

Special Diets - Worksheet 1

Complete the table below by indicating which foods should be avoided by individuals with the special diets listed below.

Special diet		Foods I cannot/should not eat
Religion	Jewish	
	Muslim	
	Hindu	
Allergy or Intolerance	Coeliac	
	Lactose intolerant	
	Nut allergy	
Vegetarian	Lacto-vegetarian	
	Lacto-ovo-vegetarian	
	Ovo-vegetarian	
	Pescetarian	
	Vegan	
Medical	Diabetic	
	Heart disease	
	Obesity	
Time of life	Pregnancy	
	Elderly	