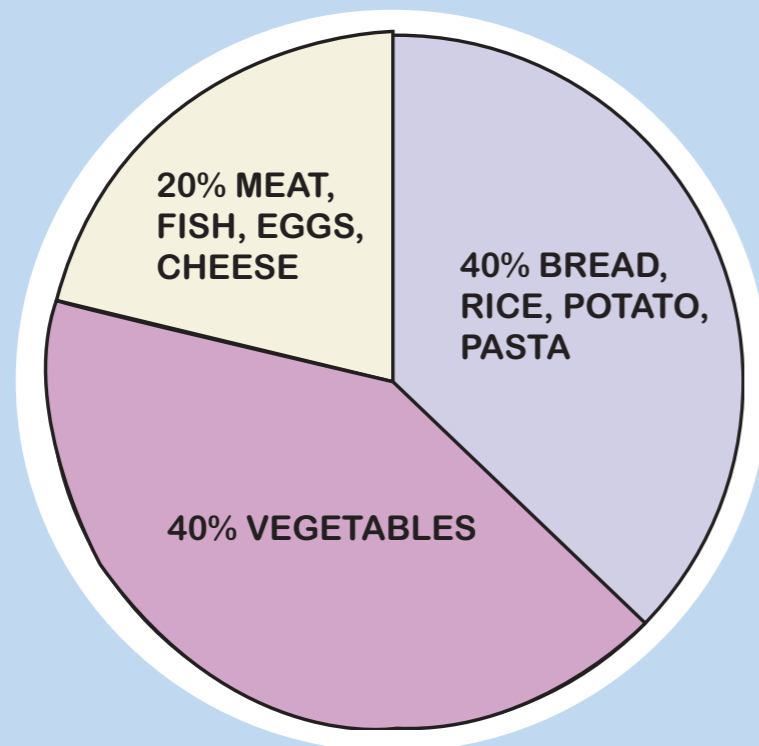
Diabetic (Continued)

3. Eat starchy food at each meal

A diabetic main meal should contain at least one of the following from the Bread, other Cereals and Potatoes group on the Balance of Good Health, e.g.

Bread	-	all types, especially wholemeal
Rice	-	boiled
Pasta	-	boiled
Cereal	-	not sugar coated
Couscous	-	boiled
Potatoes	-	boiled, baked, mashed and occasionally chips, if desired

On a plate, a Diabetic meal should have the proportions coming from the food groups as shown below.



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Diabetic (Continued)

4. Eat less fat

Choose low fat foods

Foods to Change	Lower fat options
Butter, Margarine, Spreads	Choose Low Fat Spreads and spread thinly. Try to use a mono or polyunsaturated spread, e.g. olive oil based spread or sunflower based spread.
Foods fried in Oil or Fat	Grill, Bake, Roast, Microwave, Poach
Chips	Choose Boiled, Baked or Mashed Potatoes more often
Full Cream Milk	Use Semi-Skimmed
Cream	Use Natural Yoghurt or Fromage Frais
Pies, Pastries, Sausage and Meat Products	Eat less often
Cheese	Use sparingly, try Lower Fat Cheeses, e.g. Edam, Gouda, Cottage Cheese
Yoghurts, Fromage Frais	Choose 'Diet' or 'Lite' versions or Very Low Fat
Mayonnaise/Salad Cream	Use Lower Fat versions or Natural Yoghurt

5. Eat plenty fruit and vegetables

1 portion of fruit =

- 1 medium sized orange, apple, pear or peach
- 1 small banana
- 1 kiwi fruit
- 2 small satsumas
- 10 grapes
- 2 plums
- 1 slice melon
- 1 tablespoon raisins

Small glass fruit juice

3 heaped tablespoons fruit salad

1 portion of vegetables =

- 3 heaped tablespoons carrots
- 3 heaped tablespoons sweetcorn
- 3 heaped tablespoons peas
- 1 cereal bowl of salad leaves

6. Cut down on salt

- Use more herbs and spices to flavour food
- Use a minimum amount of salt in cooking
- Do not use salt substitutes

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SECTION TWO

Weight Reducing

General Information

There are no standard weight reduction diets, it is about balancing the food intake with activity. It is best for the food intake to be balanced so all nutritional requirements of the body are met.

