

# WHAT SHOULD I KNOW ABOUT

# DIETARY RESTRICTIONS?

Dietary restrictions are attributed to an allergy, food intolerance or cultural or religious beliefs.



## DAIRY-FREE

Diets without milk and dairy products — e.g.: cheese, yogurt, butter, etc.



## GLUTEN-FREE

Diets without ingredients containing gluten which is commonly found in cereals — e.g.: wheat, rye and barley (these grains can be used in the production of bread, pasta and even soy sauce.)



## VEGETARIAN

This is a plant-based diet that excludes meat and fish. There can be variations of this diet.

For example:



LACTO-OVO-VEGETARIANS: Eat plant foods, eggs and dairy products



LACTO-VEGETARIANS: Eat plant foods and dairy products



OVO-VEGETARIANS: Eat plant foods and eggs



## PESCATARIAN

Vegetarian  
+ fish and seafood.



## VEGAN

This diet includes plant-based foods only, and excludes animal-origin foods of any kind — e.g.: meat, fish, eggs and honey.



## RELIGIOUS RESTRICTIONS

Diet and food are also part of the cultural identity of people. A food or dietary practice that is common or a specialty in one region, may be considered inappropriate elsewhere. Food is culture and some people expand their cultural experiences through food.



## PALEO

This diet is based on the types of foods presumed to have been eaten by early humans. It includes meat, fish, cereals, vegetables, and fruit, and excludes dairy and processed food.