



# Cooking and Menus for Special Dietary Needs

Cindy Olsen  
Scoutmaster Troop 8499



# Objectives



Define special diets and food allergies.



Understand safety precautions for allergies



Learn how to Identify common ingredients associated with dietary needs and substitutions



Plan menus to accommodate multiple dietary needs



# What is a Special Diet?

- A special diet is **one that cannot be selected freely from the main choices available.**
- This could be due to:
  - Allergy
  - Intolerance or other medical need
  - Religious Beliefs
  - Cultural Beliefs
  - Ethical Reasons





# Food Allergy vs. Intolerance

## A FOOD Allergy



A FOOD ALLERGY IS A  
**Cellular Immune-Mediated Reaction**

IT AFFECTS THE  
**Immune System**

FOOD ALLERGIES  
**Can Be Fatal**

## A FOOD Intolerance



A FOOD INTOLERANCE IS NOT AN  
**Immune-Mediated Reaction**

IT AFFECTS THE  
**Digestive System**

INTOLERANCES  
**Are Not Life-Threatening**



# Common Special Diets

- **Medical – allergy, intolerance, low sodium**
- **Special Requirements – Vegetarian, Vegan, Pescatarian**
- **Religious – halal, kosher**



Dairy Free



GE Free



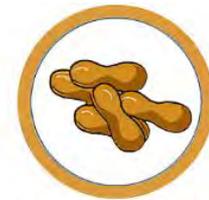
Organic



Low Carb



Eatwell Apple



Contains Nuts



Vegetarian



Kosher



Gluten Free



Sugar Free



Vegan



Halal



# Kosher Symbols



**Pareve – does not contain Dairy or Meat**



**Kosher Dairy Product, Contains Kosher Dairy**



**Made on equipment used for Dairy**



**Kosher for Passover**



**Kosher Fish**



**Kosher Meat or poultry, or contains kosher meat or poultry**





# Common Allergens



GLUTEN



LUPIN



CELERY



CRUSTACEANS



MILK



SULPHUR DIOXIDE



SESAME



MOLLUSCS



MUSTARD



TREE NUTS



EGG



FISH



SOYBEANS



PEANUTS



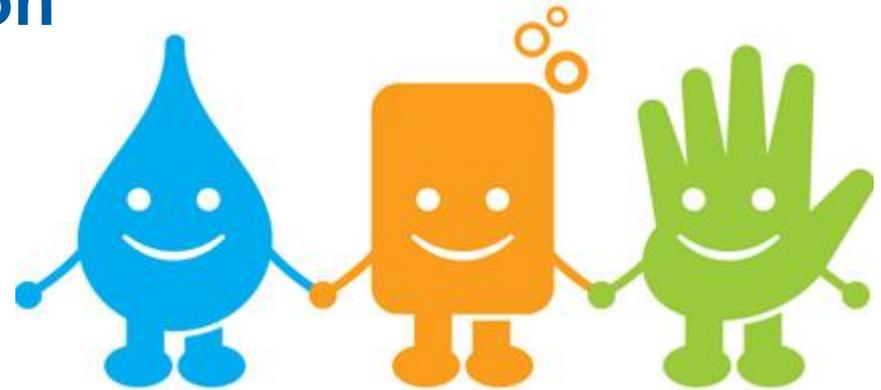


# Safe Food Preparation

- **Avoid Cross Contamination**

- Clean Hands
- Clean Utensils
- Clean Work surface
- Clean Containers
- Prepare Food without Allergens first

- **Check All Ingredients**





# How to Identify Ingredients



- **Ingredient List**
  - Derivatives of Allergens
- **Special Markings/Symbols**
  - Kosher
  - Vegan
  - Vegetarian
  - Gluten Free
- **Contain:** Listed allergens are ingredients
- **May Contain or Produced in a Facility:** Chance an allergen is present, generally due to cross contamination due to shared equipment
- **Natural Flavor**
  - Flavoring rather than nutritional
  - derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products



# Dairy, Non-dairy, Dairy Free, Lactose Free

- Butter, butter fat, butter oil, butter acid, butter ester(s)
- Buttermilk
- Casein
- Casein hydrolysate
- Caseinates (in all forms)
- Cheese
- Cottage cheese
- Cream
- Curds
- Custard
- Ghee
- Half-and-half
- Lactalbumin
- lactalbumin phosphate
- Lactic acid starter culture
- Lactoferrin
- Lactoglobulin
- Lactose
- Lactulose
- Milk (in all forms including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low-fat, malted, milkfat, non-fat, powder, protein, skimmed, solids, whole)
- Milk protein hydrolysate
- Pudding
- Recaldent®
- Rennet casein
- Simplese®
- Sour cream, sour cream solids
- Sour milk solids
- Tagatose
- Whey (in all forms)
- Whey protein hydrolysate
- Yogurt





