

Special Diets and Common Food Allergens in School Nutrition

UMES

Dietetic Interns 2022



Presentation Overview

- Food Allergies
 - *Presented by Kate Barrett or Julie Schoonover*
 - Common food allergies, prevent cross contact
- Special Diets
 - *Presented by Andrea Peller or Katelyn Alexander*
 - Background, what to include/avoid, & how to accommodate in a school setting (Kosher, Halal, Vegetarian, Vegan, Diabetes, FODMAP, GF)
- Alpha Gal Syndrome
 - *Presented by Michelle Dix or Jaclyn Wahner*
 - Etiology of Alpha-gal syndrome, signs and symptoms, food products to avoid and cross contamination

Food Allergies



Fun Fact!



How many students per classroom on average do you think have a food allergy?

Roughly 2 in EVERY classroom.



Food Allergies Overview

- 32 million people in the United States have a food allergy¹
 - This equates to **1 in 10 adults** and **1 in 13 children**¹
- Every 3 minutes, a food allergy reaction sends someone to the emergency room¹



Food Allergies Overview

- The Big 8 Allergens
 - Wheat
 - Fish
 - Milk
 - Eggs
 - Peanuts
 - Soy
 - Tree Nuts
 - Shellfish / Fish
- How to Eliminate Possibilities of Cross Contact
- Resources for Training
- Recognizing and Responding to Allergic Reactions

FOOD ALLERGENS THE BIG-8



1

Wheat Allergy



- Affects up to 1% of children in the US¹
- Celiac Disease (CD)
 - Allergy to Gluten
 - Protein found in Wheat, Barley, and Rye
 - CD affects about 0.5 - 1% of the population²
- Substitutions³
 - Rice or Corn Cereals
 - Corn Flour Tortillas
 - Products made from gluten free flours (corn, potato, rice, bean (pea or lentil), nut (almond))
 - Quinoa
 - Wheat-Free/Gluten Free Products

Wheat Allergy



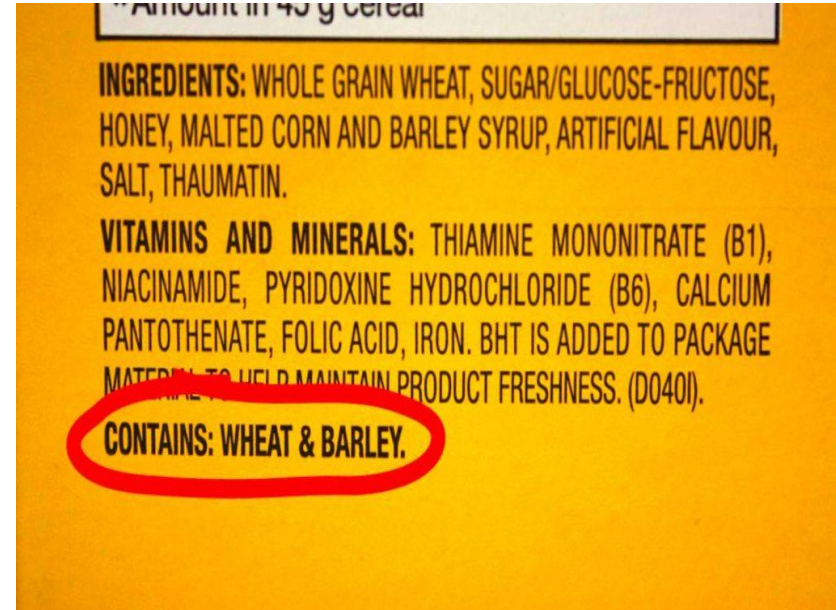
- Food Sources¹
 - White or Whole Wheat Bread
 - Pasta, orzo
 - Baked Goods
 - Cereals
 - Crackers
 - Pizza Dough
 - Flour based baking sprays
 - Processed Meats
(Hamburger patties, meatballs)



Wheat Allergy



- On the Label¹
 - Wheat
 - Bran
 - Bread Crumbs
 - Bulgur, Farina
 - Cereal Extract
 - All purpose flour
 - Hydrolyzed vegetable protein
 - Malt / Malt extract
 - Graham flour (Graham crackers)
 - Semolina (pasta)



2

Milk Allergy

- Most Common Allergen in Infants and Young Children¹
 - Varies between 0.25% - 4.9% of the population⁴



- Substitutions⁵
 - Butter → Dairy Free Margarine
 - Yogurt, Sour Cream, Cheese, Cream Cheese → Soy based, Coconut based, Oat based and Pea based versions
 - Milk → Soy based, Coconut based, Rice Based, Nut based, Oat based versions

Milk Allergy



- Food Sources¹

- MILK (All Forms)
- Butter
- Buttermilk
- Cheese
- Cream
- Sour Cream
- Custard / Pudding
- Ice Cream
- Half and Half
- Yogurt



Milk Allergy



- On the Label¹
 - Contains Milk
 - Casein
 - Whey
 - Lactose
 - Lactulose
 - Lactoferrin

MADE WITH SMILES AND ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), CANOLA AND/OR SUNFLOWER OILS, CONTAINS 2 PERCENT OR LESS OF: SALT, YEAST, SUGAR, AUTOLYZED YEAST, BAKING SODA, MONOCALCIUM PHOSPHATE, PAPRIKA, SPICES, CELERY, ONION POWDER.

CONTAINS: WHEAT, MILK.

910008005311

8547-8-14E

Partially Produced with Genetic Engineering

3

Peanut Allergy



- Affect up to 2% of Children ¹
 - 40% of Children that have a Tree Nut Allergy also have a Peanut Allergy ¹
- Substitutions ⁵
 - Almond Butter
 - Pumpkin Seeds
 - Sunflower Seeds
 - Chickpeas
 - Sunflower Butter
 - Soy Butter

Peanut Allergy



- Food Sources ¹
 - Peanut Butter
 - Mixed Nuts
 - Artificial Nuts
 - Ground Nuts



Peanut Allergy



- On the Label¹
 - Contains Nuts or Contains Peanuts
 - Arachis Oil/Peanut Oil
 - Lupin
 - Peanut Flour
 - Peanut Protein



Facts	
Serv Size 2 Tbsp (32g)	
Servings about 14	
Calories 180	
Fat Cal 140	
Total Fat 15g	23%
Sat Fat 2.5g	13%
Trans Fat 0g	
Polyunsat Fat 4.5g	
Monounsat Fat 7g	
Cholest 0mg	0%
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Vitamin A 0%	Vitamin C 0%

INGREDIENTS: ROASTED PEANUTS, SUGAR, HYDROGENATED PEANUT OIL (RAPESEED, COTTONSEED, AND SOYBEAN OILS), SALT

CONTAINS: PEANUTS.

DISTRIBUTED BY:
KRAFT FOODS GLOBAL, INC.
NORTHFIELD, IL 60093-2753 USA

4

Tree Nut Allergy

- 2% of Children are Allergic to Tree Nuts¹
- 50% of Children that are Allergic are Allergic to Another Tree Nut¹

- Substitutions⁷
 - Nuts → Seeds
 - Nuts → Beans
 - Nuts → Pretzels



Tree Nut Allergy

- Food Sources¹
 - Almond
 - Artificial Nuts
 - Beechnut
 - Brazil Nut
 - Cashew
 - Chestnut
 - Hazelnuts
 - Macadamia
 - Pecans
 - Pistachios
 - Walnuts



Tree Nut Allergy

- On the label¹
 - May contain peanuts or tree nuts
 - Nut Distillates
 - Nut Oils
 - Nut Pastes

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (125 mL)	
pour 1/2 tasse (125 mL)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 120	
Fat / Lipides 3.5 g	5 %
Saturated / saturés 2 g	11 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol 10 mg	
Sodium / Sodium 40 mg	2 %
Carbohydrate / Glucides 20 g	7 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 14 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	0 %

INGREDIENTS: LIGHT ICE CREAM:
MODIFIED MILK INGREDIENTS,
FRESH CREAM, SUGAR, GLUCOSE,
PURE GROUND VANILLA BEANS,
NATURAL FLAVOUR, MONO AND
DIGLYCERIDES, GUAR GUM, CAROB
BEAN GUM, CARRAGEENAN,
NATURAL COLOUR.