Basic guidelines are:

1. Eat regular meals
2. Eat starchy foods at each meal
3. Eat plenty fruit and vegetables
4. Eat less fatty foods such as sweets, biscuits, pastries and chips
5. Keep sugary foods down
6. Watch portion sizes
7. Eat a variety of foods

1. Eat regular meals

- Be aware of food choices for snacks.

2. Eat starchy food at each meal

A main meal should contain at least one of the following from the Bread, other Cereals and Potatoes Group on the Balance of Good Health, e.g.

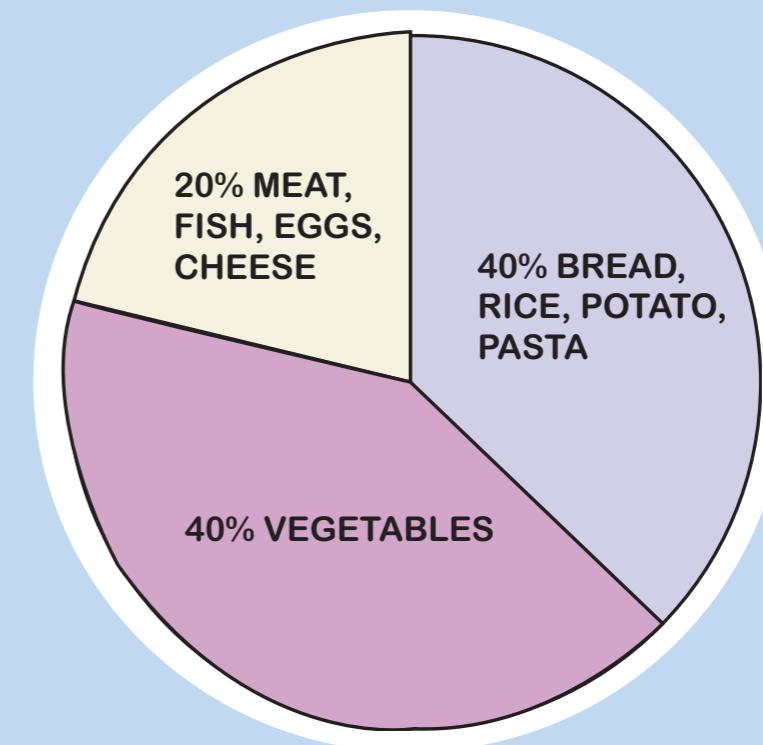
Bread	-	all types, especially wholemeal
Rice	-	boiled
Pasta	-	boiled
Cereal	-	not sugar coated
Couscous	-	boiled
Potatoes	-	boiled, baked, mashed and occasionally chips, if desired

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SECTION TWO

Weight Reducing (Continued)

On a plate, a weight reduction meal should have the proportions of the food groups as shown below.



3. Eat plenty fruit and vegetables

1 portion of fruit	=	1 medium sized orange, apple, pear, peach, kiwi 1 small banana 2 small satsumas 10 grapes 2 plums 1 slice melon 1 tablespoon raisins small glass fruit juice 3 heaped tablespoons fruit salad
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1 portion of vegetables	=	3 heaped tablespoons carrots 3 heaped tablespoons sweetcorn 3 heaped tablespoons peas 1 cereal bowl of salad leaves
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SECTION TWO

Weight Reducing (Continued)

4. Eat less fatty foods

Choose Low Fat foods

Foods to Change	Lower fat options
Butter, Margarine, Spreads	Choose Low Fat Spreads and spread thinly. Try to use a mono or polyunsaturated spread, e.g. olive oil based spread or sunflower based spread.
Foods fried in Oil or Fat	Grill, Bake, Roast, Microwave, Poach
Chips	Choose Boiled, Baked or Mashed potatoes more often
Full Cream Milk	Use Semi-Skimmed Milk
Cream	Use Natural Yoghurt or Fromage Frais
Pies, Pastries, Sausage and Meat Products	Eat less often
Cheese	Use sparingly, try Lower Fat Cheeses, e.g. Edam, Gouda, Cottage Cheese
Yoghurts, Fromage Frais	Choose 'Diet' or 'Lite' versions or Very Low Fat
Mayonnaise/Salad Cream	Use Lower Fat versions or Natural Yoghurt