# Gluten

- **Gluten is a protein found in wheat, barley, rye and triticale (cross between wheat and rye)**
  - Can be found in oats as well – look for certified Gluten Free
- **Limiting Gluten vs. complete avoidance**
- **Wheat Flours:**
  - Durum
  - Einkorn
  - Emmer
  - Kamut
  - Spelt
  - Farina
  - Graham Flour
  - Semolina





# Processed Food that often Contain Gluten

- Breads
- Bulgur Wheat
- Cakes and Pies
- Candies
- Cereals
- Cookies
- Crackers
- Croutons
- French Fries
- Gravies
- Imitation Meat or Seafood
- Malt, malt flavoring Malt Products
- Hot Dogs
- Processed Meats
- Pasta
- Salad Dressing
- Sauces
- Seasoned Rice Mixes, snacks
- Self Basting Poultry
- Soups, Bouillon soup mixes
- Vegetables in Sauce



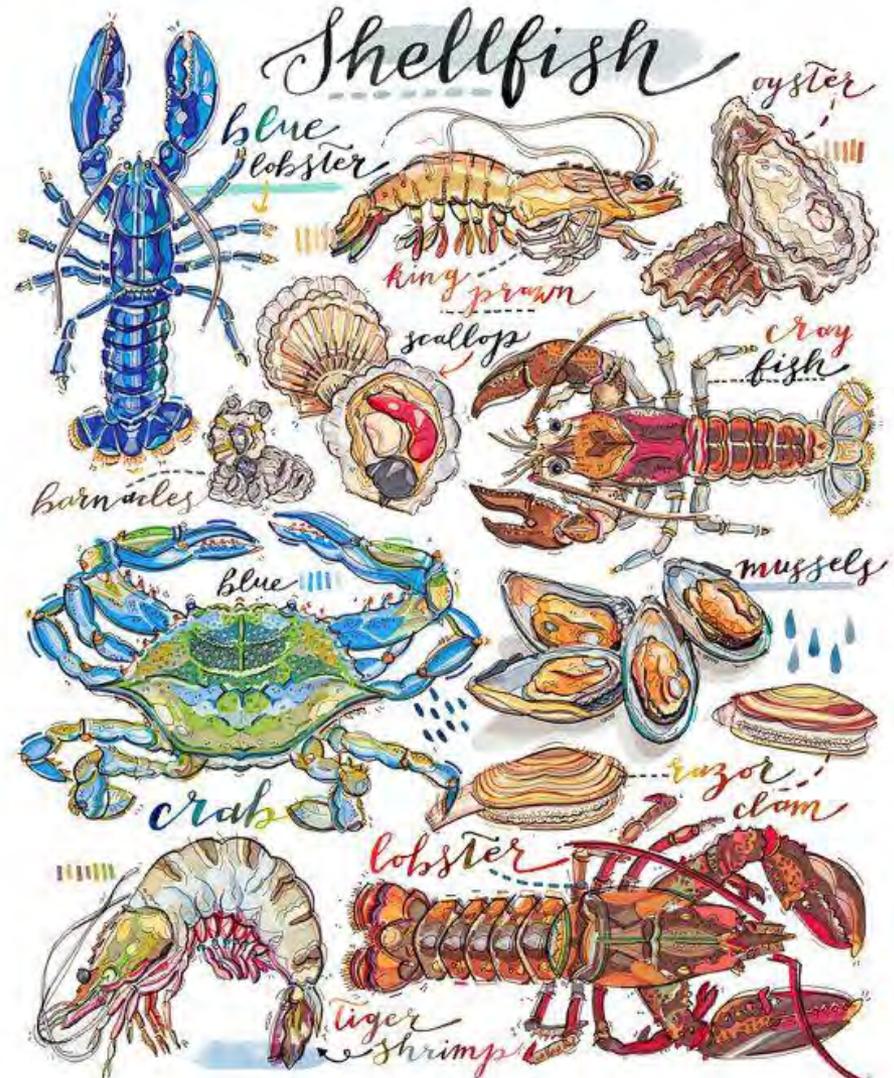


# Shellfish

There are two groups of shellfish: crustaceans (such as shrimp, prawns, crab and lobster) and mollusks/bivalves (such as clams, mussels, oysters, scallops, octopus, squid, abalone, snail).