CONTAINS MILK.
**MAY CONTAIN PEANUTS AND
TREE NUTS.**

**INGRÉDIENTS : CRÈME GLACÉE
LÉGÈRE :** SUBSTANCES LAITIÈRES
MODIFIÉES, CRÈME FRAÎCHE,
SUCRE, GLUCOSE, GOUSSES DE
VANILLE PURE MOULUES, ARÔME
NATUREL, MONO ET DIGLYCÉRIDES,
GOMME DE GUAR, GOMME DE
CAROUBE, CARRAGHÉNINE,
COLORANT NATUREL.

CONTIENT DU LAIT.
**PEUT CONTENIR DES ARACHIDES
ET DES FRUITS À COQUE.**

5

Soy Allergy

- 0.6% of all U.S. adults have a soy allergy⁸
- Substitutes
 - Soy sauce: balsamic vinegar, olive brine, soy-free miso¹¹
 - Miso: non-soy variations made from beans and rice
 - Soy milk: plant-based milks like cashew milk, oat milk, almond milk, rice milk, pea milk
 - Soy protein meat alternatives: seitan, legumes¹²



Soy Allergy

- In our diet:
 - Edamame, Tofu
 - Soymilk
 - Tempeh, Miso
 - Soy sauce (includes teriyaki, tamari, & shoyu sauces)
 - Soy flour
 - Meat alternatives that contain soy protein
 - Soy nuts
 - Soybean oil
 - Margarine⁹



Soy Allergy

- On the food label:
 - Hydrolyzed soy protein
 - Natto
 - Textured vegetable protein (TVP)¹⁰



6

Fish Allergy

- 0.9% of all U.S. adults have a fish allergy⁸
- Substitutes¹
 - Fish-based sauce: soy sauce, Tabasco sauce



Fish Allergy

Food Sources:¹

- Fish sticks
- Caesar salad dressing, bouillabaisse, anchovy sauce
- Worcestershire sauce
- Caponata
- All fish, including:
 - Bass, catfish, cod
 - Flounder, grouper, haddock
 - Hake, halibut, herring
 - Mahi mahi, perch, pike
 - Pollock, salmon, snapper
 - Swordfish, tilapia, trout, tuna



Fish Allergy

- On the food label:¹
 - Fish flavoring
 - Fish gelatin
 - Fish oil



7

Shellfish Allergy

- 2.9% of all U.S. adults have a shellfish allergy⁸
- Substitutions
 - Replace shellfish in dishes with fin fish



Shellfish Allergy

- Food Sources:¹
 - Barnacle, crab, crawfish, krill, lobster, shrimp, prawns
 - May need to avoid: mollusks, including clams, mussels, octopus, oysters, scallops, snails, squid
 - Shellfish may be found in Bouillabaisse, fish stock, crab or clam extract in seafood flavorings, fish sauce



Shellfish Allergy

- On the Label:¹
 - Contains Shellfish
 - Crab, shrimp, lobster

INGREDIENTS: OYSTERS, SUNFLOWER OIL, SALT
CONTAINS: SHELLFISH (OYSTERS)
DISTRIBUTED BY: KAWASHO FOODS USA INC. NEW YORK, NY 10006
www.geishabrand.com FARM RAISED PRODUCT OF CHINA

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 11g	14%	Total Carb. 5g	2%
Sat. Fat 2.5g	13%	Dietary Fiber 0g	0%	
<i>Trans</i> Fat 0g		Total Sugars 0g		
Cholesterol 50mg	17%	Incl. 0g Added Sugars	0%	
Sodium 220mg	10%	Protein 20g		
Vitamin D 0% • Calcium 2% • Iron 30% • Potassium 2%				

Serving size
1 can (85g drained)

Calories 200
per serving

CAUTION: IN SPITE OF CAREFUL INSPECTION PROCEDURES, OCCASIONALLY SHELL FRAGMENTS MAY BE PRESENT.

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

BEST BY:



Egg Allergy



- 0.8% of U.S. adults have an egg allergy⁸
- Substitutions
 - In baking, eggs can be replaced by applesauce, mashed banana, yogurt or buttermilk, and soy lecithin¹³
 - Egg substitutes in grocery stores are designed for cholesterol monitoring, not those with egg allergies. They often still contain egg and should not be used.¹⁴

Egg Allergy

- Food Sources:¹
 - Eggs, egg white, eggnog, mayonnaise, meringue
 - Baked goods, breakfast foods (French Toast, Waffles)
 - Breads
 - Cake frosting
 - Chips, crackers, pretzels
 - Hollandaise sauce, salad dressings
 - Ice cream, custard, sorbet
 - Lecithin
 - Marzipan, marshmallows, nougat
 - Pasta, souffle, tortillas
 - Quiche
 - Tartar Sauce



Egg Allergy

- On the food label:¹
 - Albumin
 - Apovitellin
 - Avidin globulin
 - Lysozyme
 - Ovalbumin, ovomucoid, ovomucin, ovovitellin
 - Surimi
 - Vitellin

Kellogg's® Eggo® Waffles Cinnamon Toast

Nutrition Facts		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Serving Size 3 (Sets of 4) Waffles (92g)		Calories	2,000 2,500
Amount Per Serving		Total Fat	Less than 65g 80g
Calories 300 Calories from Fat 100		Sat. Fat	Less than 20g 25g
% Daily Value*		Cholesterol	Less than 300mg 300mg
Total Fat 11g	17%	Sodium	Less than 2,400mg 2,400mg
Saturated Fat 3g	15%	Potassium	3,500mg 3,500mg
<i>Trans Fat</i> 0g		Total Carbohydrate	300g 375g
Cholesterol 10mg	3%	Dietary Fiber	25g 30g
Sodium 480mg	20%	Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B ₁ [thiamin mononitrate], vitamin B ₂ [riboflavin], folic acid), water, sugar, vegetable oil (soybean, palm, and/or canola oil), eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), cinnamon, salt, whey, soy lecithin, yellow 5, yellow 6.	
Potassium 65mg	2%	Vitamins and Minerals: Calcium carbonate, vitamin A palmitate, reduced iron, niacinamide, vitamin B ₁₂ , vitamin B ₆ (pyridoxine hydrochloride), vitamin B ₁ (thiamin hydrochloride), vitamin B ₂ (riboflavin).	
Total Carbohydrate 46g	15%	CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.	
Dietary Fiber 1g	5%		
Sugars 17g			
Protein 5g			
Vitamin A 30%	• Vitamin C 0%		
Calcium 25%	• Iron 35%		
Thiamin 30%	• Riboflavin 30%		
Niacin 30%	• Vitamin B ₆ 30%		
Folic Acid 15%	• Vitamin B ₁₂ 30%		
Phosphorus 25%			

NLI#09133

How to Prevent Cross Contact of Food Allergens

- Use separate storage areas for allergen foods and allergen-free foods¹⁵
 - Use color coding or tagging to label containers as containing allergen or allergen-free foods
- Wash hands with warm soapy water before handling allergen-free foods or equipment¹⁶
 - **Hand sanitizer gel is not sufficient to remove allergens**

ALLERGEN ALERT

This item contains the following Allergens:

<input type="checkbox"/> Eggs	<input type="checkbox"/> Cereals containing Gluten
<input type="checkbox"/> Fish	<input type="checkbox"/> Celery and Celeriac
<input type="checkbox"/> Lupin	<input type="checkbox"/> Sulphur Dioxide (preservative found in some dried fruit)
<input type="checkbox"/> Milk	<input type="checkbox"/> Crustaceans (i.e: prawns, crab lobster, crayfish)
<input type="checkbox"/> Mustard	<input type="checkbox"/> Molluscs (i.e: clams, snails, mussels, whelks, oysters, squid)
<input type="checkbox"/> Peanuts	<input type="checkbox"/> Other _____
<input type="checkbox"/> Sesame	
<input type="checkbox"/> Soya	
<input type="checkbox"/> Tree Nuts	

REMOVABLE

How to Prevent Cross Contact of Food Allergens



- Dedicate a separate preparation area with separate equipment, including employee gloves or aprons, utensils, cutting boards, and other tools to handle allergen-free foods¹⁵
 - The color purple is often used to mark allergen-free equipment
 - Using the same oil for frying can cross contaminate foods (shellfish fried in oil, then frying chicken tenders)
 - Use separate equipment for allergies such as toasters and a wheat or gluten allergy
 - Clean equipment with warm soapy water after use and store separate from other equipment
- Prepare and serve allergen guests first¹⁷



Allergen Training Programs



- **Allertrain** offers a variety allergen training courses that address allergen-containing foods, protocol for preparation, and how to avoid cross contact¹⁸
- <https://www.allertrain.com/allertrain/allertrain-u>
- **ServSafe Allergens Training** course includes information about proper cleaning methods, recognizing allergy symptoms, and how to handle food allergies in front of the house and back of the house operations¹⁹
- <https://www.servsafe.com/allergens/the-course>

Allergen Training Programs



- **FARE Training** provides access to training and resources that help make the world a safer and more inclusive place for those managing food allergies²⁰
- <https://www.foodallergy.org/our-initiatives/education-programs-training/fare-training>
- **360 Training** ANSI accredited food allergy course covers the top 8 allergens²¹
- <https://www.360training.com/course/ansi-accredited-food-allergy-training>

Handling an Allergic Reaction

1. Recognize Signs & Symptoms of an Allergic Reaction
 - a. Swollen Lips, Tongue, or Eyes, Rash/Hives, Trouble Breathing, Fainting, Dizziness, or Confusion
2. Have a care plan in place
 - a. Each student should have an individualized care plan that gets activated upon recognition of symptoms
 - b. Call the School Nurse - the student should not be sent to the school nurse alone
3. Anaphylaxis?
 - a. Be ready and trained to administer an epipen
 - b. Call 911 - All students that receive an epipen injection should be seen and monitored in an emergency care setting.²²



Anyone wanna give it a shot? What allergens are present in this meal choice?

Lunch

Spaghetti w/ Meat Sauce &
Garlic Breadstick

or

Crispy Fish Sticks w/ Roll

Steamed Green Beans
Garden Salad w/ Tomatoes
Cool Tropics Slush
Assorted Fresh Fruit

- Wheat Allergy: Spaghetti Pasta, Breadstick, and Roll
- Fish Allergy: Crispy Fish Sticks
- Check labels/ingredients for hidden allergens!



Special Diets



Special Diets

- Diets
 - Religious (Kosher and Halal)
 - Low FODMAP
 - Vegan and Vegetarian
 - Gluten Free - Celiac
 - Gluten Free, Casein Free
 - Diabetes
- Discuss
 - Background and cause
 - What to include and avoid
 - How to accommodate in a school setting

TRUE OR FALSE?

The Kosher diet avoids the consumption of pork, but Halal does not.



Religious Dietary Practices: Kosher

- Kosher foods are based on what the Jewish dietary law allow
- The Jewish law, Halakha, decides which foods may be consumed (to be considered kosher)
- Some people may only follow certain rules



Kosher: What's Allowed

- Mammals (split hooves and chews cud)
 - Cows, sheep, goats and deer
- Fowl
 - Chicken, ducks, geese, & turkeys
- Fish and seafood **only** if it has fins and scales
 - Salmon, tuna, pike, flounder, carp and herring

Kosher: What's Not Allowed

- Mammals:
 - Pigs, rabbits, squirrels, bears, camels and horses
- Reptiles, amphibians, worms and insects
- Fish and seafoods:
 - Catfish, sturgeon, swordfish, lobster, shellfish, crabs and all water mammals (whales, dolphin)



Religious Dietary Practices: Halal

- Pew Research Center - approximately 3.4 million people of all ages observing Islamic faith in the U.S (2017)⁷
- Islamic dietary laws defined in the Quran
- Look for Halal symbols on packaged products & meats



Halal: What's Allowed⁶

- Certified Halal meat and deli meat, poultry, seafood, nuts, eggs, legumes, soy
- Grains (free of alcohol/gelatin/animal fat)
- All fruits and vegetables
- Dairy (milk, yogurt, cheese, and ice cream made with bacterial culture without animal rennet)



Halal: What's Not Allowed

- Pork and all pork products, non-certified poultry or beef, products prepared with alcohol or animal fats
- Dairy (cheese, yogurt and ice cream) made with animal rennet, vanilla extract, gelatine, pepsin, or lipase
- Fruit/vegetable dishes containing alcohol, gelatin, animal fat
- Grains containing alcohol, animal fat, gelatin





What's Not Appropriate for Kosher & Halal?

Monday, October 3	Tuesday, October 4	Wednesday, October 5	Thursday, October 6	Friday, October 7
<p><u>Breakfast</u> Asst. Bread Slices Fruit & Juice Variety</p>	<p><u>Breakfast</u> Breakfast Bar Fruit & Juice Variety</p>	<p><u>Breakfast</u> Blue Jay Breakfast Sandwich Fruit & Juice Variety</p>	<p><u>Breakfast</u> Pigglestick Fruit & Juice Variety</p>	<p><u>Breakfast</u> Asst. Muffins Fruit & Juice Variety</p>
<p><u>Lunch</u> Classic Chicken Wings w/ Roll or Fish Nuggets w/ Roll Steamed Mixed Vegetables Cucumber Cup Cool Pears Assorted Fresh Fruit</p>	<p><u>Lunch</u> Walking Taco or Chicken Fajita Wrap Chipotle Bean Salad Shredded Lettuce & Tomato Cool Pears Assorted Fresh Fruit NATIONAL TACO DAY</p>	<p><u>Lunch</u> Papa John's Pizza or Mandarin Orange Chicken w/ Rice Steamed Broccoli Cucumber Cup Frozen Fruit Cup Assorted Fresh Fruit</p>	<p><u>Lunch</u> French Toast Sticks w/ Sausage or Breakfast Pizza Crunchy Tator Tots Baby Carrots Chilled Orange Juice Assorted Fresh Fruit</p>	<p><u>Lunch</u> Nashville Hot Chicken w/ Roll or Italian Sub Potato Smiles Celery Cup Appleslices Assorted Fresh Fruit WORLD SMILE DAY</p>

Accommodations in School Setting

- Knowing the student population. Collect with student demographics
- Check the product's label or packaging to see if it is Halal certified
 - Keep in mind what is and is not Kosher!
- Having food items and products available that are allowed/Halal certified
- Some vegetarian/vegan options may be intended to accommodate.
 - Avoid cross-contamination!
- OVS (offer vs. serve)





ANYONE WANT TO
GIVE IT A SHOT?

FODMAP stands for:

F

O

D

M

A

P



Low FODMAP

- Fermentable oligosaccharides, disaccharides, monosaccharides and polyols. Say what?