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SECTION TWO

Weight Reducing (Continued)

5. Keep Sugary foods down

Change from High Sugar	To Low Sugar/Sugar Free Alternatives
Sugar, Glucose, Dextrose	Artificial Sweeteners, e.g. Hermacetas, Candarel, Nutrena, Sweetex
Sugary Squash/Diluting Juice	Sugar Free/Low Calorie, Squash/Diluting Juice
Ordinary Fizzy Drinks	Diet Fizzy Drinks
Sweets, Chocolate, Mints, Chewing Gum	Sugar Free Mints, Chewing Gum
Chocolate Biscuits, Cream Filled Biscuits, Shortbread, Cakes, Doughnuts, Danish Pastries	Plain Biscuits, Wholemeal or Bran, e.g. Digestive, Hobnobs, Crackers Low Sugar Baked Goods, e.g. Scone, Pancake, Fruit Loaf
Sugar Coated Cereals, e.g. Sugar Puffs, Frosties	Plain Breakfast Cereals, e.g. Weetabix, Rice Krispies, Cornflakes, Porridge
Tinned Fruit in Syrup	Tinned Fruit in Juice or Water
Fruit Yoghurts/Fromage Frais	Diet or Very Low Fat Yoghurt/Fromage Frais
Sweet Puddings, Pies, Tarts, Cheesecake	Low Sugar Milk Puddings made with Sweetener and Semi-Skimmed Milk, Sugar Free Instant Whip, Sugar Free Jelly, Stewed Fruit and Fresh Fruit
Jam, Marmalade, Honey, Syrup, Lemon Curd	Reduced Sugar Jams and Marmalades or a thin scraping of ordinary Jam/Marmalade
Sweetened Condensed Milk	Semi-Skimmed Milk

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SECTION TWO

Weight Reducing (Continued)

6. Watch portion sizes

Bread, other cereals and potatoes	Recommended portion size (grams/mls) for 5-11 year olds	Recommended portion size (grams/mls) for 12-18 year olds
Rice (cooked weight)	80-120	180
Pasta (cooked weight)	80-120	180
Pasta canned in sauce	90-140	200
Mashed Potatoes, Boiled Potatoes, Potato Croquettes	90-130	190
Jacket Potatoes	120-170	250
Chips, Roast Potatoes, other Potato Cooked in Fat, e.g. Potato Wedges and other Processed Potato Products cooked in Fat, such as Waffles, Smiles, Spirals	70-100	150
Bread: Sliced, Rolls, French Stick (served instead of rice, pasta or potatoes)	45-65	100

Fruit & Vegetables	Recommended portion size (grams/mls) for 5-11 year olds	Recommended portion size (grams/mls) for 12-18 year olds
Cooked Vegetables including Peas, Green Beans, Sweetcorn, Carrots, Mixed Vegetables, Cauliflower, Broccoli, Swede, Turnip, Leek, Brussel Sprouts, Cabbage, Spinach, Spring Greens	40-60	80
Raw vegetables or mixed salad	40-60	80
Baked beans in tomato sauce	70-100	140

DIET MANUAL

SECTION TWO

Weight Reducing (Continued)

