



Conference of Colleges Diversity Fund
Project on special dietary requirements

Therapeutic Eating Workbook Trainer's Notes



CONSULTANCY

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Module: Ethical Eating

Aim

The aim of the session is to enable participants understand and cater to staff and students who whose diet is driven by their medical needs and requirements.

Objectives

By the end of the session participants will be able to:

- Demonstrate an understanding of the ways peoples' therapeutic needs affect their dietary choices
- Recognise the importance of addressing therapeutic choice in customer service
- Develop insight and knowledge that will enable them to be aware of the changes people may request from their individual menus
- Plan and change menus to meet the needs of therapeutic choices

Programme

-00:15	Arrivals
00:00	<p>Introductions</p> <p>Overview of Therapeutic Eating</p> <p>What is an Allergy?</p> <ul style="list-style-type: none"> ⇒ Anaphylaxis <p>Food Allergy</p> <ul style="list-style-type: none"> ⇒ What Do I Cause? <p>Food Intolerances</p> <ul style="list-style-type: none"> ⇒ Tips for cooking and preparation <p>BREAK</p> <p>Customer Service</p> <p>Allergens the Law and Labelling</p> <ul style="list-style-type: none"> ⇒ What they are ⇒ Where You Find Them <p>Adapting the Menu</p>
03:00	End of session

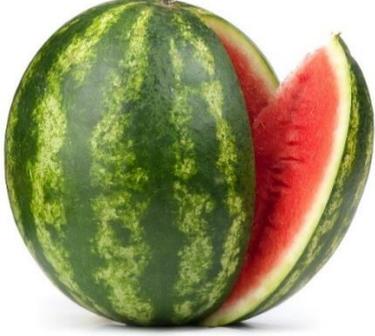
True or False Allergy Quiz?

Working in pairs decide whether you think the following statements are **True** or **False**

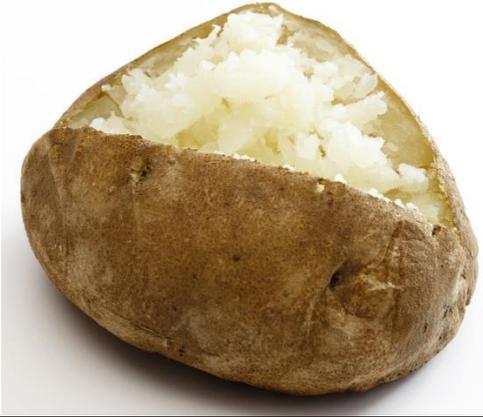
<p>1) Outside of the hospital setting, food allergy is the most common trigger of anaphylaxis in both children and adults.</p>	<p>2) Infants are at higher risk for fatal food-induced anaphylaxis than teenagers</p>
<p>3) The results of food-specific IgE tests (skin prick test, serum levels) reliably predict the severity of future reactions to the food</p>	<p>4) Exercising after ingesting food may increase the severity of a reaction.</p>
<p>5) A child with peanut allergy has about a 20% chance of outgrowing peanut allergy</p>	<p>6) Peanuts and tree nuts are the most common triggers in cases of fatal food-induced anaphylaxis</p>
<p>7) If someone eats a food you are allergic to and then kisses you on the cheek, you will have a serious (i.e. anaphylactic) reaction</p>	<p>8) The smell of peanut butter will cause an allergic reaction in people with peanut allergies.</p>
<p>9) You can have an allergic reaction if you share your friend's water bottle.</p>	<p>10) Using hand sanitizing gels is a good way to clean your hands of food allergens.</p>

What Do I Cause?

Working in pairs decide what allergies or intolerances you think the following items cause

WATERMELON	SOY SAUCE
	
<ul style="list-style-type: none"> • Fructose Intolerance 	<ul style="list-style-type: none"> • Soy Allergy • Gluten intolerance
CHRISTMAS CAKE	ANGEL DELIGHT
	
<ul style="list-style-type: none"> • Gluten Intolerance • Egg Allergy • Milk Allergy • Lactose Intolerance • Tree Nut Allergy • Soya Allergy • Sulphite Allergy (Dried Fruit) 	<ul style="list-style-type: none"> • Lactose Intolerance • Milk Allergy

- Histamine intolerance

SALMON MOUSSE	COURGETTE
	
<ul style="list-style-type: none"> • Fish Allergy • Dairy Allergy • Lactose Intolerance 	<ul style="list-style-type: none"> • Salicylate Intolerance
BAKED POTATO	MOULES MARINIÈRES
	