These short-chain carbohydrates (sugars) absorb poorly in the small intestine.⁴

- Designed to help people with irritable bowel syndrome (IBS)
- Most frequently prescribed food plan to help relieve IBS symptoms (gas, bloating, abdominal pain, altered BMs)
- Short-term diet in 3 phases

High FODMAP Foods: What To Avoid³

- **Fruits (excess fructose and/or sorbitol):**
apples, pears, mangos, cherries, figs, watermelon, dried fruit, blackberries, plums, peaches
- **Vegetables (fructans and/or mannitol):**
artichoke, garlic, leek, all types of onion, mushrooms, cauliflower, snow peas
- **Grains/cereals (fructans):**
rye bread, muesli containing wheat, wheat products (wheat pasta, bread, crackers)
- **Legumes (galacto-oligosaccharides):** most legumes, particularly red kidney beans, split peas, baked beans, chickpeas/falafel
- **Nuts/seeds (fructans and galacto-oligosaccharides):**
pistachios and cashews

High FODMAP Foods: What To Avoid³

- **Meats:** processed and/or marinated due common ingredients (garlic, onion)
- **Dairy products/alternatives (lactose):** soft cheeses, milk, yogurt, custard, ice cream, sweetened condensed milk and Soy milk from whole soybeans
- **Sweeteners (fructose and sugar polyols such as sorbitol, xylitol, erythritol):** honey, high fructose corn syrup (HFCS) in juice/candy
- **Condiments** that may contain garlic and/or onions (marinades, sauces)

Low FODMAP Foods: What To Include³

- **Fruits:** cantaloupe, kiwis, oranges, pineapples
- **Vegetables:** eggplant, green beans, bok choy, carrots, green bell peppers, lettuce, potatoes, zucchini, cucumbers
- **Dairy products/alternatives:** almond milk, hard cheeses, few soft cheeses (feta, brie), lactose-free milk, soy milk (made from soy protein)
- **Nuts/seeds:** macadamias, peanuts, pumpkin seeds/pepitas, walnuts
- **Meat/protein:** eggs, firm tofu, plain cooked meats/seafood/poultry, tempeh

Low FODMAP Foods: What to Include³

- **Grains/cereals:** corn flakes, oats, quinoa/rice (brown, wild) or corn pasta, rice cakes, sourdough spelt bread, wheat/rye/barley free breads
- **Sweeteners:** dark chocolate, maple syrup
- **Condiments:** mayonnaise, soy sauce, BBQ sauce, chutney

What's Not Appropriate on a Low FODMAP Diet?

Monday, October 3	Tuesday, October 4	Wednesday, October 5	Thursday, October 6	Friday, October 7
<p>Breakfast Asst. Bread Slices Fruit & Juice Variety</p>	<p>Breakfast Breakfast Bar Fruit & Juice Variety</p>	<p>Breakfast Blue Jay Breakfast Sandwich Fruit & Juice Variety</p>	<p>Breakfast Pigglestick Fruit & Juice Variety</p>	<p>Breakfast Asst. Muffins Fruit & Juice Variety</p>
<p>Lunch Classic Chicken Wings w/ Roll or Fish Nuggets w/ Roll Steamed Mixed Vegetables Cucumber Cup Cool Pears Assorted Fresh Fruit</p>	<p>Lunch Walking Taco or Chicken Fajita Wrap Chipotle Bean Salad Shredded Lettuce & Tomato Cool Pears Assorted Fresh Fruit</p> <p>NATIONAL TACO DAY</p>	<p>Lunch Papa John's Pizza or Mandarin Orange Chicken w/ Rice Steamed Broccoli Cucumber Cup Frozen Fruit Cup Assorted Fresh Fruit</p>	<p>Lunch French Toast Sticks w/ Sausage or Breakfast Pizza Crunchy Tator Tots Baby Carrots Chilled Orange Juice Assorted Fresh Fruit</p>	<p>Lunch Nashville Hot Chicken w/ Roll or Italian Sub Potato Smiles Celery Cup Appleslices Assorted Fresh Fruit</p> <p>WORLD SMILE DAY</p>

Accommodations in School Setting

- Offering low FODMAP choices:
 - Fruits/100% fruit juices (cantaloupe, kiwis, oranges, pineapples)
 - Vegetables (eggplant, green beans, bok choy, carrots, green bell peppers, lettuce, potatoes, zucchini, cucumbers)
 - Soymilk (made from soy protein)
 - Meat/meatless protein sources without seasonings/marinades, no heavy processing

Able to combine dietary restrictions and make one dish appropriate for all...

Example - quinoa pasta with freshly made tomato basil sauce and a side of buttered green beans. This meal would be appropriate for those practicing a vegetarian, GF, Halal, and/or low FODMAP diet.



ACCEPTABLE?

This breakfast option is appropriate on a vegan diet. T or F?



Vegetarian / Vegan

What's the Difference?

Vegan

- No animal products
(dairy, eggs, meat, seafood/fish, honey, by-products of slaughter, i.e. gelatin/stock/fat)
- Anything that comes from an animal is avoided



Vegetarian / Vegan

What's the Difference?

Vegetarian

- No meat consumption (poultry, beef, pork, seafood, and by-products of animal slaughter, i.e. gelatin/stock/fat)
- May branch into less restrictive diets (ovo, lacto, lacto-ovo, pescatarian, flexitarian)



Vegetarian / Vegan: Read the Label

- Label reading is essential, especially with vegetarian/vegan diets
- Meat, meat by-products, milk, and eggs tend to be hidden in a lot of unexpected items
- Such as: condiments, sauces, ready-to-eat prepared dishes



Vegetarian/Vegan: What to Include?

Vegan

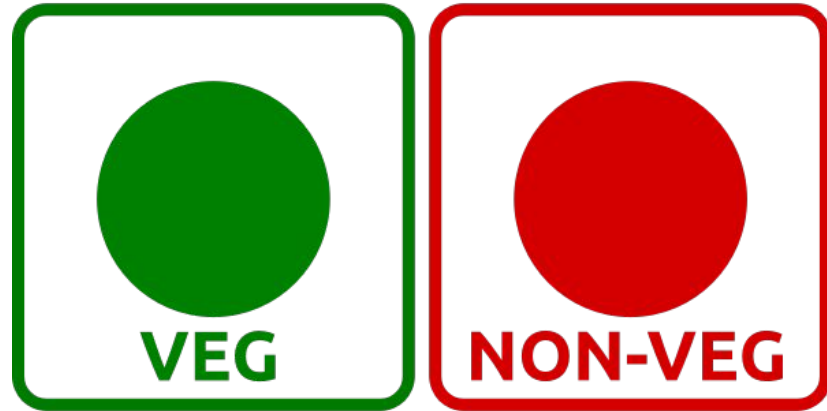
- Abundance of fruits and vegetables + appropriately fruit/veg prepared dishes (no animal fat/stock)
- Grains (pasta, rice, bread)
- Nuts and seeds
- Legumes (beans, lentils, and peas)

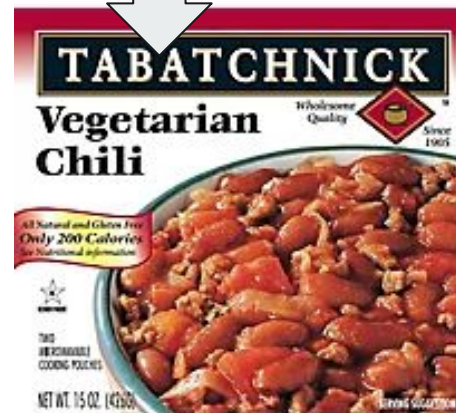


Vegetarian/Vegan: What to Include

Vegetarian

- Depends on the type of vegetarian!
- Abundance of fruits and vegetables
+ appropriately prepared fruit/veg dishes (no animal fat/stock)
- Grains (pasta, rice, bread)
- Nuts and seeds
- Legumes (beans, lentils, and peas)





What's Not Appropriate on a Vegetarian Diet?

