

# Cookery Badge Revised Resource Pack 2016

## Foods Suitable for people with Special Dietary Requirements

### **Coeliacs**

Coeliac disease is more common than most people realise. Coeliac disease is a condition in which there is an abnormal reaction by certain cells in the immune system to gluten. This can result in symptoms, such as diarrhoea, chronic fatigue, anaemia, weight loss and recurrent mouth ulcers.

Gluten is a general term used for a type of protein that is found in wheat and related grains, such as barley, rye and oats. When it is consumed, the lining of the small intestine becomes damaged, reducing the person's ability to absorb certain nutrients, such as iron and calcium - these are essential to the body.

The condition does not appear to be gender-specific or age related. There is no cure for coeliac disease, however it can be effectively controlled by diet alone, therefore it is essential that those affected know what they can and cannot eat. Many foods are naturally gluten-free, such as unprocessed fruit, vegetables, milk, eggs, rice, fish and meat (except sausage meat). The main foods to be avoided include bread, cakes, biscuits, pizza, pasta, spaghetti, as well as certain soups, sauces, gravies and breakfast cereals.

*Unprocessed vegetables are naturally gluten-free.* When cooking, breadcrumbs should not be used and do not dust meat, fish or poultry with flour. Sauces and gravies that are thickened with flour or starch containing gluten, should be avoided. Wheat products such as wheat flour, wheat bran, noodles, spaghetti, macaroni and ravioli, should also be avoided.

The following are gluten-free products that can be used as substitutes for some of the foods above:

**-Ground rice. -Rice flour. -Cornflour. -Maize flour. -Potato flour.**

**-Soya flour. -Arrowroot. -Rice. -Sago. -Tapioca. -Maize.**

**-Buckwheat. -Millet.**

**Note :** Gluten-free products are stocked in most major supermarkets.

*Unless gluten-free, bread must be avoided*

**For more information on coeliac disease or to obtain a copy of the food list booklet, contact the Coeliac Society or [emailcoeliac@iol.ie](mailto:emailcoeliac@iol.ie) or [www.coeliac.org.uk/local-groups/](http://www.coeliac.org.uk/local-groups/)**

## **Diabetes**

Diabetes is a lifelong condition caused by a lack of insulin. Insulin is a hormone – a substance of vital importance that is made by your pancreas. Insulin acts like a key to open the doors into your cells, letting sugar (glucose) in. In diabetes, the pancreas makes too little insulin to enable all the sugar in your blood to get into your muscle and other cells to produce energy. If sugar can't get into the cells to be used, it builds up in the bloodstream. Therefore, diabetes is characterized by high blood sugar (glucose) levels.

**Type 1 diabetes** tends to occur in childhood or early adult life, and always requires treatment with **insulin injections**. It is caused by the body's own immune system destroying the insulin-making cells (beta-cells) of the pancreas.

### **Suitable Food/Drinks**

**Drinks:** sugar-free squashes and diet drinks.

**Sweet foods:** as a treat only, small slices of birthday cake, queen cakes, fun size chocolate bars, ice-cream and sugar free-jelly.

**Diabetic** **chocolate**  
'Diabetic' chocolate is not recommended.

**Type 2 diabetes** usually develops slowly in adulthood. It is progressive and can sometimes be treated with diet and exercise, but more often Type 2 diabetes may require antidiabetic medicine and/or insulin injections.

### **Dietary Advice for people with Type 2 Diabetes**

When you have Type 2 diabetes your nutritional needs are the same as everyone else—no special foods or complicated diets are needed. The key to eating well with diabetes is

- eating regularly
- watching your serving size

- following a healthy eating plan that is low in refined sugars and fat.
- Use lower fat options when eating meat, poultry, dairy products and spreads
- enjoying a good variety of fresh fruit and vegetables
- getting the majority of your energy from unrefined and whole grain starches (e.g. potatoes and wholegrain bread and cereals)
- keeping high sugar and high fat foods as treats only.

**For further information: Email: [info@diabetes.ie](mailto:info@diabetes.ie)**

[www.diabetes.org.uk/NorthernIreland](http://www.diabetes.org.uk/NorthernIreland)

## **Vegetarian**

Being a vegetarian is generally a lifestyle decision. Vegetarians do not eat meat.

a good vegetarian cook book will give ideas for balanced meals and contain useful information about nutrition.

All the nutrients you need are easily provided in a vegetarian diet using a variety of pulses, grains, nuts, seeds, vegetables, fresh fruit and dairy products.

**Further information can be got from the Vegetarian Society of Ireland.**

## **Food Allergy**

If you think you have a food allergy make sure you have this confirmed by allergy testing. This could confirm that you have an intolerance rather than an allergy.

### **Food labelling**

Become a LABEL DETECTIVE and read all product labels every time you purchase a product. Severe reactions usually occur when an allergic individual has consumed the allergen. It is recommended that food allergic individuals totally avoid the food they are allergic to.

### **Hidden egg and milk protein**

Always be aware of foods that have a shine to them. Egg and milk can be used to give food this glazed appearance, eg. bakery items.

**Additive**

Additives may contain egg yolks and leguminous seeds, including peanuts and maize.

Allergens : Be aware of hidden ingredients always read the label when preparing foods

**Beware fresh food.** When storing food ensure fresh food etc is not contaminated with allergy products (store individually).

**Hidden ingredients**

Casein maybe used as a binder in meat products and “restructured” salmon or imitation seafood.

**Takeaway food/ restaurants**

Be aware of foods that are cooked in the same oil as risk foods (eg. fish crumbed with egg, cooked in the same deep fryer as chips). Check with the restaurant staff.

**BBQ safety**

If you are having a BBQ away from home cook food in foil to be sure no other food comes in contact with it.

**Visiting farms/ animals, parks etc**

Always check the contents of animal feed for allergens, especially if hand-feeding animals, eg. peanut has been found in cow feed and bird feed. Activities at farms may include collecting eggs and milking cows. If allergic avoid these activities.