

Special Dietary Needs

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needs

Mother of a child with Coeliacs

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9/3/07

It doesn't matter it's only this time



- How many times do you have this situation?
- It won't really hurt you if you have this one time will it?
- Is it their fault they have special dietary needs?
- Maybe they should stay home if they're going to get sick?

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What is our mind set?

- Oh well, It is only a few days.
- It's not my responsibility to find out what they need I have too many others to cater for
- It doesn't really matter if they go back to basics, it's a bit difficult.

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Remember

- For them it is their whole life
Being different
- Always having to compromise
- An enjoyable experience is what we are all after
- Food will taint the rest of the camp experience
- It could be missing out or more seriously feeling sick!

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Introduction

- Australia is a multicultural country
- We experience a diverse range of background and culture
- Special diets may be followed for many reasons
- These may be religious, life choice (vegan), Cultural, disease(diabetes) or allergy or intolerance.

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Keeping them alive

How do we ensure we send our camper's

CHILDREN OR ADULTS

Home alive

Do we want to be the next head line?

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- Together we will look at the preparation and cooking of foods to meet both basic and special dietary needs
- We are catering for a large variety of different size groups with a variety of ages and most importantly take into account budget
- This is generally done under the instruction of others
- Most of the time they know what affects them and they are the ones that suffer !
- Listen to our customers!

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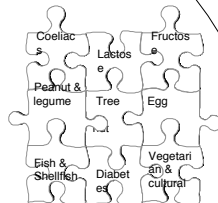
Agenda

- Living with allergies
- Food labelling
- How to deal with cross contamination
- The eight major food allergens and how to approach them

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Overview

- Food preparation is critical to the health and respect of our customers
- The utmost care must be taken in preparation to ensure no cross contamination



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Just a crumb

- Even the most minute amount of ingredient or food could trigger an adverse reaction
- This may be immediately or take hours or days
- The reaction could still be serious
- **THEY COULD JUST DROP DEAD**

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Is it an allergy or Intolerance?

- Allergy affects the immune system. The immune system mistakes the food protein for being harmful and releases antibodies to fight it causing a reaction. Allergic reactions to food can cause serious illness or even death
- Intolerance is the response of the digestive system not the immune system. It occurs when someone cannot tolerate a food and it irritates the digestive process or the person cannot break down or digest the food.

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Living with allergies

- Living with allergies makes life tedious and often difficult.
- There may be enormous limitations
- Meal times become tense.
- Often they eat before they go out to stop any confrontations
- They are often the last to be given food as it needs to be cooked at a different time

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Reactions

- Gas, bloating, indigestion, skin rash, swelling, diarrhea, constipation, cramp, asthma, breathlessness, disorientation, eczema, high blood pressure, heartburn, itchiness, vomiting or watery eyes. These are just to name a few!
- Severe reactions could cause anaphylactic shock leading to death

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Meals are to share for all

An enjoyable experience

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Managing a special diet What is your job?

- Knowledge of ingredients and how they come together
- Food texture and combination
- Care in cooking methods
- Underpinning knowledge of the special diet
- Storage of food
- Keeping your knowledge updated
- Reading and understanding labels
- Knowing what questions to ask
- Most importantly knowing how to interpret the answers

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Let us recap

- What have you gained from this topic?
- Are there any questions

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Label reading

- New laws for food manufacturers state that the top eight allergens must be visible in plain language
- What does that mean to you?
- A label cannot not just have a number 312.
- It must have the source e.g.: from fish

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Taking out the guess work

- Many people got confused reading labels
- For example in the past non dairy did not mean no milk in a product.
- It still could contain a by-product.
- This especially occurs in canned foods.
- Now if a product contains casein a milk derived protein, the labels must now list milk after the word casein.

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- That is the number of foods that have been identified in causing allergic reaction
- 90% of all reactions come from the top eight allergens

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Top eight allergens

- Milk, eggs, fish, crustacean/shellfish, peanuts, tree nuts, wheat/gluten, and soy
- These must be declared even if they are parts of a colour or spice.

