



Table showing special dietary requirements, allergies and nutritional disorders

Special Diet	Foods allowed	Foods forbidden
Gluten-free for children with Coeliac disease	Meat, fish, cheese, dairy products, gluten free flour and pure wheat starch, rice, corn flour, breakfast cereals made from corn or rice, homemade soups, sauces and gravy, jam marmalade, jelly and sweets, tea, coffee and fruit juice.	All meats cooked with flour or breadcrumbs, corned beef, tinned meats, sausages, meat pastes. Fish prepared in batter or breadcrumbs, fish pastes. Cheese spreads, synthetic cream, fruit yoghurt, crisps. Wheat, rye, barley, oats, semolina, pasta, flour and flour products. Custard powder, ordinary bread, pastry, cakes. Breakfast cereals made from wheat or oats. Ordinary baking flour, gravies tinned soups, bisto, sauces, curry powder etc
Milk-free for children with Galactosaemia	Milk substitute. Fats. Meats. Fish. Eggs, nuts, plain cereals, rice, semolina, sago, pasta. Bread and cakes free from milk and milk products. Baby foods. Sugars, sweeteners, jam, marmalade. Fruits, desserts, puddings, ices, jelly. All vegetables. Drinks except milk. Sauces if checked for milk content.	Milk in all forms, milk products, meat and fish dishes with milk in the pastry or dressings. Cereals known to be milk free. Bread unless known to be milk free. Fudge, toffee, milk chocolate, lemon curd. All puddings made with milk. Soups containing milk. All milk bases drinks.
Diabetes Mellitus	As drawn up by the hospital dietician according to the nature and progressiveness of the Diabetes	Excess of anything in particular sugar.
Cystic Fibrosis	Recommend 20% more fats and proteins than children of the same age. Daily vitamin and pancreatic enzyme supplement.	Nothing specific.
Obesity in children	Require to eat a diet high in high fibre carbohydrates.	Foods low in fat and sugar.
Difficulty in swallowing or chewing, e.g. children with Cerebral Palsy	All foods allowed, but need liquidized and presented as appealingly as possible.	Nothing specific.

What's not mentioned here is the childhood disorders that are on the increase that nutrition affects, you will find them in the;

Table showing a selection of Food Additives banned in Sandcastles and their known adverse effects