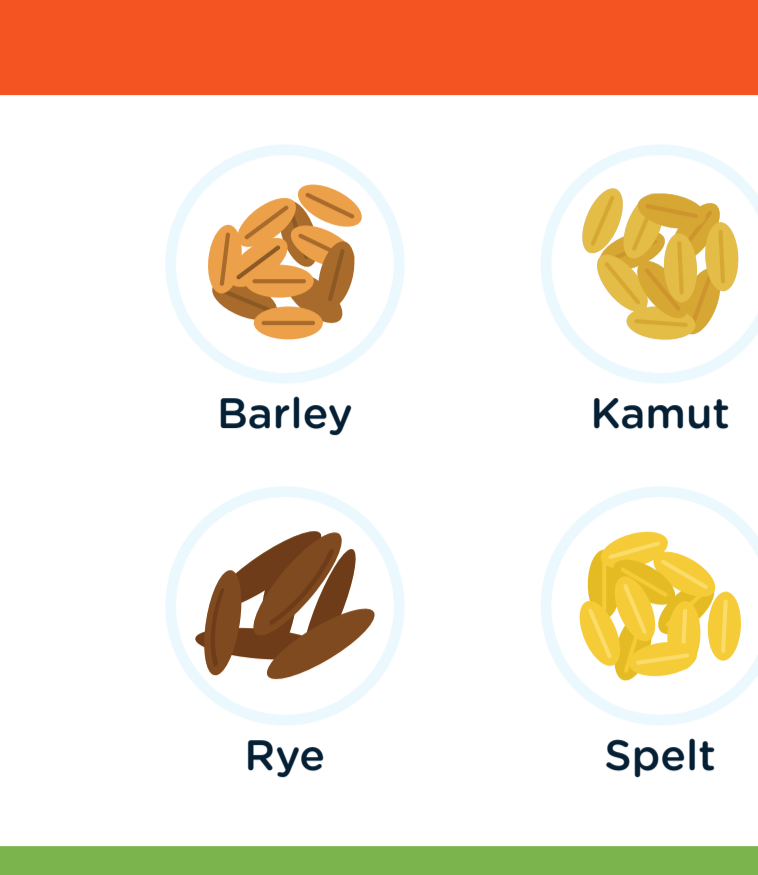


# MODERN EATING

## The Basics

### ALLERGY & INTOLERANCE AWARENESS

Food allergies involve the immune system and can cause severe allergic reactions. A food intolerance on the other hand is a chemical reaction that can create uncomfortable symptoms. There are many types of allergies and intolerances, but common ones include:



#### Gluten

Gluten is a mixture of proteins found in certain grains. Gluten-related disorders include coeliac disease and wheat allergies.

