

This is not an exhaustive list but includes the most common diets you will encounter. Most of this information is cut and pasted. Sources are listed as links and additional information can be found at each link.

Food Allergies

A food allergy is defined as a disorder of the body's immune response to specific food proteins. Food allergy symptoms range from mild to severe. The most severe allergic reaction is anaphylaxis — a life-threatening whole-body allergic reaction that can impair breathing, cause a dramatic drop in blood pressure, and affect heart rate. Anaphylaxis can manifest within minutes of exposure to the trigger food. It can be fatal and must be treated promptly with an injection of epinephrine (adrenaline).

Understand that any type of food can potentially trigger an allergic reaction, but as identified by Food Allergy Research & Education organization, only 8 foods account for 90 percent of all allergic reactions in the United States. These foods include the following:

- **Peanuts:**
 - Peanut allergy is the most common and differs from tree nuts. The difference between the two is that peanuts are a legume crop and grow underground, whereas tree nuts grow on trees and include nuts such as almonds, cashews, and walnuts. Severe reactions to peanuts do not usually occur through casual contact. Reactions are mostly triggered if peanuts come into contact with the eyes, nose, or mouth area. If your body accidentally comes in contact with a peanut-containing food, wash that area immediately and keep it away from the eyes, nose, and mouth.
- **Tree Nuts:**
 - Tree nuts include some of the following nuts: walnut, almond, pecan, hazelnut, cashew, pistachio, macadamia, chestnut, and Brazil nut. These differ from legumes (peanut, soybean) and seeds (sunflower or sesame). A person with a specific tree nut allergy may be at higher risk of developing an allergy to another tree nut.
- **Milk:**
 - A milk allergy is an overreaction of the immune system to a specific protein in the milk that leads to mild to severe symptoms such as rashes, hives, breathing difficulty, and even loss of consciousness. Milk allergy is often confused with lactose intolerance, but lactose intolerance does not involve the immune system and occurs when you lack the enzyme lactase. Symptoms for lactose intolerance include nausea, cramps, gas, bloating, and diarrhea. This condition is generally not life threatening, whereas an allergy can be.
- **Egg:**
 - Although it is the egg white that typically contains the allergenic proteins. Due to likelihood of cross-contact, people with egg allergy are advised to avoid eggs altogether.
- **Wheat:**
 - A wheat allergy can present a challenge because wheat is a predominant grain in the standard American diet. A wheat allergy should not be confused with gluten intolerance and celiac disease. Wheat allergy is an overreaction of the immune system to specific wheat protein. Celiac disease a digestive disease for which the only treatment is a diet free of gluten, found in wheat, rye, and barley.
- **Soy:**
 - The soybean is a member of the legume family. Other legumes include beans, peas, lentils, and peanuts. Having an allergy to soybean does not make you more susceptible to developing an allergy to another legume.

- **Fish:**
 - Finned fish can cause severe allergic reactions. Salmon, tuna, and halibut are the most common kinds of finned fish that cause allergy. More than half of all people who are allergic to one type of fish are also allergic to other fish, so allergists often advise their fish-allergic patients to avoid all fish. Finned fish and shellfish do not come from related families of foods, so being allergic to one does not necessarily mean that you must avoid both.

- **Shellfish:**
 - There are two kinds of shellfish: crustacean (such as shrimp, crab, and lobster) and mollusks (such as clams, mussels, oysters, and scallops). Reactions to crustacean shellfish tend to be particularly severe. If you are allergic to one group of shellfish, you might still be able to eat some varieties from the other group. However, since most people who are allergic to one kind of shellfish usually are allergic to other types, allergists usually advise their patients to avoid all varieties.

Celiac Disease and Gluten Intolerance

- Gluten is a protein found primarily in wheat, barley and rye. Celiac disease is a disorder caused by an autoimmune reaction to gluten ingestion. Gluten intolerance is sometimes confused with Celiac disease or a food allergy but is a different condition. Common symptoms of gluten intolerance include gassiness, abdominal pain or diarrhea. Both Celiac disease and gluten intolerance can be treated by avoiding gluten.
- Gluten is found in many foods and is often a hidden ingredient in food recipes, so special care must be taken to avoid gluten.

Religious Dietary Restrictions

- Certain religious practices restrict dietary intake and necessitate close attention to recipe ingredients. The most commonly restricted foods are certain types of meat, fish, and dairy.

Vegan/Vegetarian

- Food choices are made for many different reasons, including cultural, emotional, economical, religious, ethical, environmental and personal health. For those who choose to follow a vegetarian diet (no meat or fish) or vegan diet (no animal products of any kind, including meat, eggs and dairy)

<https://caldining.berkeley.edu/nutrition/food-allergies-and-special-diets>

Diets

There are thousands of diets. Some are for losing weight, while others are for gaining weight, lowering cholesterol, living a long and healthful life, and many other reasons.

A diet is best described as a fixed plan of eating and drinking where the type and amount of food are planned out in order to achieve weight loss or follow a particular lifestyle.