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Label

- The label needs to be spelt out in plain English:
- The type of nut
- The type of seafood
- The ingredients are in descending order of proportion by weight
- Date packed on and use by date must be declared
- It may be written best before

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Packaged foods

- Food must be packed by the manufacturer and be labeled safe for a particular diet
- Many companies buy food in bulk and repack for sale.
- This can create contamination problems
- Is the air and environment clean of allergens?
- Where has the bag been stored
- When going to a health food store ensure the product has not been repacked by them.

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Labels reveal the detail

- New food label laws help us make safe choices
- Even the smallest amount must be identified
- Hidden allergens TAKE CARE
- Take care with home made food
- Are they free from cross contamination?

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A wonderful book

- The new additive code breaker by Maurice Hanssen with Jill Marsden
- It lays out in simple terms exactly what numbers stand for and the food it comes from.

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May contain traces of....

- This is the manufacturers way of saying we can not be held responsible for its contents or that we haven't cross contaminated in the manufacturing process

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Follow up strategies

- Make it a camp rule to tell all your friends and leaders about serious food allergies
- Make it a camp rule to tell friends if you are feeling unwell, especially after eating
- Ask questions about food preparation (be aware of cross contamination risks)
- No label/No eat
- When in doubt do not use
- Always read labels

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Read and reread

- Even though a food product may have been safe the last time you purchased it, the ingredients may have changed
- label are continuously updated

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Let us recap

- What did you gain from this section?
- Are there any questions?

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How to deal with cross contamination

- Preventing cross cross contamination is the most arduous task
- This is our most important one
- We must educate all staff in our kitchen procedures
- We must have a back up plan and checks in place
- Change our gloves at the start of each specific job
- Wash our hands regularly using paper towel to dry

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Keep it separate

- Separate Tins, pans, pots and utensils are the safest.
- Paper baking trays and muffin tins make it even easier to stop any cross contamination.
- If cost is a factor wash the tins thoroughly first ensuring every nook and cranny is clean
- Rinse well in running water.
- Now line the tin with silicone baking paper.

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- Wash cloths must be only used for the specific dietary need
- Tea towels must only be used for the special dietary need
- Every bench and machine must be washed before using for special dietary needs
- Don't forget this includes mixing bowls whisks
- You might say to your self
- **THEY ARE CLEAN!**

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- Do you know they were washed in running water.
- Did any contamination occur during wiping
- Plates and serving must all be separate.
- Plan work schedules to do special diet preparation first to stop cross contamination
- Every item must be labeled including production details

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Colour coding

- Make all staff on the premises aware of the kitchen codes and work ethics.
- Colour code boards, towels, wash cloths plates and even cutlery.
- Label all food prepared with the person name and their specific dietary need.
- Have a picture and their dietary needs on the wall in the prep area. Give them a specific colour to ensure no mix ups.
- Label every thing with that colour

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Reputation is built on customer trust

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Let us recap

- What have you gained from this topic?
- Are there any questions?

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Coeliacs Disease

- Coeliac comes from the Greek word meaning belly sickness
- It is a disease with Gluten sensitivity. The Gluten damages the lining of the small intestine stopping food absorption creating malnutrition.
- There is no such thing as a little bit of a Coeliac
 - A gluten free diet is the only way to be healthy

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- People with Coeliac disease are sensitive to gluten and similar compounds.
- These compounds are found in Wheat, rye, barley, triticale and oats.
- All foods containing even a trace amounts of these foods must be avoided.
- Other wheat such as Kumat, spelt, Burghal, durum, couscous must also be avoided.
- There are many foods with obvious gluten however hidden gluten occurs in many more: look at yoghurt, ice creams, malted products etc...
- Cross contamination is the biggest problem.