**What is gluten free?**



Barley



Kamut



Malt



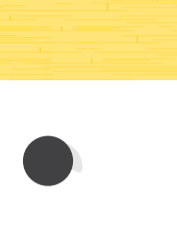
Most Oats



Rye



Speltz



Triticale



Wheat



Buckwheat



Coconut



Corn



Millet



Nuts



Potatoes



Quinoa



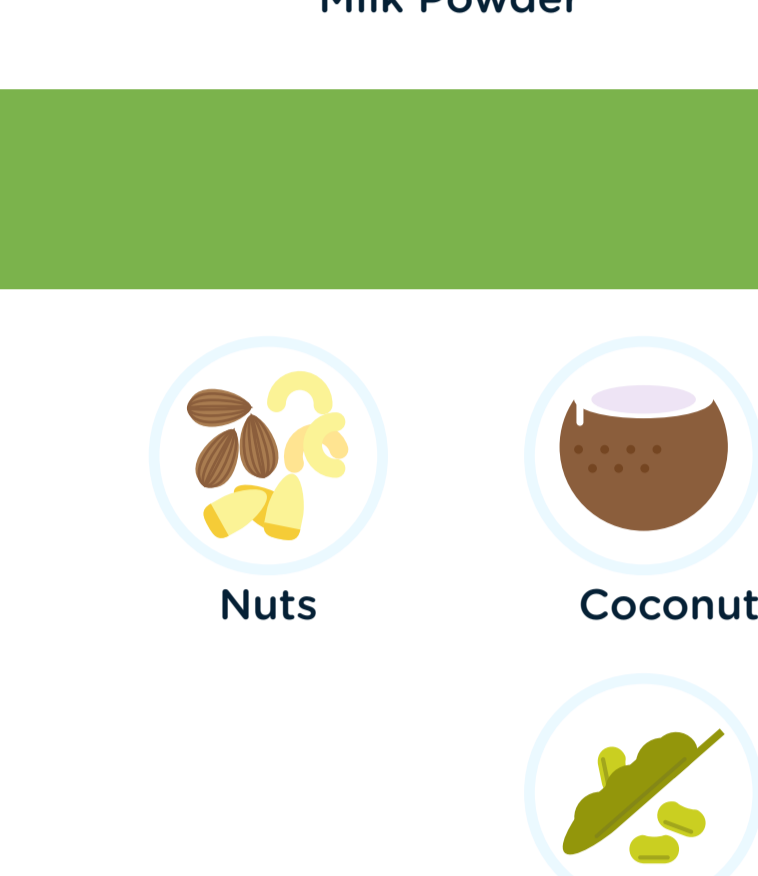
Rice



Seeds



Tapioca



#### Dairy

A dairy intolerance can be either a lactose intolerance, or an allergy to the milk protein casein.

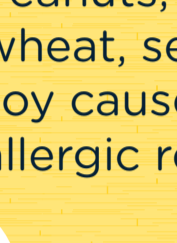
**What is dairy free?**



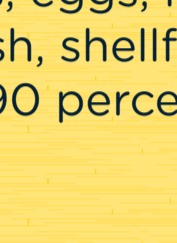
Butter



Cheese



Cream



Milk



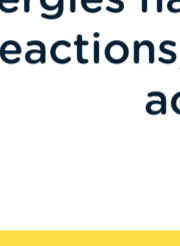
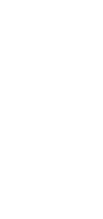
Milk Powder