Fruit & Vegetables	Recommended portion size (grams/mls) for 5-11 year olds	Recommended portion size (grams/mls) for 12-18 year olds
Coleslaw (served together with a mixed salad)	30-40	60
Vegetable based Soup	170-220	300
Medium size fruit, e.g. Apples, Pears, Bananas, Peaches, Oranges	Half to one fruit (50-100 g)	One fruit (100 g)
Small size fruit, e.g. Satsumas, Tangerines, Plums, Apricots, Kiwis	One to two fruits (50-100 g)	Two fruits (100 g)
Very small fruits, e.g. Grapes, Cherries, Strawberries, Raspberries, Blackberries	Half to one cupful (50-100 g)	One cupful (100 g)
Dried fruit, e.g. Raisins, sultanas, apricots	Half to one tablespoonful (10-20 g)	One tablespoonful (20 g)
Fruit Salad, Fruit Tinned in Juice and Stewed Fruit (at least 80% of the weight should come from fruit)	65-130	130
Fruit juice	150	150

Milk & Milk Products

Drinking Milk	200	300
Milk Puddings and Whips made with Milk	150-200	240
Custard (served with fruit for example)	100	140

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SECTION TWO

Weight Reducing (Continued)

Meat, Fish & Alternatives	Recommended portion size (grams/mls) for 5-11 year olds	Recommended portion size (grams/mls) for 12-18 year olds
All dishes containing meat which are allowed at any time (e.g. Stew, Casserole, Curry, will have a minimum raw meat content (this weight may be reduced proportionately in composite dishes if adding another protein based food such as Beans/Cheese/Milk)	50-60	80
Sausages: beef, lamb, pork, Lorne (raw weight)	60-80	120
Haggis	60-80	120
Scotch Pies, Bridies, Sausage Rolls, Cornish Pasty, encased Meat Pastry Pies, Quiche, Cold Pork Pie (e.g. Melton Mowbray)	80	110
Lasagne, Ravioli, Canneloni	150-215	300
Breaded or Battered shaped Chicken and Turkey Products, e.g. Goujons, Burgers	60-80	120
Meat based Soup	170-220	300
Pizza	80-120	160

DIET MANUAL

SECTION TWO

Weight Reducing (Continued)

Meat, Fish & Alternatives	Recommended portion size (grams/mls) for 5-11 year olds	Recommended portion size (grams/mls) for 12-18 year olds
All dishes containing Fish and shellfish which are allowed at any time (e.g. Pie with Potato topping, Casserole, Curry) will have a minimum raw fish content (this weight may be reduced proportionately in composite dishes if adding an other protein-based food such as Beans/Cheese/Milk)	50-60	80
Breaded or Battered Fish portions or products, e.g. Fish Cakes, Fish Fingers, Fish Goujons.	60-80	120
Fish or Shellfish such as Tuna, Salmon, Mackerel and Prawns, served in a Salad, Baked Potato or Sandwich	30-40	50
Egg served in a Salad, Baked Potato or Sandwich	1 egg	1-2 eggs
Vegetarian Sausages, Burger, Nut Cutlets	60-80	120
Vegetarian Stew, Curry, Tikka, Sweet and Sour	50-60	80

Note:

Composite dishes using own recipes, such as home-made pies, pasta bakes, lasagne, spaghetti bolognese, stew should supply the equivalent amount of meat, poultry, fish or vegetarian alternative per portion.

DIET MANUAL

SECTION TWO

Weight Reducing (Continued)

Foods containing fat and foods and drink containing sugar	Recommended portion size (grams/mls) for 5-11 year olds	Recommended portion size (grams/mls) for 12-18 year olds
Crisps or Corn Snacks	25	25
Fruit Pies, Sponge Puddings or Crumbles	90-130	145
Cakes, Muffins, Sponges, Fairy Cakes, Scones, Sponge Puddings, Doughnuts, Cookies, Tray-Bakes	45-50	65
Ice-Cream	60-80	100

7. Eat a variety of foods

Make sure you eat from the **FIVE** different food groups:

- Fruit and vegetables
- Bread, other cereals and potatoes
- Milk and dairy products
- Meat, fish and alternatives
- Foods containing fat and foods containing sugar

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SECTION TWO

High Fibre

Constipation is common amongst children of school age. Part of the problem is not enough fibre (non-starch polysaccharides) in their diet.

Fibre (non-starch polysaccharides) works by soaking up fluid like a sponge to form a nice soft bulk that stimulates the muscles inside to work better. It is also therefore important to make sure enough fluid or drinks are taken for the fibre to work properly.