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3 forms of Gluten free foods

- Naturally occurring
- Fresh fruit and vegetable, fresh meat and poultry and fish, legumes, nuts and eggs, fresh milk, fats and oils
- Including rice, corn (maize), soy, sago, tapioca, quinoa, amaranth, buckwheat, arrowroot
- Gluten free by label and manufacture
- Gluten free by ingredient

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Once a Coeliac always a Coeliac

- Coeliacs web site
www.vic.coeliacsociety.com.au.
- Every day health magazine is a good source
www.orggran.com/company/everyday-health-magazine

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Lactose

- Lactose intolerance refers to the inability of the body to break the protein down to be digested
- Lactose is the sugar that naturally occurs in milk
- A milk free diet must be adhered to
- The body does not produce enough lactase to break down the milk

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Avoid hidden Ingredients

- Many products contain lactose
- Breakfast cereals, bread, mixes, cream soups, pancakes, custard, scrambled eggs, quiche, muesli bars even some margarine. These are but a few.
- Check labels for Milk solids, Non-fat milk solids, Whey or milk sugar.

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Lactose free alternatives

- Soy milk, barley milk, Rice milk, Nut milk, Oat milk, coconut milk, treated lactose free cow's milk.
- It is easy to get confused!

Which category is butter lettuce, cocoa butter? Does mayonnaise have lactose in it?

- These are the things we need to check.
- Butter lettuce and cocoa butter are fine to use, however the brand and ingredients must be checked with the mayonnaise

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Useful websites

- www.lactose.com.au
- www.recipelink.com/milkallergy.html-51k
- www.allergyhealthonline.com

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Egg allergy

- Egg allergy is tricking the body into thinking the protein is harmful. The body produces antibodies to fight the invasion. This reaction is what makes the person sick.
- Most people are allergic to the egg white protein, however some people are allergic to the protein in the yolk

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Severe reaction

- It could be a swelling in the mouth, eyes or face.
- What if it is swelling in the throat or tongue causing Anaphylaxis.
- Do you want to be the next headline!
- Some people are so sensitive they can't touch egg or even be in the same room.
- Some people can't be in the same house with eggs.

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Take care!

- This may mean counteracting the allergy with an epipen. They deliver a dose of epinephrine.
- Read labels carefully!
- Check for labels "contains egg ingredient, made using egg ingredient or made in a facility that also processes eggs"

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Foods that might contain eggs

- Baked goods, Drinks (such as beer, ovaltine, cappuccino style drinks, desserts, egg substitutes (often just a replacement for whole egg), battered foods, Pasta, salad dressings, Soup, many candy bars, chocolates, marshmallow.

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For replacing egg

- Use egg replacer (from the health food section)
- 1 teaspoon of yeast dissolved in a cup of water
- 1 teaspoon baking powder (egg free), 1 tablespoon of water and 1 tablespoon of vinegar.
- 1 packet of gelatine, 2 tablespoon warm water (mix just before use)

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Useful Web sites

Allergies.about.com/od/eggs

Better health is a good web to visit for information about recipes and new products

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Fructose allergy

- Fructose allergy is a genetic disorder.
- Fructose intolerant people set of a chemical imbalance when they ingest fructose and sucrose sugar.
- Fructose is a natural sugar found in fruit, vegetables and honey.
- Fructose is fruit sugar
- Sucrose is cane, beet and table sugar.

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The chemical imbalance

- The body cannot correct the energy storage.
- The complete elimination of fructose, sucrose and sorbitol must be eliminated from the diet.

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Hidden sources

- Labels on canned, packaged and processed food must be checked for hidden sugar.
- Diet is quite limited
- Glucose, Aspartame, cyclamate, dextrose, lactose, saccharin, malto dextrin, Nidex is a good substitute and will give energy.
- Take care when using artificial sweeteners. Is it chemical or maybe fructose or sucrose?

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Peanut allergy

- Is peanut a nut?
- No!
- They are the legume family
- Soy, lentils and peas
- With a peanut allergy every label needs to be checked.
- Look out for hidden ingredients
- An epipen should be carried at all times.
- Take out peanuts, legumes and peas from the diet.