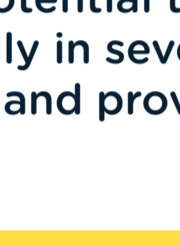
Whey



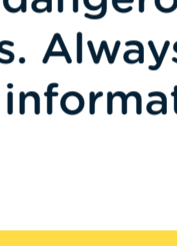
Yoghurt



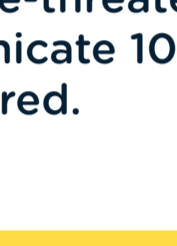
Nuts



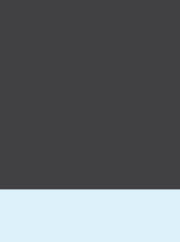
Coconut



Grains

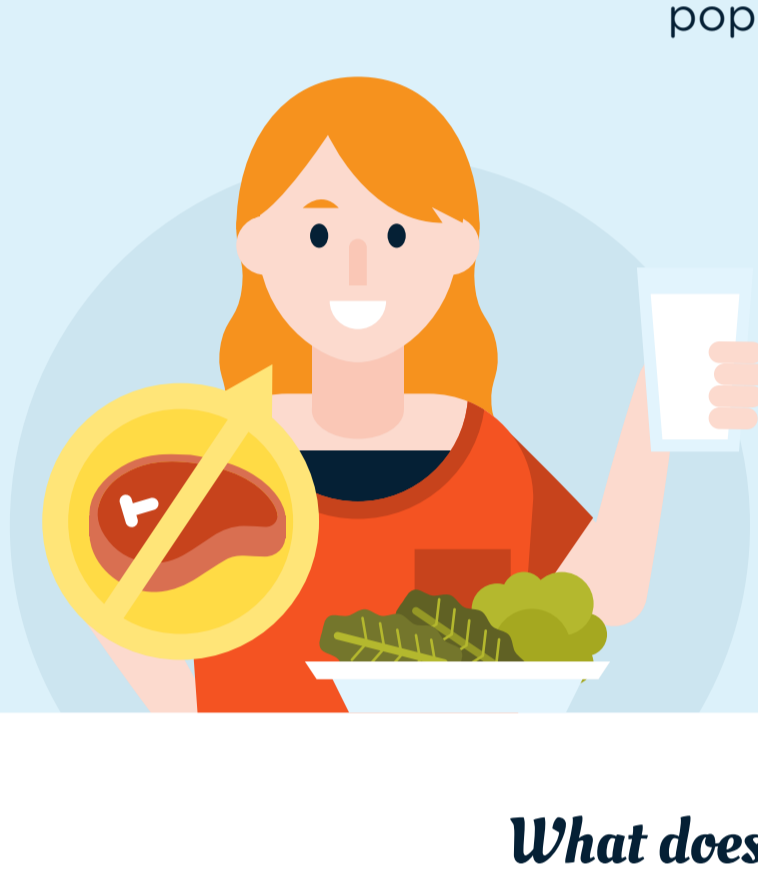


Legumes



Soy

Vegan Products



#### Common Allergies

Peanuts, tree nuts, eggs, milk, wheat, sesame, fish, shellfish and soy cause about 90 percent of food allergic reactions.

**What are some common allergens?**



Eggs



Fish



Milk



Peanuts



Shellfish



Soy



Tree Nuts



Wheat

Allergies have the potential to cause dangerous and life-threatening reactions, especially in severe cases. Always communicate 100% accurately and provide any information required.

### CONSCIOUS DIETS

Humans come in great variety, and so do their diets. People follow diets for health reasons, ethical reasons, cultural reasons and simply taste reasons. What is 'normal' is changing, and diets that are becoming more popular include:



#### Vegetarian

There are several different types of vegetarianism, but typically vegetarians eat no meat or meat by-products.

**What does a vegetarian eat?**



Cheese with Animal Rennet



Gelatin



Lard



Meat & Poultry



Seafood



Dairy



Eggs



Fruits



Grains



Legumes



Nuts



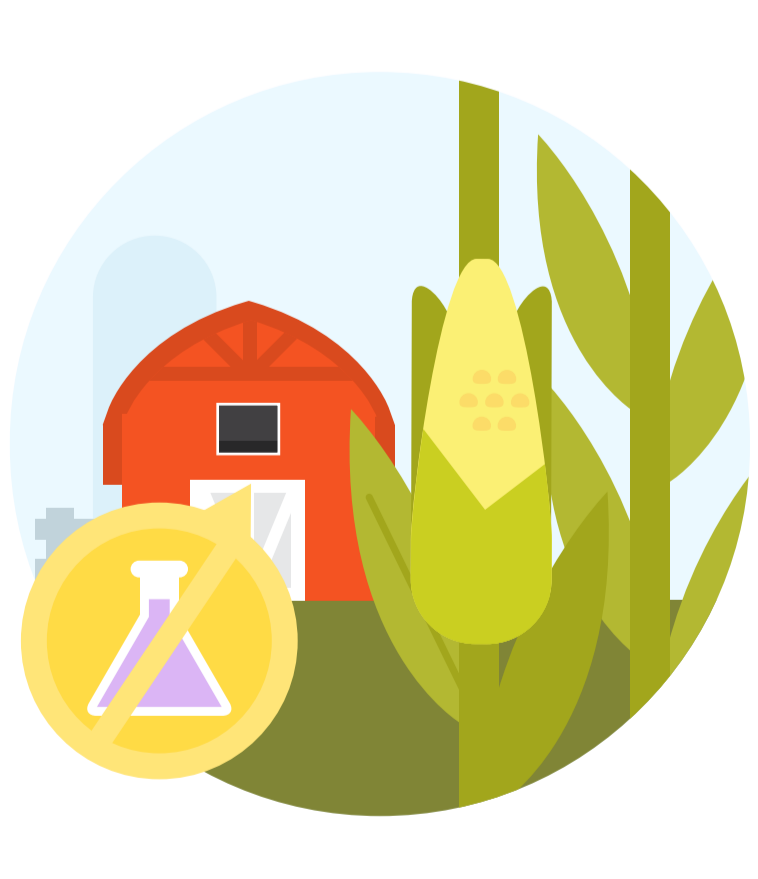
Roots



Seeds



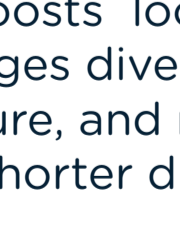
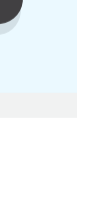
Vegetables