<ul style="list-style-type: none"> • Nightshade Intolerance 	<ul style="list-style-type: none"> • Mollusc Allergy • Dairy Allergy • Lactose Intolerance

REESE'S PIECES	MAPLE SYRUP
	
<ul style="list-style-type: none"> • Peanut Allergy • Milk Allergy • Lactose Intolerance • Soya Allergy 	<ul style="list-style-type: none"> • Histamine intolerance
PESTO SAUCE	SALTED CARAMEL MOCHA FRAPPUCCINO
	
<ul style="list-style-type: none"> • Tree Nuts • Milk allergy • Lactose Intolerance • Egg Allergy 	<ul style="list-style-type: none"> • Dairy Allergy • Lactose Intolerance • Fructose Intolerance • Sulphite Allergy

Food Intolerance Alternatives

Write down what you think what you might be able to use as alternative to the following food intolerances.

Lactose Intolerance

Cup of Cow's Milk can be replaced with:

- 1 Cup of Soy milk
- 1 Cup of Rice milk + 1 tbsp of oil, or a milk free spread
- 1 Cup of fruit puree (for baked goods such as muffins)
- 1 Cup of water or stock for savoury recipes

Coeliac Disease (Gluten Intolerance)

- Arrowroot
- Non-Malted Rice
- Maize (Corn)
- Buckwheat Flour
- Sorghum
- Quinoa
- Rice (white & brown)
- Sago Tapioca
- Pea, Gram, Lupin, Potato, Lentil and Soya Flours

ALSO

- Try 'all-purpose' gluten free flours available in supermarkets
- Experiment
- Combine flours e.g. potato or Rice + Soy flour

Fructose Malabsorption (Fructose Intolerance)

Fructose free fruits:

- Blackberries
- Blueberries
- Lemons
- Limes
- Raspberries
- Rhubarb
- Strawberries

There are some vegetables that are very low in fructose content
They can be considered safe for consumption

These vegetables are:

- Cabbage and Cauliflower
- Celery and Cucumbers
- Chickpeas
- Green peppers
- Black, Haricot & Kidney Beans
- Leafy greens
- Lentils
- Mushrooms
- Shallots

Salicylate Sensitivity (Salicylate Intolerance)

Very High levels are found in:

- Berries and Grapes
- Spices
- Sweet Peppers
- Almond and Peanuts
- Tea
- Wine, Port, Champagne
- Liquorice
- Mint
- Chewing Gum

Negligible Levels:

- Pears and Bananas
- Cabbage and Leeks
- Peeled Potatoes
- Soybeans
- Cashews
- All grains except Maize
- Garlic and leafy herbs
- De-Caffe Coffee
- Cocoa Powder
- Sugar
- Maple Syrup

Histamine Intolerance

Avoid or reduce eating:

- Canned Foods
- Ready meals
- Ripened and fermented foods:
 - Older (riper) cheeses
 - Alcohol
 - Yeast products
- Strawberries
- Tomatoes
- Smoked meats
- Shellfish

- Low histamine foods:
 - Fresh Meat
 - Fresh Fish
 - Skinless chicken
 - Egg yolk
 - Fresh Fruits
 - Fresh Vegetables
 - Fresh Pasteurised Milk
 - Milk substitutes
 - Cream cheese

Nightshade Intolerance

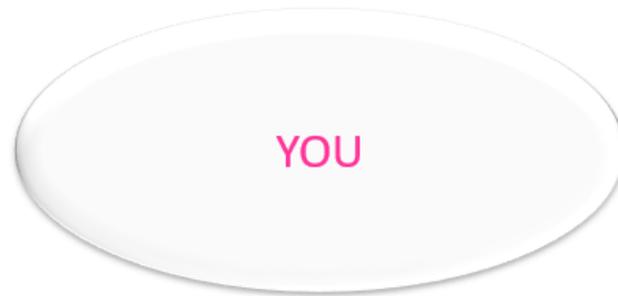
- Substitution seems to be the way forward
- Out Go:
 - Potatoes
- In Come:
 - Sweet Potato
 - Cauliflower
 - Parsnips
 - Carrots
- Out Go:
 - Tomatoes
- In Come (depending of the recipe)
 - Apples
 - Grapefruit
 - Beets
 - Butternut Squash
- Out Go:
 - Aubergine
- In Come:
 - Portobello Mushrooms
 - Shiitake Mushrooms

Customer Service



Who are my customers?