Fibre is found in wholegrain foods, seeds, nuts, fruit, vegetables and pulses.

Foods that contain fibre

Breakfast Cereals	Branflakes, Weetabix, Porridge
Bread	Wholemeal or Granary type
Flour	Wholemeal
Biscuits	Wholewheat, Crispbreads, Digestives, Oatcakes, Cereal Bars, Bran Biscuits
Cakes/Teabread	Fruit Scones, Fruit Loaves, Fruit Cake, Carrot/Banana Cake. Home Baking made in part with Wholemeal Flour or contains Dried Fruit or Fresh Fruit
Pasta/Rice	Wholemeal Pasta or Brown Rice
Pulses	Peas, Beans, Lentils
Vegetables	Fresh or Frozen, especially the skins of Potatoes
Fruit	Fresh, Dried or Tinned

DIET MANUAL

SECTION TWO

Food Allergy/Food Intolerance

1. Milk free

A food allergy is a form of food intolerance in which there is an unpleasant immunological reaction to a specific food.

Common allergies in children include:

- Milk
- Eggs
- Peanut
- Soya

Treatment means avoidance of the food that causes the problem.

Severe anaphylactic reactions are most likely to be provoked by, but not exclusively by, peanuts, tree nuts, e.g. Brazil nut, almond hazelnut, fish, shellfish, egg, Soya and sesame seeds.

Most people are allergic to single foods, however those allergic to latex are also sensitive to fruits such as banana, papaya, avocado, passion fruit, kiwi, fig, melon, mango, pineapple, peach and chestnut.

Foods to avoid	Foods to take
Milk – all kinds including dried, tinned	Soya based milk substitute
Yoghurt	
Cream and Synthetic Cream	
Cheese – all types including Cheese Spread and Vegetarian Cheese	Soya based Cheese substitutes
	Eggs
Butter, Margarine, Sunflower Margarine and Low Fat Spreads	Milk free Margarine, e.g. Granose, Soya, Lard, Suet, Vegetable Oils
Processed products, e.g. Sausages etc., including some Cold Meats	Meat, Fish, Chicken, Pork, Bacon
Chocolate coated cereals, e.g. Coco Pops or Muesli containing Milk Powder	Most Cereals and Flour
Pasta products containing Cheese or Dried milk	Pasta
Baked goods with ordinary Margarine	
Pastry	
Mashed Potatoes with Milk/Butter, Instant Potato with Dried Milk Crisps – some flavours Vegetables in Sauces Salad Cream	Potatoes and all Vegetables prepared without Milk or Cheese.

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SECTION TWO

Food Allergy/Food Intolerance (continued)

Foods to avoid	Foods to take
	Fruit – fresh, tinned, frozen, dried or fruit juice
Ice-cream, Yoghurt, Milk Puddings, Trifle, Instant Whip, Crumbles and Sponges made with ordinary Margarine/Butter	Plain Jellies, Water Ices – Homemade with Milk free ingredients
Lemon Curd, Butter Icing, Chocolate	Plain, Boiled Sweets and Jellies, Jam, Syrup, Plain Chocolate

Tinned or processed food should not be taken if it contains milk or milk under another name:- Milk, milk solids, non-fat milk solids, skimmed milk powder, cream, artificial cream, cheese, yoghurt, modified milk, margarine, butter, lactose, whey, whey solids, hydrolysed whey protein, hydrolysed whey sugar, casein, caseinate, hydrolysed casein, lactic acid, yoghurt.