Monday, October 3	Tuesday, October 4	Wednesday, October 5	Thursday, October 6	Friday, October 7
<p>Breakfast Asst. Bread Slices Fruit & Juice Variety</p>	<p>Breakfast Breakfast Bar Fruit & Juice Variety</p>	<p>Breakfast Blue Jay Breakfast Sandwich Fruit & Juice Variety</p>	<p>Breakfast Pigglestick Fruit & Juice Variety</p>	<p>Breakfast Asst. Muffins Fruit & Juice Variety</p>
<p>Lunch Classic Chicken Wings w/ Roll or Fish Nuggets w/ Roll Steamed Mixed Vegetables Cucumber Cup Cool Pears Assorted Fresh Fruit</p>	<p>Lunch Walking Taco or Chicken Fajita Wrap Chipotle Bean Salad Shredded Lettuce & Tomato Cool Pears Assorted Fresh Fruit NATIONAL TACO DAY</p>	<p>Lunch Papa John's Pizza or Mandarin Orange Chicken w/ Rice Steamed Broccoli Cucumber Cup Frozen Fruit Cup Assorted Fresh Fruit</p>	<p>Lunch French Toast Sticks w/ Sausage or Breakfast Pizza Crunchy Tator Tots Baby Carrots Chilled Orange Juice Assorted Fresh Fruit</p>	<p>Lunch Nashville Hot Chicken w/ Roll or Italian Sub Potato Smiles Celery Cup Appleslices Assorted Fresh Fruit WORLD SMILE DAY</p>

What's Not Appropriate on a Vegan Diet?

Monday, October 3	Tuesday, October 4	Wednesday, October 5	Thursday, October 6	Friday, October 7
Breakfast Asst. Bread Slices Fruit & Juice Variety	Breakfast Breakfast Bar Fruit & Juice Variety	Breakfast Blue Jay Breakfast Sandwich Fruit & Juice Variety	Breakfast Piggletstick Fruit & Juice Variety	Breakfast Asst. Muffins Fruit & Juice Variety
Lunch Classic Chicken Wings w/ Roll or Fish Nuggets w/ Roll Steamed Mixed Vegetables Cucumber Cup Cool Pears Assorted Fresh Fruit	Lunch Walking Taco or Chicken Fajita Wrap Chipotle Bean Salad Shredded Lettuce & Tomato Cool Pears Assorted Fresh Fruit NATIONAL TACO DAY	Lunch Papa John's Pizza or Mandarin Orange Chicken w/ Rice Steamed Broccoli Cucumber Cup Frozen Fruit Cup Assorted Fresh Fruit	Lunch French Toast Sticks w/ Sausage or Breakfast Pizza Crunchy Tator Tots Baby Carrots Chilled Orange Juice Assorted Fresh Fruit	Lunch Nashville Hot Chicken w/ Roll or Italian Sub Potato Smiles Celery Cup Appleslices Assorted Fresh Fruit WORLD SMILE DAY

Accommodations in School Setting

- Knowing the student population. A questionnaire or survey, collecting student demographics
- Offering a daily vegetarian/vegan entree (Meatless Mondays)
- Alterations of recipes
- OVS (offer vs. serve)



Meat Alternatives: OVS¹

- Cheese (1 oz equivalent)
- Yogurt ($\frac{1}{2}$ c = 1 oz equivalent)
- Soy yogurt ($\frac{1}{2}$ c = 4 oz equivalent)
- Canned beans/legumes ($\frac{1}{4}$ c cooked = 1 oz equivalent)
- Whole eggs (1 large egg = 2oz)
- Tofu (1 oz equivalent)
- Tempeh (1 oz equivalent)
- Peanut butter or other nut or seed butters
(2 - 3 tbsp = 1 - 1 $\frac{1}{2}$ oz equivalent)
- Nuts and seeds (2 tbsp = 1 oz equivalent)



Required Food Component	Daily Minimum Requirements for Each Grade Level			
	K-5	6-8	K-8	9-12
Vegetables	¾ cup	¾ cup	¾ cup	1 cup
Fruits	½ cup	½ cup	½ cup	1 cup
Grains	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Meats/Meat Alternates	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Fluid Milk*	1 cup	1 cup	1 cup	1 cup

OVS is required for lunches served in high schools, but is optional in middle and elementary schools.

OVS is not required for meals offered as part of field trips or for any other meals served away from the school campus.²



TREATMENT FOR CELIAC DISEASE

Fill in the blank

A _____ is the only possible treatment for Celiac disease.

Gluten Free (Celiac Diet)⁸



- Eating gluten causes a reaction that leads to damage in the small intestine for people with celiac disease
- The lining of the small intestine becomes damaged and prevents it from absorbing important nutrients of foods

What to Avoid

"BROW"

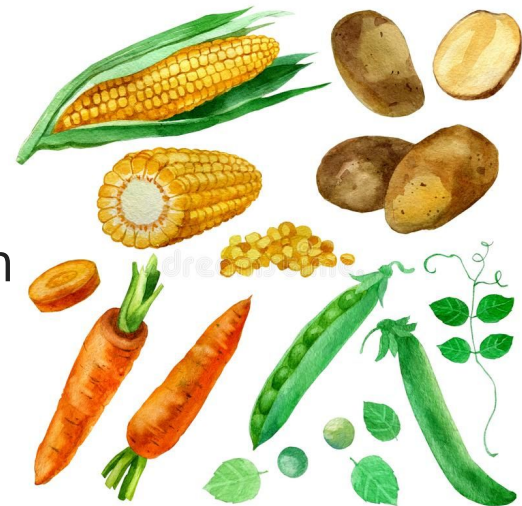
- **B**arely
- **R**ye
- **O**ats
- **W**heat



- Oats are usually gluten free, but are excluded from diet because usually contaminated
- Varieties of wheat
 - Durum, einkorn, emmer, kamut, spelt

Safe Foods to Eat

- Allowed starches are **Corn, Potatoes, and Rice**
 - Acronym: **CPR**
 - Other grains, starches and flours included: amaranth, buckwheat, flax, millet, quinoa, sorghum, soy, tapioca, teff
- Example of gluten free flours:
 - Rice, soy, corn, potato, bean
- Naturally gluten free foods:
 - Fruits and vegetables
 - Eggs, non processed poultry, meat and fish
 - Most low-fat dairy products
 - Beans, seeds, legumes, nuts ¹⁰

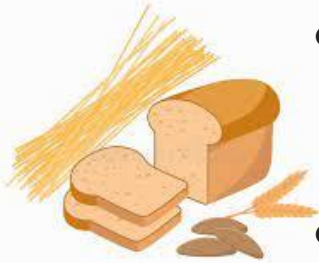


How to Accommodate in School⁹

1. Have gluten-free options for foods such as bread, pasta, pizza and breaded foods
2. Be aware of cross-contamination while preparing and serving
3. Read nutrition labels on processed foods, powdered mixes, seasoning and snacks
4. Be willing to talk with students about their diet



Gluten free - Casein free¹²



- This diet is used for children with Autism Spectrum Disorder (ASD)
- People who propose this diet believe autism can cause a “leaky gut”, which would allow gluten and casein into the bloodstream. This could lead to autism or intensify the symptoms
- Scientific research has not proven this is true and does not support the use of these diets
- ASD can affect people’s eating habits and food choices because they often repeat behaviors or have restricted interests.