Around the diagram, write the types of people you come into contact with, who you regard as your customers



The Menu of Forgetfulness

The person responsible for labelling the allergens on the menu items has forgotten to do them.

Working in Pairs can you put in the correct allergens for today and tomorrow's menus

This is the list of allergens provided by Jesus College for their menus. Which this 3exercise is based on.

ABVR	Allergy
G	Gluten
C	Celery
E	Eggs
L	Lactose
F	Fish
M	Mustard
SD	Sulphur Dioxide
MOL	Molluscs
CRU	Crustaceans
LU	Lupin
P	Peanuts
SOYA	
NUTS	
SESAME	

Just put in **Celery, Crustaceans, Eggs** and **Fish** for now.

LUNCH	DINNER
<p>Late Brunch:</p> <p>Bacon, Sausage (G, SD), Mushrooms, Tomato,</p> <p>Baked Beans, Fried Bread, Hash Browns and Toast</p> <p>Yoghurts and Fresh Fruit</p>	<p>Leek and Potato Soup with Croutons (C, G, SOYA)</p> <p>Roast Pork with Apple Sauce and Stuffing (C, G)</p> <p>Field Mushrooms topped with Spinach (SOYA, C)</p> <p>Roast Potatoes, Cauliflower Cheese and Garden Peas</p> <p>Cinnamon and Raisin Bread and Butter Pudding (G, L, E, SD)</p>
<p>Sweet and Sour Pork Steam Rice (C, SD)</p> <p>Stir Fry Vegetables (C)</p> <p>Quorn Vegetable Paella (E,G,C,SOYA)</p> <p>Jacket Potato with fillings</p> <p>Fresh Potato and Vegetables of The Day</p> <p>Fresh Fruit Salad, Selection of Cold Desserts</p>	<p>Marinated Lamb Leg Steak with Salsa Verde</p> <p>Med Veg Wellington on Red Pepper Salsa (G, C)</p> <p>Cheese & Onion Pasties (G, L)</p> <p>Fresh Potato and Vegetables of The Day</p> <p>Chocolate and Orange Pudding served with a rich Chocolate Sauce (G, L, E, SD)</p>

Now put in **Gluten, Lupin, Milk, Molluscs** and **Mustard**

LUNCH	DINNER
<p>Beef Bourguignon served with Creamed Mash (G, C)</p> <p>Pasta Primavera with Garlic Bread Vegetable Goulash (G, C, SOYA)</p> <p>Jacket Potato with fillings</p> <p>Fresh Potato and Vegetables of The Day</p> <p>Apple Mincemeat Jalousie, Warm Custard (G, NUTS, SD, L)</p>	<p>Pear, Rocket and Stilton Salad (L)</p> <p>Beef Bolognese with Spaghetti, Garlic Bread (G, C)</p> <p>Roast Vegetable with Spicy Arrabiatta and Penne Pasta (C, G)</p> <p>Fish Finger Baps (F, G, SESAME)</p> <p>Fresh Potato and Vegetables of The Day</p> <p>Key Lime Pie, Chantilly Cream (G, E, L)</p>
<p>Chilli Con Carne with Boiled Rice, Nachos and Soured Cream (C, L)</p> <p>Spicy Three Bean Chilli (C)</p> <p>Penne Pasta with Aubergine, Tomato and Ricotta (G, C, L)</p> <p>Jacket Potato with fillings</p> <p>Fresh Potato and Vegetables of The Day</p> <p>Apricot and Pear Crumble with Custard Sauce (G, L)</p>	<p>Butternut Squash Soup, Herb Dressing (C)</p> <p>Steak, Guinness and Mushroom Pie (C, G, E)</p> <p>Roast Vegetable Tatin, Rocket Pesto Sausage Rolls (G, L)</p> <p>Fresh Potato and Vegetables of The Day</p> <p>Passion Fruit Cheesecake (G, E, L)</p>