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- Lollies, dips, oils and desserts.
- We must be vigilant!
- We all remember the headlines in the paper
- 1 spoonful of peanut butter can kill.
- The fumes can be enough.
- Check all camp members if peanuts are identified as an allergen. These are the type of snacks that can be a problem.
- Muesli bars, breakfast cereals

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Take care of the hidden traces in biscuits and chocolate bars.

- 322 lecithin, arachis (alternative name for peanut.)
- Hydrolyzed vegetable protein, peanut oil, emulsifiers, natural and artificial flavourings.
- Care also needs to be in no food items.
- Beanbags, draft stoppers, toys, furniture, dog food, cosmetics, mousetraps and secondhand toys.

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Use web sites

- www.peanutallergy.com
- Better health is also a useful web site

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Tree nuts

- Yes they do differ from peanuts.
- Tree nuts are almonds, brazil nuts, cashews, chestnuts, hazelnuts, gianduja, hickory nuts, macadamia nuts, marzipan, nougat, nu-nuts, nut butter, nut oil, nut paste(almond paste), pecans, pine nuts, pistachios, walnuts.
- Again we must watch hidden traces in imitation colour or food extracts, ice creams and cereals.
- Read the labels.

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Non food dangers.

- We also need to look at shampoos and lotions, pet food, hacky sacks.
- Just be vigilant!
- Don't confuse tree nut allergy with peanut allergy.
- Of course it is possible to be allergic to both.

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Useful web sites

- www.foodallergyinitiative.com/section

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Seafood allergy

- Seafood allergy can be fish only, crustacean only, shell or all of them.
- The reaction can be mild such as disorientation or severe.
- Severe could be anaphylactic shock.
- Being allergic could be eating, touching or being near the seafood.
- This also means food from the ocean, such as nori sheets commonly used in Japanese rolls.

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Remember

- Extreme caution should be exercised in food prep.
- Some people are allergic to salt water fish some to fresh water.
- Some are allergic to shell and fish
- Read labels
- Take care when using Asian cuisine
- Avoid imitation fish. It may still contain a fish bi-product

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Useful Web sites

- www.webmd.com/allergies/guide/shellfish-allergy

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Diabetes

- Diabetes is present when there is too much glucose in the blood. Insulin lowers the glucose levels in the blood.
- As much as we think sugar should be our focus, it is not.
- Serving size of Carbohydrate has a major influence on maintaining blood glucose levels.

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Reducing saturated fats

- Use low fat milks, yoghurts and custard.
- Use lean meat, trim fat, remove skin from chicken.
- Avoid the use of butter, lard, dripping, cream, sour cream, copha, coconut milk and hard cooking fats.
- Limit cheese. Use low fat.

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- Limit deli meat.
- Use tomato based products for sauces.
- Use diabetic cordials and jellies purely because of the sugar content.
- Healthy eating is the prime importance.
- Wholesome and wholegrain foods.

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Serving size.

- There are no foods that people with diabetes should never eat.
- There is no need to cut out all sugar
- Serves should be small in the high sugar category.
- Cakes and sweets should be eaten sparingly
- Fruit juice is high in fruit sugar so it will cause the blood sugar level to rise quickly.
- Only one glass a day.

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- Regular meal times are most important.
- Diabetic drinks and jellies should be served instead of ordinary jellies and soft drink.
- Minimise tea and coffee
- Healthy diet is the key

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This is our job?

- Know your ingredients and how they come together
- Are they safe to use
- Do they have food appeal
- Take care in cooking methods as cross contamination can occur
- Know your special diet
- Be on top of Storing food /Take care with labeling and cross contamination
- Keep your knowledge updated as information changes all the time
- Reading and understanding labels/Find out if you do not know

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Remember!

- Know what questions to ask
- Most importantly know how to interpret the answers
- Send them home alive with a smile

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Where to Get More Information

- Other training sessions
- Books, articles, electronic sources
- Consulting services and support groups

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- Are there any questions?
- Is there anything else you would have liked to cover?
- Thanks for listening.

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