2. Egg free

Eggs in all forms	
	Milk, Yoghurt, Cream
Cheese dishes containing Egg, e.g. Quiche	Cheese, all types
	Margarine, Butter, Vegetable only Low Fat Spreads
Meat coated in Crumbs or Batter or Meat dishes where Egg is used as a binder, e.g. Beef burgers	Meat, Lamb, Pork, Chicken
Fish coated in Crumbs or Batter made with Egg	Fish – fresh, frozen and tinned
Egg Fried Rice, Pancakes	All cereals, Grains and Flour
Egg enriched Pastas and Noodles	Pasta known to be egg-free
Bread enriched with Egg, e.g. Brioche	Breads – White, Wholemeal
Pancakes, Sponge, Scones, Meringues, Pastry – Choux and some Shortcrust	
Potato Salad in Mayo	Potatoes – Boiled, Roast, Chips, Mashed
Salad Vegetables Tinned	Vegetables – all fresh, frozen and tinned

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SECTION TWO

Food Allergy/Food Intolerance (continued)

Foods to avoid	Foods to take
Salad Vegetables Tinned	Vegetables – all fresh, frozen and tinned
Fruit dishes containing Egg White	Fruit – all fresh, frozen and tinned
Lemon Curd	
Ice-Cream containing Egg	Fruit Crumbles, Milk Puddings, Unglazed Fruit Pies, Yoghurt, Fromage Frais
Mayonnaise and Salad Cream, some Sauces – e.g. Hollandaise	Homemade Soups

Egg as another name on processed foods:-

Egg protein, dried egg, egg albumin, E322, egg lecithin, egg yolk, fresh egg

3. Peanut

Nuts come in many forms, it is not easy to identify them either on their own, or as an ingredient of a manufactured food. Peanuts are often mixed with almonds so it is best to assume if a product contains almonds it will contain peanuts.

Vegetable Oil – avoid this as it may contain peanut oil. Named vegetable oil, e.g. rapeseed, sunflower, corn are O.K. Hydrolysed vegetable protein may also be, or contain, nut protein.

Food additives such as Lecithin, E471, E472A-E may be of peanut origin.

Foods to Watch:

Milk and Milk Products	Any product containing vegetable oil, e.g. Five Pints, Coffee Creamers, Muesli, Nut and Fruit Yoghurts. Desserts made with vegetable oil, e.g. Ice Cream.
Meat and Meat Products	Check for vegetable oil in Rissoles, Pies and Stuffings, Fish Fingers, tinned Fish in vegetable oil, Oriental dishes.
Bread and Cereals	All bakery goods made with vegetable oil, muesli and nut containing cereals.
Biscuits and Cakes	All products containing vegetable oil and those containing nuts, e.g. bakewell tart, almond slices, marzipan.
Desserts	Desserts made from vegetable oil, e.g. ice cream. Desserts which include nuts, e.g. Bakewell Tart.
Fats and Oils	Margarines, Salad Dressings.
Miscellaneous	Ready made Meals, cook-in sauces, e.g. Satay, products containing hydrolysed vegetable protein, gravy granules, powder and stock cubes.

DIET MANUAL

SECTION TWO

Food Allergy/Food Intolerance (continued)

4. Soya

As many as 60% of manufactured foods contain soya, so all food labels should be carefully checked. Foods containing the following ingredients should be avoided:

- Soya beans
- Soya Flour (including de-fatted)
- Soya protein, gum or starch
- Textured (or hydrolysed) vegetable protein
- Soya sauce
- Soya flavouring
- Soya lecithin (E322)
- Autolysed protein (if from a soya sauce)
- Soya grits
- Soya protein concentrate
- Soya protein isolate
- Worcester sauce (often contains soya)

Soya oil or soya shortening need not be excluded from soya-free diets because soya oil used in food manufacturing is refined and considered to be free from soya protein. Cold pressed soya oil, usually sold from delicatessen counters or health food shops, can contain soya protein and should be avoided.

Types of foods which are particularly likely to contain soya are vegetarian foods, meat and fish products, ready meals, oriental foods and sauces, bread, cakes and biscuits, desserts, snack foods and confectionery.

Foods to Watch:

Milk and Milk Products	Any product containing vegetable oil, e.g. Skimmed milk powder with vegetable oil added. coffee creamers. Desserts made with vegetable oil, e.g. ice cream.
Meat and Meat Products	Check for vegetable oil or soya in burgers, tinned fish in oil, oriental dishes with soya sauce. Ready meals and processed meat, chicken and fish products. Vegetarian substitutes for meat and cheese.
Bread and Cereals	All bakery goods made with vegetable oil.