What to Avoid and Include¹¹

Avoid

- Casein
 - Milks, butters, cheeses, ice-cream, pudding, yogurt, cream cheese, sour cream
- Gluten
 - Barely, rye, oats, wheat

Include

- Chicken, fish, meat
- Fruits and vegetables
- Potatoes, rice
- Cereal and pasta that is labeled "gluten-free"



What to Substitute¹¹

Substitutes

- Milk substitutes:
 - Almond milk, rice milk, soy milk
- Butter substitutes:
(1 cup of margarine or butter is equal to $\frac{3}{4}$ c of):
 - Canola oil
 - Coconut oil
 - Olive oil
 - Safflower oil
 - Sunflower oil



How to Accommodate at School

Similar to gluten-free for celiac disease:

1. Offer gluten and casein free foods
2. Provide menus and nutrition labels
3. Be aware of cross-contamination



Monday, October 17**Breakfast**

Asst. Bread Slices
Fruit & Juice Variety

Lunch

Crispy or Spicy Chicken Patty
or
Grilled Cheese w/ Tomato Soup
Sweet Potato Fries
Red & Green Pepper Cup
Chilled Applesauce
Assorted Fresh Fruit

Tuesday, October 18**Breakfast**

Breakfast Bar
Fruit & Juice Variety

Lunch

Shepherd's Pie w/ Biscuit
or
BBQ Rib Sandwich
Garden Peas
Cucumber Cup
Chilled Mixed Fruit
Assorted Fresh Fruit

Wednesday, October 19**Breakfast**

Blue Jay Breakfast Sandwich
Fruit & Juice Variety

Lunch

Papa John's Pizza
or
Max Sticks w/ Pizza Sauce
Broccoli Trees
Celery Cup
Frozen Fruit Cup
Assorted Fresh Fruit

Thursday, October 20**Breakfast**

Pigglegstick
Fruit & Juice Variety

Lunch

Walking Taco
or
Chicken Fajita Wrap
Chipotle Bean Salad
Zesty Salsa Cup
Lettuce & Tomato Cup
Cool Pears
Assorted Fresh Fruit

Friday, October 21**Breakfast**

Asst. Muffins
Fruit & Juice Variety

Lunch

Popcorn Chicken w/ Biscuit
or
Turkey & Cheese Wrap
Fluffy Mashed Potatoes
Celery Cup
Juicy Peaches
Assorted Fresh Fruit

Monday, October 24**Breakfast**

Applebites
Fruit & Juice Variety

Lunch

Classic Chicken Wings w/ Roll
or
Pulled Pork Sandwich
Glazed Carrot Coins
Cucumber Slices
Chilled Applesauce
Assorted Fresh Fruit

Tuesday, October 25**Breakfast**

Breakfast Bun
Fruit & Juice Variety

Lunch

Shrimp Poppers
w/ Mac & Cheese
or
Chicken Cheesesteak Sub
Steamed Green Beans
Baby Carrots
Frozen Fruit Cup
Assorted Fresh Fruit

Wednesday, October 26**Breakfast**

Chicken Biscuit
Fruit & Juice Variety

Lunch

Papa John's Pizza
or
Buffalo Chicken Pizza
Buttery Corn
Baby Carrots
Juicy Peaches
Assorted Fresh Fruit

Thursday, October 27**Breakfast**

Pigglegstick
Fruit & Juice Variety

Lunch

General Tso's Chicken
w/ Rice
or
Teriyaki Chicken w/ Rice
Steamed Broccoli
Bok Choy w/ Red Peppers
Pineapple Tidbits
Assorted Fresh Fruit

Friday, October 28**Breakfast**

Asst. Toasted Pastry
Fruit & Juice Variety

Lunch

Cheeseburger
or
Beef Hot Dog
Warm Baked Beans
Baby Carrots
Appleslices
Assorted Fresh Fruit

Does my child have diabetes?



On average, children diagnosed with Type 1 or Type 2 diabetes are 13-14 years old, but a diagnosis for Type 1 can be much earlier. Schedule an appointment with your child's pediatrician if they have any of the following symptoms:

- **Belly** (*abdominal*) **pain**
- **Blurry vision**
- **Cuts or bruises that heal slowly**
- **Extreme fatigue**
- **Feeling hungry despite eating**
- **Frequent urination** (*including bed wetting by potty-trained kids*)
- **Fruity smelling breath**
- **Increased thirst**
- **Irritability or behavior changes**
- **Nausea**
- **Tingling, pain or numbness in the hands or feet**
- **Very dry skin**
- **Weight loss without trying**



Did you know?

210,000 children and adolescents younger than age 20 year (or 25 per 10,000 US youths) have been diagnosed with diabetes.

This includes 187,000 with type 1 diabetes (National Diabetes Statistics Report CDC, 2020).

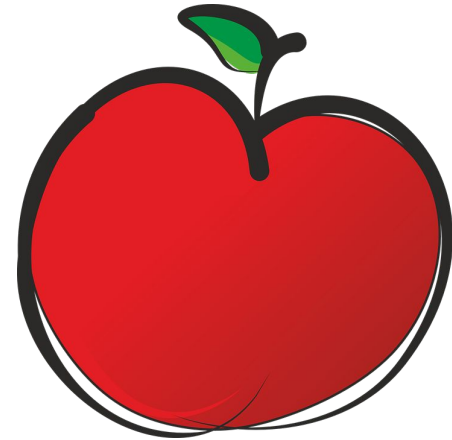
Diet for Diabetes¹³



- If someone has diabetes, it means their blood glucose (sugar) is too high, but can also drop low
- Glucose comes from the foods we eat and the hormone insulin is produced in the body to lower and maintain blood glucose
- Maintaining healthy blood glucose levels is important for managing diabetes

Carbohydrates¹⁴

- Carbohydrates are the body's preferred source of energy
- The Nutrition Facts Label lists the exact amount of grams
- The 3 types of carbs are:
starches, sugars, and dietary fiber
- 1 serving of carbohydrates is equal to 15 grams of carbohydrate



Diabetes Meal Planning Tips¹³

- People with diabetes need an individual meal plan, but understanding serving sizes in relation to amount of carbohydrates is important
- Keep a variety of foods from each food group everyday!
- Aim for half of the plate being vegetables and fruits
 - Try more non starchy vegetables like leafy greens and carrots
 - Choose whole fruit more than fruit juices
- Other suggestions
 - Avoid skipping meals
 - Limit distractions while eating
 - Watch portion sizes by reading nutrition labels

Foods to Include¹³

- Food examples:
 - Fruit and vegetables
 - Whole grains
 - Whole wheat, brown rice, barley, quinoa and oats
 - Protein
 - Lean meats, chicken, turkey, fish, eggs, nuts, beans, lentils, tofu
 - Non-fat or low-fat dairy products
 - Milk, yogurt, cheese



Foods to Limit¹³



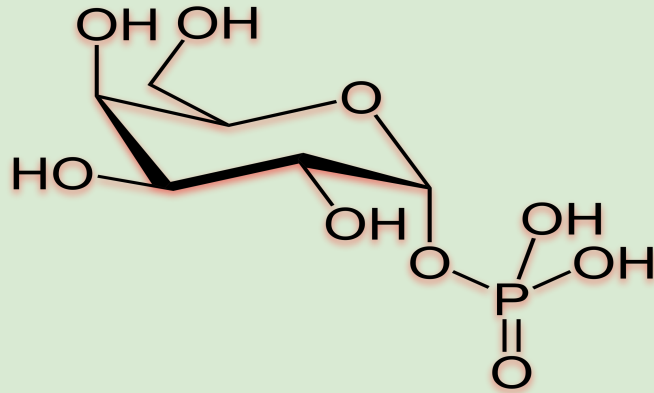
- Fat
 - Go for lean meats, poultry and fish
 - Instead of frying → bake, broil, roast, grill, boil or steam foods
 - Try low-fat or fat-free dairy products
 - Swap out some meats for lentils or tofu
- Salt
 - Instead of salt, try using more pepper, herbs and seasonings

How to Accommodate in School^{15,16}

1. Provide menus, recipes, and product labels
2. Have planned portion sizes for menu items
3. The student's parents and health care providers should communicate with the school nurse to determine which foods they can have and if any portion sizes need to be changed for them



Alpha Gal Syndrome



What is Alpha Gal Syndrome?