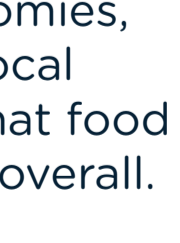
#### Vegan

A completely plant-based diet, with no meat and no animal by-products.

**What does a vegan eat?**



Butter



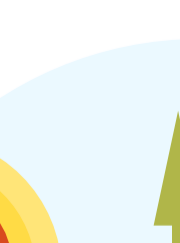
Dairy



Eggs



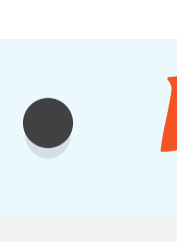
Gelatin



Honey



Meat & Poultry



Seafood



Lard



Fruits



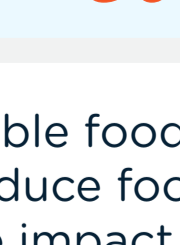
Grains



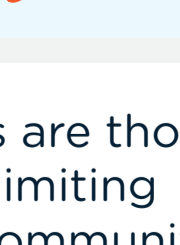
Legumes



Nuts



Plant Oils



Roots



Seeds



Vegetables



#### Paleo

Interpretation does vary, but based on the speculated diet of pre-agricultural humans. An emphasis is put on unprocessed foods.

**What is eaten on a paleo diet?**



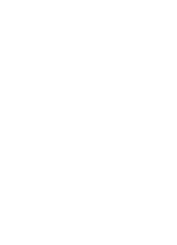
Dairy



Grains



Legumes



Potatoes



Processed Oils



Refined Sugars



Artificial Sweeteners



Eggs



Fruits



Meat & Poultry



Nuts



Seafood



Seeds



Unrefined Oils



Vegetables

Please note that this is a guide only. It is intended to provide general information. Always communicate specific dietary requirements with the individual.

#### Sources

[eatdrinkpaleo.com.au/what-is-paleo](http://eatdrinkpaleo.com.au/what-is-paleo)  
[en.wikipedia.org/wiki/Gluten-free\\_diet](http://en.wikipedia.org/wiki/Gluten-free_diet)  
[www.igd.com/Research/Sustainability/Sustainable-sourcing-within-the-food-chain](http://www.igd.com/Research/Sustainability/Sustainable-sourcing-within-the-food-chain)  
[www.betterhealth.vic.gov.au/health/conditionsandtreatments/food-allergy-and-intolerance](http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/food-allergy-and-intolerance)

Brought to you by the team at [nibsets.com.au](http://nibsets.com.au)



#### Organic



Artificial Fertilisers



Pesticides



Growth Regulators

Organic farming is a system that avoids using unsustainable farming methods and man-made chemicals. In general, organic farming features practices that promote ecological balance and conserve biodiversity.

#### Locally Grown

Locally grown foods are purchased and consumed close to where they were produced. Locally sourcing foods boosts local economies, encourages diversity in local agriculture, and means that food travels shorter distances overall.



#### Free Range

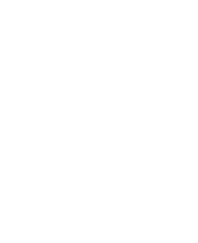
Free range farming is a method of farming where animals are given a certain level of freedom of movement, and are not confined to an enclosure all day. Free range may apply to farming:



Meat



Eggs



Dairy

#### Sustainably Sourced

Sustainable food systems are those that produce food while limiting negative impact on the communities and ecosystems they are sourced from. Practices include respecting human rights and working within the limits of environmental resources.