DIET MANUAL

SECTION TWO

Food Allergy/Food Intolerance (continued)

4. Soya Continued

Foods to Watch:

Biscuits and Cakes	All products containing vegetable oil – check labels.
Fats and Oils	Margarines, vegetable oils, soya oil, salad dressings.
Miscellaneous	Snack foods, e.g. crisps, confectionery. soya sauce. Soya beans.

DIET MANUAL

SECTION TWO

Gluten Free

This diet is prescribed for the treatment of Coeliac disease. Coeliac disease is a condition where the lining of the gut is damaged by gluten, a protein found in wheat and rye and, to some extent, barley and oats. The damage in the gut causes food to be malabsorbed so the nourishment of the food is passed straight through the body resulting in wasting and severe malnutrition.

A gluten-free diet must be followed strictly and for life.

Gluten is also recognised on labels as – breadcrumbs, croutons, durum wheat, modified wheat, starch, rusk, soy sauce, wheat, wheat bran, wheat flakes, wheat flour.

Food Group	Foods allowed on a gluten free diet	Foods not allowed on a gluten free diet
Cereals and Cereal Products	Rice, Sago, Cornflour, Arrowroot, Potato Flour, Rice Flour, Soya Flour, Buckwheat Gluten free products, e.g. Flour, Biscuits, Cakes, Pasta Breakfast Cereals made from Maize or Rice, e.g. Cornflakes, Rice Krispies, Rice Bran, Soya Bran	Wheat, Rye, Barley, Oats All ordinary bread, Crispbread, Biscuits, Cakes, Scones, Flour, Rusks, Puddings, Sauces, Dessert mixes All Breakfast Cereals made from Wheat, Rye, Barley and Oats, e.g. Porridge, All Bran, Weetabix, Muesli etc.
Meat and Meat Products	All types of Fresh Meat, e.g. Beef, Lamb, Pork, Poultry, Bacon, Offal etc.	Beefburgers, *Sausages, Black Puddings,
Fish	All types of Fresh, Frozen, Smoked or Canned, without Flour or Breadcrumbs, e.g. Cod, Plaice, Shellfish, Salmon, Tuna, Sardines in Oil, Finnan Haddock etc.	* Tinned Meat, e.g. Luncheon Meat, Pork Roll
Dairy Products and Fat	Milk – Fresh, Tinned or Dried Cream – Fresh or Tinned Cheese, Eggs, Butter, Margarine, Cooking Oil, Lard All Yoghurts, except Muesli flavour	Sardines and Pilchards in Tomato Sauce Synthetic Cream, * ice-Cream and Frozen Desserts, * Packet Suet

DIET MANUAL

SECTION TWO

Gluten Free (continued)

Food Group	Foods allowed on a gluten free diet	Foods not allowed on a gluten free diet
Fruit and Vegetables	All Fresh, Frozen, Dried or tinned varieties Pickles, Nuts, Coconut, Dried Lentils, Beans, Pulses etc.	Vegetables tinned in Sauces Dry Roasted Peanuts *Potato Crisps *Baked Beans (tinned)
Drinks	Tea, Coffee, Cocoa, Fruit Juice and Cordials, Fizzy Drinks, Lucozade, Soda Water	Malted Milk drinks, e.g. Horlicks and Ovaltine, Hot Drinks from vending machines, Lemon and Orange Barley drinks, Homemade Beer
Miscellaneous	Sugar, Glucose, Syrup, Treacle, Jam, Marmalade, Honey, Jelly, Gelatine, Clear Boiled Sweets Homemade Gluten free Stuffing Essences, Colourings, Bicarbonate of Soda, Cream of Tartar, Yeast, Salt, Freshly Ground Pepper, Vinegar, Herbs and Spices Homemade gluten free soups	*Lemon Curd, *Chocolate Spread, *Peanut Butter, *Mincemeat, *Sweets *Chocolate and Liquorice, Cake Decorations, Mustard, Stuffing, *Bottled Sauces Baking Powder, Powdered Ground Pepper, *Tinned or Dried Soups, Bisto, *Stock Cubes and Gravy Brownings, *Meat and Vegetable extracts.