Some popular diets are highlighted in this article –

<https://www.medicalnewstoday.com/articles/5847.php>

For detailed information on a specific diet, just “Google it” and you will get more information that you ever dreamed of!

Here are a few recipes to get you started.

Tip – get soy milk or almond milk and freeze it in ½ cup portions. Use it immediately after thawing.

VEGAN

Vegan Banana Muffins (also Dairy Free!)

3 ripe bananas
¼ c oil
¾ c sugar
2 c flour
1 tsp salt
½ tsp cinnamon
1 tsp baking soda
½ c chopped walnuts, optional
½ c vegan chocolate chips, optional

Preheat oven to 350, grease a muffin pan.

Smash bananas in a bowl, add oil & sugar, stirring to combine. Add remaining ingredients and stir just until combined. Scoop into muffin pan, bake for 24 – 26 minutes until toothpick tests clean.

Vegan Pancakes

1 cup flour
1 ½ Tablespoon sugar
2 Tablespoons baking powder (yes, Tablespoons)
¼ tsp salt
1 cup soymilk
2 Tablespoons vegetable oil

Combine the 4 dry ingredients in a bowl. Add the soy milk and vegetable oil to your mixture. Mix until smooth. Cook on a griddle and enjoy.

Vegan burritos

3 – 4 cups cooked white or brown rice
1 lime
Fresh cilantro
3 slices of firm tofu
½ onion diced
1 tsp minced garlic or ¼ tsp garlic powder
2 T olive oil
1 15 oz can black beans drained and rinsed

1 can diced tomatoes w/chilis
1 c frozen corn
¼ tsp chili powder
½ tsp ground cumin
Tortillas, (be sure they are vegan)
Salsa and avocado for serving

Mix the juice of 1 lime and ¼ c chopped cilantro in with the rice. Reheat in the microwave.

In a large pan on medium high heat, saute the tofu slices in 1 T of the oil. When lightly browned, remove tofu to a cutting board and dice.

In the same pan on medium high heat, saute the onion in 1 T of the oil. Add the garlic when the onions are starting to brown and stir for one minute. Add the beans, tomatoes, frozen corn, chili powder and cumin. Cook until the liquid has evaporated. Add the tofu and stir to heat.

Warm the tortillas in the oven for a minute or two. (Or 15 seconds in the microwave)

Add a spoon of the rice topped with a spoon of the filling onto a tortilla and roll up. Let rest for a few minutes before serving. Garnish with Salsa and avocado.

Fillings can be portioned and frozen for later use.

<https://www.mydarlingvegan.com/easy-vegan-scrambled-eggs/>

VEGAN & GLUTEN FREE

Make the Burrito recipe but use corn tortillas or omit the tortillas and just serve on rice.

Gluten Free Oatmeal with dried fruit added as it cooks.

Avocado “toast” served on nut crackers, with a side salad of fresh greens, mandarin oranges, almonds and a fruit balsamic.

Here are two pages that offer many easy to prepare breakfast ideas for Vegan & Gluten Free. Just look through the URL and you will know the content of that page.

<https://www.mydarlingvegan.com/31-vegan-gluten-free-breakfast-recipes/>

<https://beamingbaker.com/one-bowl-double-chocolate-banana-muffins-vegan-gluten-free-dairy-free/>

I love this chocolate banana muffin recipe because it freezes well AND is Gluten Free, Vegan and Dairy Free – a trifecta!!

OK, I KNOW!! You don't have all those ingredients, but you can easily get them at a local store or buy them online. These are staples to have, just like regular flour or sugar free syrup.

vegan chocolate chips (Enjoy Life Semi-Sweet \$4.99 10 oz bag)

ground flax seed (Walmart \$2.99 16 oz)

coconut sugar (Walmart \$3.98 16 oz)

oat flour (\$2 - \$6 in most grocery stores)

almond meal/flour are the same thing (about \$5 a pound)

Once you buy all this, you will be amazed at all the different baked goods you can create and freeze.

LOW CARB – Whether it’s Atkins, Ketogenic, Whole 30, Paleo, South Beach or Dukan they are all low carb. AND – diabetics should eat low carb as well.

Ham & Egg Cups are the best, as I said during the session. With a side of greens, guacamole or a broiled tomato, this is sure to please. Baked eggs or an egg omelet would work well too.

In my cookbook these are all low carb –

Artichoke Zucchini Frittata page 84, with or without the red pepper sauce (Vegetarian)

Egg Roll Up page 94

Frittata with Garden Vegetables page 97 (Vegetarian)

Ham & Egg Cups page 98

Cookbook available at www.breakfastdiva.com; use the coupon code AIHP

FOOD LISTS

As I began working on this portion of the handout, I realized that there are so many food lists on line it would be far easier for you to just “Google it” for the specific diet you are looking at.

Don’t forget – when you get stuck, ask the guest what they normally eat for breakfast! It’s usually a granola bar or instant something-or-other. Yours will be far better and will look beautiful.