Objectives

- Etiology of Alpha-gal syndrome
- Signs and symptoms
- Food products to avoid
- Cross contamination

Alpha Gal Syndrome (AGS) ⁷



A food allergy of a sugar molecule (galactose-alpha-1,3-galactose) that is found in mammals and other mammal products

Lone Star Tick (*Amblyomma americanum*)



Etiology ⁷

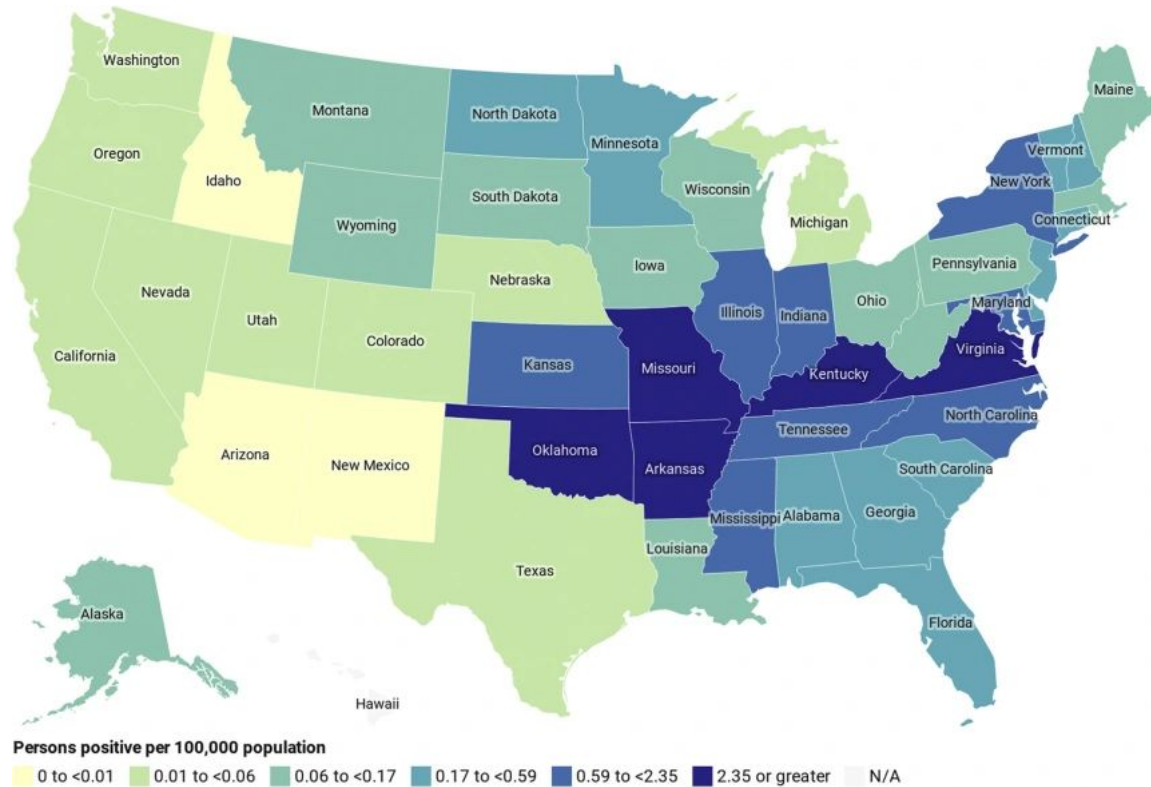
- Caused from the bite of a lone star tick
- Researchers believe they carry this molecule from the animals they typically bite like cows, lambs, sheep, etc. and inject it into humans⁷



Map of Lone Star Tick



Map of positive antibodies for Alpha Gal



This map shows the number of people per 100,000 population in each state testing positive for antibodies to alpha-gal.

Signs and Symptoms ²



- Hives or a rash
- Nausea or vomiting
- Diarrhea
- Heartburn
- Swelling of lips, throat, tongue or eye lids
- Coughing, shortness of breath

Signs and Symptoms ²

- Symptoms commonly appear ²
- 6 hours after eating meat or dairy products, or after exposure to products containing alpha-gal
- Reactions can be different from person-to-person, ranging from mild to severe or even life-threatening anaphylaxis

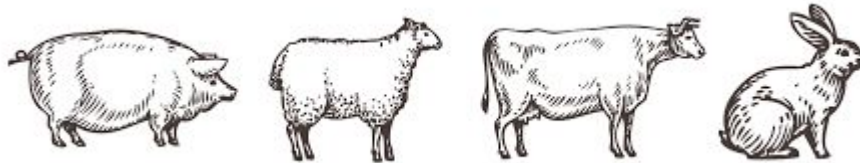


What foods can I not eat?



Foods and products to avoid ³

- Most healthcare providers recommend patients with AGS stop eating mammalian meat such as beef, pork, lamb, venison, rabbit, etc.
- Depending on sensitivity and severity of the allergic reaction, may also suggest to avoid other foods and ingredients which may contain alpha-gal such as cow's milk, milk-products, and gelatin



Foods and products to avoid ³

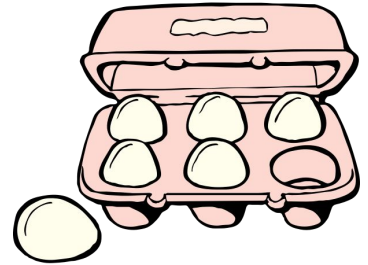
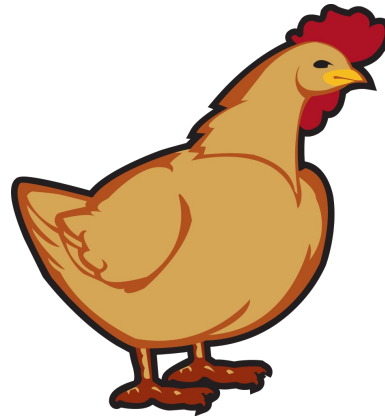
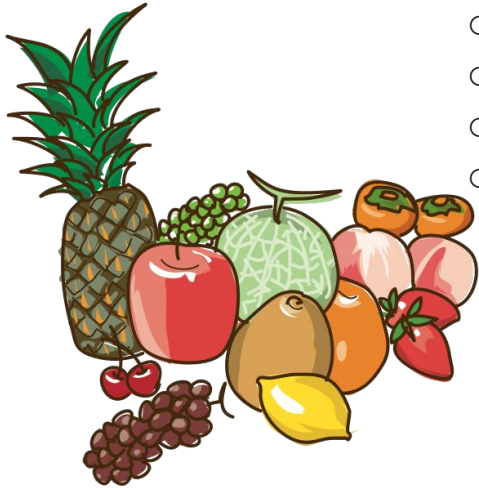
Some people with AGS may also be sensitive to alpha-gal found in:

- Gelatin made from beef or pork (hamburger, bacon, sausage)
- Products made from or cooked with mammalian fat (such as lard, tallow, or suet)
- Meat broth, bouillon, stock, and gravy



Foods that do NOT contain Alpha-gal ²

- Poultry, such as chicken, turkey, duck, or quail
- Eggs
- Fish and seafood, such as shrimp
- Fruits and vegetables
- Nuts and seeds
- Dairy alternatives (soy, almond based)



Reducing Cross-Contamination In schools

- Keep utensils used for beef or pork separated from this students meals
- Label kitchen equipment designated for these students with this allergy
- Avoid using wooden or plastic kitchen utensils
- Use a different sponge for kitchen ware that is hand washed
- Thoroughly clean kitchen equipment, surfaces, deli slicer, deep fryer etc. to minimize cross contamination

Monday, October 17

Breakfast

Asst. Bread Slices
Fruit & Juice Variety

Lunch

Crispy or Spicy Chicken Patty

or

Grilled Cheese w/ Tomato Soup

Sweet Potato Fries
Red & Green Pepper Cup
Chilled Applesauce
Assorted Fresh Fruit