NB: An * indicates that some brands may be gluten-free – check Gluten-Free Manufacturers Product List or contact your Dietitian

DIET MANUAL

SECTION TWO

Vegetarian and Vegan

A **vegetarian** diet can be very healthy but suitable alternatives to meat need to be eaten to provide all essential nutrients to stay fit and healthy. There are several types of vegetarian diet so it is best to check individual variations. A lacto-ovo vegetarian diet is one which does not include meat, fish, shellfish and products derived from them, e.g. gelatine, but they usually eat eggs, cheese and milk.

A **vegan** diet is one which excludes all food and produce of animal origin including milk and dairy products. Suitable sources of protein are beans – tinned are easiest to use, quorn, lentils, humous and nuts and seeds.

It is important to remember to give vegetarian/vegan meals a source of protein.

Food Allowed	Vegetarian	Vegan
Bread, Cereals	All Breads, Cereals, Pasta, Rice, Noodles	All Breads, except Milk enriched, e.g. Brioche. All Cereals except Egg Pasta, Rice. Noodles – except Egg Noodles
Meat, Fish and Alternatives	Lentils, Nuts, Pulses and Seeds, Tofu, Quorn, Eggs	Lentils, Nuts, Pulses and Seeds, Tofu, Quorn
Fruit and Vegetables	Fresh, Cooked, Tinned and Dried	Fresh, Cooked, Tinned and Dried
Dairy	Milk, Cheese, Yoghurt, Fromage Frais	Soya Milk
Oils and Spreads	All Oils and Spreads	Spread made from 100% Vegetable Oils
Sandwich Fillings	Cheese, Egg, Peanut Butter (if not allergic), Humous, Vegetable Paté, Marmite	Peanut Butter (if not allergic), Humous, Vegetable Paté, Marmite
Desserts	Sponge Puddings, Tarts, Pies, Mousses etc.	Fruit Pies if correct fat is used, Steamed Fruit

DIET MANUAL

SECTION TWO

People From Ethnic Minority Groups

There is an enormous diversity and culture, traditions and food habits between different ethnic groups. Different religions bring with them different restrictions about food, as some religions see some foods as unlawful.

The religions covered in this table are:

Muslim/Islam –

The word Islam means ‘submission’. All Muslims acknowledge the obligation to signify their submission in terms of the ‘five pillars of Islam’. All wholesome things can be used for food.

Hindu –

Hinduism is founded on a reverence for life, non-violence and a belief in reincarnation. As a result most Hindus are lacto-vegetarian.

Sikh –

Believe in one personal god with whom each Sikh must make his own relationship and through that lead a virtuous and useful life. Food restrictions are a matter of personal conscience. Some are lacto-vegetarian, others eat lamb, chicken and fish.

Jewish –

Judaism is an ancient religion and has regulations that prescribe the code of dietary laws from the slaughter of animals to types of food used in holidays.

DIET MANUAL

SECTION TWO

People From Ethnic Minority Groups

Food/Religion	Muslim	Hindu	Sikh	Jewish
Beef	Halal	X	X	✓ will require kosher
Lamb	Halal	X	✓	✓ will require kosher
Pork and products containing pork	X	X	X	X
Chicken	✓	X	✓	✓ will require kosher
Eggs	✓	X	✓	✓
Milk	✓	✓	✓	✓ meat must not be cooked with milk/milk products
Turkey	✓	X	✓	✓ will require kosher
Duck	✓	X	✓	✓ will require kosher
Fish	✓	X	X	✓
Shellfish	X	X	X	X
Cheese	✓	✓	✓	✓
Vegetables	✓	✓	✓	✓
Pulses	✓	✓	✓	✓
Fats/oils	Oil/ghee	Oil/ghee	Oil/ghee	✓



If you have any questions please do not hesitate to contact us on the address and telephone numbers below.

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