

Examples of different diets

Diet	Requirements
Vegetarian	Excluding all meat and by-products of animal slaughter, such as gelatine. There are variations within this diet. Some vegetarians exclude eggs.
Vegan	Excluding all meat and any food produced by animals such as eggs, dairy foods and honey.
Gluten free (Coeliac)	Excluding the protein gluten, which is found in barley, rye and wheat.
Dairy Free/Lactose intolerance	Lactose intolerance is the inability of the body to properly digest milk sugar, which is known as lactose. Avoid milk and dairy products. Rice milk and soya milk can be used as substitutes.
Halal	Muslims follow a diet which is halal. They are forbidden to consume alcohol, pork and meat from any animal that is not killed through the Islamic method of ritual slaughter.
Kosher	The word Kosher refers to food that is permitted for consumption by Jews. Pork and shellfish is not permitted. Certain animals are described as unclean and are not permitted. Meat and dairy products are not eaten at the same meal. All meat must be prepared by a qualified kosher butcher.