Tuesday, October 18

Breakfast

Breakfast Bar
Fruit & Juice Variety

Lunch

Shepherd's Pie w/ Biscuit

or

BBQ Rib Sandwich

Garden Peas
Cucumber Cup
Chilled Mixed Fruit
Assorted Fresh Fruit

Wednesday, October 19

Breakfast

Blue Jay Breakfast Sandwich
Fruit & Juice Variety

Lunch

Papa John's Pizza

or

Max Sticks w/ Pizza Sauce

Broccoli Trees
Celery Cup
Frozen Fruit Cup
Assorted Fresh Fruit

Thursday, October 20

Breakfast

Piggletick
Fruit & Juice Variety

Lunch

Walking Taco

or

Chicken Fajita Wrap
Chipotle Bean Salad
Zesty Salsa Cup
Lettuce & Tomato Cup
Cool Pears
Assorted Fresh Fruit

Friday, October 21

Breakfast

Asst. Muffins
Fruit & Juice Variety

Lunch

Popcorn Chicken w/ Biscuit

or

Turkey **& Cheese Wrap**

Fluffy Mashed Potatoes
Celery Cup
Juicy Peaches
Assorted Fresh Fruit

Food Allergies Resources

1. Homepage. Foodallergy.org. Accessed October 10, 2022. <https://www.foodallergy.org/>
2. Isa HM, Farid E, Makhloq JJ, et al. Celiac disease in children: Increasing prevalence and changing clinical presentations. *Clin Exp Pediatr*. 2021;64(6):301-309. doi:10.3345/cep.2020.00304
3. Wheat Free Diet. Chla.org. Accessed October 10, 2022. <https://www.chla.org/sites/default/files/atoms/files/CHLA-Wheat-Free-Diet-2016.pdf>
4. Cow's milk allergy in children. Worldallergy.org. Accessed October 10, 2022. <https://www.worldallergy.org/education-and-programs/education/allergic-disease-resource-center/professionals/cows-milk-allergy-in-children>
5. Kids with food allergies. Kidswithfoodallergies.org. Accessed October 10, 2022. <https://www.kidswithfoodallergies.org/>
6. Peanut. Foodallergy.org. Accessed October 10, 2022. <https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens/peanut>
7. Tasty alternatives for common food allergies. Canopy Health. Published May 17, 2018. Accessed October 10, 2022. <https://www.canopyhealth.com/tasty-alternatives-for-common-food-allergies/>
8. Gupta MD MPH R, Warren CM, Smith BM. Prevalence and Severity of Food Allergies Among US Adults. *Jamanetwork.com*. doi:10.1001/jamanetworkopen.2018.5630
9. A Guide to Foods Rich in Soy. ucsfhealth.org. <https://www.ucsfhealth.org/education/a-guide-to-foods-rich-in-soy>. Published 2022. Accessed October 10, 2022.
10. Soy Allergy Diet. Hopkinsmedicine.org. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/soy-allergy-diet>. Published 2022. Accessed October 10, 2022.
11. Allergic to soy sauce? here are 5 alternatives to try. Food24. <https://www.food24.com/allergic-to-soy-here-are-5-alternatives-to-try/>. Published July 23, 2021. Accessed October 10, 2022.
12. Food substitutes for soy allergy: Sauce, oils and paste. WebMD. <https://www.webmd.com/allergies/food-substitutes-soy-allergy>. Accessed October 10, 2022.

Food Allergies Resources Continued

13. Person. 13 effective substitutes for eggs. Healthline. https://www.healthline.com/nutrition/egg-substitutes#TOC_TITLE_HDR_15. Published May 9, 2022. Accessed October 10, 2022.
14. Kids with food allergies. Egg Allergy? How to Substitute Egg in Recipes. <https://www.kidswithfoodallergies.org/egg-allergy-recipe-substitutions.aspx>. Accessed October 10, 2022.
15. Appendix 9: Allergen Cross-contact Prevention - Food and drug ... <https://www.fda.gov/media/129670/download>. Accessed October 10, 2022.
16. Food Allergy & Anaphylaxis: Cross-contact: Cross-contact. Food Allergy & Anaphylaxis | Cross-Contact | Cross-Contact. <https://www.foodallergyawareness.org/food-allergy-and-anaphylaxis/cross-contact/cross-contact/>. Accessed October 10, 2022.
17. Begun CR. Preventing cross-contact at home. EatRight. <https://www.eatright.org/homefoodsafety/four-steps/separate/preventing-cross-contact-at-home>. Accessed October 10, 2022.
18. Food allergy: Comprehensive Training for Food Service Professionals. AllerTrain. <https://www.allertrain.com/allertrain/allertrain-allertrain-u>. Published July 28, 2022. Accessed October 10, 2022.
19. ServSafe. <https://www.servsafe.com/ServSafe-Allergens/The-Course>. Accessed October 10, 2022.
20. Fare training. FoodAllergy.org. <https://www.foodallergy.org/our-initiatives/education-programs-training/fare-training>. Accessed October 10, 2022.
21. \$17.99 ANSI-accredited food allergy training certificate. 360training. <https://www.360training.com/course/ansi-accredited-food-allergy-training>. Accessed October 10, 2022.
22. Food allergies. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyschools/foodallergies/index.htm>. Published August 23, 2022. Accessed October 10, 2022.

Special Diets Resources

<https://www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast>¹

<https://www.fns.usda.gov/tn/offer-vs-serve-lunch-program-tip-sheet>²

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/vegetarian-diet/art-20046446>

<https://www.monashfodmap.com/about-fodmap-and-ibs/high-and-low-fodmap-foods/>³

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/fodmap-diet-what-you-need-to-know>⁴

<https://www.whyislam.org/faqs/diet/>

<https://www.gfs.com/en-us/ideas/eating-according-religious-practices-kosher-and-halal>⁶

<https://www.pewresearch.org/fact-tank/2018/01/03/new-estimates-show-u-s-muslim-population-continues-to-grow/>⁷

Special Diets Resources Continued

8. <https://www.eatright.org/health/diseases-and-conditions/celiac-disease/celiac-disease-an-introduction>
9. <https://www.eatright.org/health/allergies-and-intolerances/food-allergies/school-food-options-for-kids-with-food-allergies>
10. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/gluten-free-diet/art-20048530>
11. <https://www.childrensmn.org/educationmaterials/childrensmn/article/15864/gluten-free-casein-free-diet-for-autism-spectrum-disorder/>
12. <https://www.eatright.org/health/diseases-and-conditions/autism/nutrition-for-your-child-with-autism-spectrum-disorder-asd>
13. <https://medlineplus.gov/diabeticdiet.html>
14. <https://www.eatright.org/health/diseases-and-conditions/diabetes/carbohydrates-part-of-a-healthy-diabetes-diet>
15. <https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/snt-mail-031915.pdf>
16. <https://www.eatright.org/health/diseases-and-conditions/diabetes/healthful-eating-with-diabetes#:~:text=Brown%20Orice%2C%20buckwheat%2C%20oatmeal%2C,steam%20foods%20instead%20of%20frying.>

Alpha Gal Syndrome Resources

1. [https://www.cdc.gov/ticks/alpha-gal/index.html#:~:text=Alpha%2Dgal%20syndrome%20\(AGS\),ot her%20products%20containing%20alpha%2Dgal.](https://www.cdc.gov/ticks/alpha-gal/index.html#:~:text=Alpha%2Dgal%20syndrome%20(AGS),ot her%20products%20containing%20alpha%2Dgal.)
2. <https://www.mayoclinic.org/diseases-conditions/alpha-gal-syndrome/symptoms-causes/syc-20428608>
3. <https://www.cdc.gov/ticks/alpha-gal/products.html>
4. https://www.cdc.gov/ticks/geographic_distribution.html
5. <https://www.cdc.gov/ticks/alpha-gal/>
6. <https://www.today.com/health/lone-star-tick-bites-cause-more-red-meat-allergy-cases-t131896>
7. <https://www.hhs.gov/ash/advisory-committees/tickbornedisease/reports/alpha-gal-subcomm-2020/index.html>



Questions?