Now put in **Peanuts, Sesame, Soy, Sulphites** and **Tree Nuts**

LUNCH	DINNER
<p>Chicken Kiev served with Tomato and Coriander Salsa (G, E, L)</p> <p>Potato Gnocchi with Broccoli, Braised Lentils and Red Pesto (G)</p> <p>Spinach Falafel, Tomato Salsa</p> <p>Jacket Potato with fillings</p> <p>Fresh Potato and Vegetables of The Day</p> <p>Vanilla Rice Pudding with Jam Sauce (L, SD)</p>	<p>Demi Tasse of Carrot and Coriander, Crispy Croutons (C, G)</p> <p>Rillettes of Prawns and Crab, Beetroot Salad and Chilli Lime Dressing (L.E.M,CRUSTECEANS,SD)</p> <p>Breaded Escalope of Turkey with Mushroom Sauce (G, E, C, L)</p> <p>Vegetable Jalousie, Mushroom Sauce Hot Dogs with Onions (G, C, SOYA)</p> <p>Fresh Potato and Vegetables of The Day</p> <p>Coffee and Walnut Cream Brulee, Shortbread Biscuit (L,NUTS,E,G)</p>
<p>Deep Fried Fresh Fillet of Fish, Tartare Sauce and Lemon (F,E,M,L,G,SD)</p> <p>Jackfruit, Sweet Chilli and Tomato Burger (G,C)</p> <p>Jacket Potato with fillings</p> <p>Chipped Potatoes and Garden Peas</p> <p>Fresh Fruit Salad, Selection of Cold Desserts</p>	<p>Cream of Celeriac Soup, Fried Parsnip (C)</p> <p>BBQ Chicken, Grilled Pineapple (SOYA,G)</p> <p>Sweetcorn, Red pepper and Courgette, Pesto Pasta (G)</p> <p>Steak & Onion Pasties (G,L)</p> <p>Spiced Wedges and Vegetables of The Day</p> <p>Lemon and Orange Posset, Langue De Chat (G,L,E)</p>

Case Studies - Menu adaptations

It's a year later. The strains of academic life really do not suit our six students, everyone seems to need yet another major change to the way they eat!

Read their updated biographies. Once again, the menu items have been taken from those offered by Colleges.

You now need to about each student's diet to considering both their ethical eating choices, their religious beliefs **and now** the requirements of their therapeutic diets.

What adaptations or replacements might be offered for the menu items on offer?

Remember to think about nutrition and make sure any alternatives give the student a nutritionally balanced meal.

You have 15 minutes to plan an alternative menu To the Bold items to match each student's dietary needs.

One

Leila Shah is reading Biochemistry at St Scholastica's. She is in her third year at Oxford. She tried being Vegan, but now describes herself as a Flexitarian Muslim who observes Halal. In her final year she has been diagnosed with Coeliac Disease

Three Bean Chilli Tacos

Apple and Rhubarb Crumble with Custard

Two

Bhavesh Lakhani is reading English at Jordan College. Having grown up in Scotland it took him some time to adapt to Oxford especially as a Jain following a very strict vegetarian lifestyle. He now finds that after 25 years his body has developed an allergy to Nightshade vegetables

Baked Tomato Vegetable pasta

Golden Syrup steamed pudding and custard

Three

Helen Fox is enjoying her medical studies at St Michael's. She loves it so much she occasionally forgets to eat and grabs junk food from the vending machines. She is still a Seventh Day Adventist, but a little more relaxed about things than she used to be. She still enjoys cheese omelettes, her fast food of choice. Following a severe reaction to eating a Snickers bar she discovered she had developed a nut allergy and has been advised to avoid nuts.

**Vegan peanut and sweetcorn curry with quinoa and millet
Coffee and Walnut Cake**

Four

Ben Levy is reading Modern Languages at Queen Philippa's College. Ben has put his flexitarian days behind him. He still observes a Kosher diet. His new interest is rowing. He is very serious about it and is currently rowing at least three times a day. His coach has told him that he needs to increase his calorific intake from around his current 2100 calories to nearer to 4000 per day. This means he especially needs high-protein post-workout meals.

**Chicken Schnitzel Bap with Garlic Mayo and Sweet Potato Fries and a Yogurt Dip
Chocolate Mousse and Berry Salad**

Five

Sara Dawkins having completed her master's in history is about to commence her PHD at Wykeham College. She now has her own desk at the Bodleian! She is Pescatarian, Trinidadian and hopes to become the first Rastafarian professor at Oxford. After a hospitalisation scare, she has found out that she has developed allergies to eating shellfish, mushrooms and rice.

Rice noodle salad with Thai fishcakes
Sherry Trifle

Six

Prem Joshi is still reading Law at Cardinal College. His fondness for smelly cheese and milkshakes and his almost completely sedentary lifestyle has conspired to make him pre-diabetic. As a Hindu his parents tell him he should be a stricter vegetarian, but they are happy that he doesn't eat meat. Disaster strikes in the form of Lactose Intolerance.

Pumpkin Feta and Coriander Cannelloni
Banoffee Pie

NOTES

**This workshop, the content and exercises
have been developed for the sole use of internal trainers in
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