Allergy to crustaceans is more common than allergy to mollusks, with shrimp being the most common shellfish allergen for both children and adults.

Finned fish and shellfish are not closely related. Being allergic to one does not always mean that you must avoid both, though care is needed to prevent cross-contact between fish and shellfish.





# Vegan, Vegetarian, Pescatarian

- **Vegan:** No meat, fish, poultry, eggs, dairy, animal-derived products
  - Honey, rennet (used in cheese making), gelatin collagen
- **Vegetarian:** No animal flesh – meat, fish, poultry
- **Pescatarian:** No meat or poultry, does eat fish and seafood





# Simple Substitutions

**Beef: Ground Turkey**

**Diary: Rice Milk, Oat Milk, Almond Milk for Dairy**

- Add lemon juice for buttermilk replacement

**Cream: Raw Cashews, soaked and blended with water**

**Wheat or Gluten: gluten free flour blends, Rice Flour, Tapioca Starch for thickening**

**Eggs – Flax Seeds, bananas, applesauce, silken tofu, gelatin**

**Butter: Vegan butter (not necessarily margarine)**

**Nuts: Oats, Pumpkin or Sunflower Seeds**

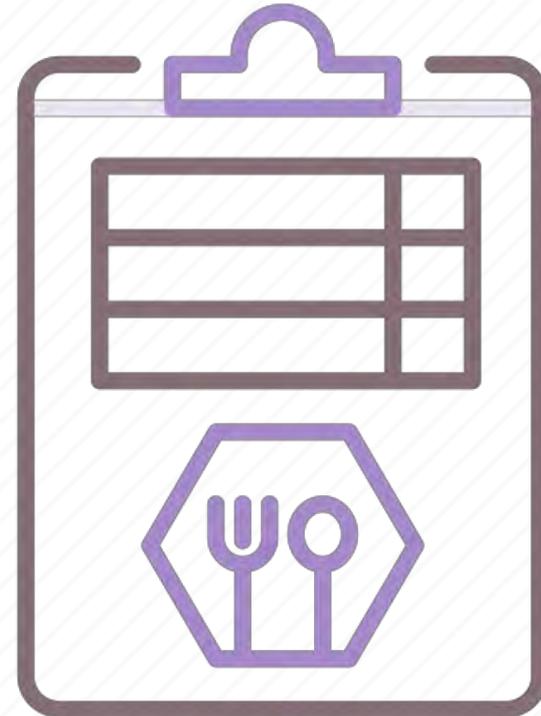
**Soy Sauce: Coconut Aminos, Tamarind Sauce**





# Meal Planning Considerations

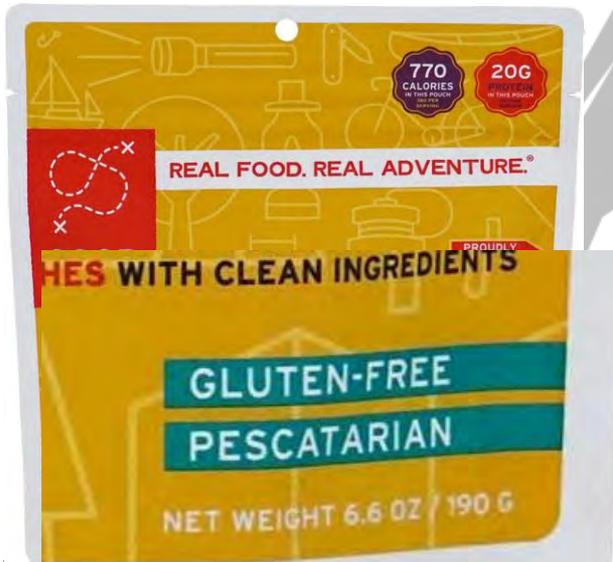
- **Plan main meals that meet as many dietary needs as possible to minimize alternative meals needed**
  - Plan extra time and order of prep for separate meals
- **Consider alternative ingredients in main meals**
- **Read all ingredient labels**





# Backpacking Meals

- **Premade Meals**
  - Many brands feature options for special dietary needs
  - Most have “contains” information on back
- **Dehydrate your own**
  - Dehydrate leftovers for homemade backpacking meals





# Sample Menu

- **Sloppy Joes – Replace beef with ground turkey, tofu, or quinoa**
- **Hamburger buns and gluten free buns**
- **Salad**
- **Fruit**
- **Veggie Tray - Carrot sticks, celery sticks, cucumber**
- **Dessert – allergen friendly cookies, homemade cake or cookies with substitutions**

