



# ALLERGEN & DIETARY REQUIREMENTS DEFINITIONS

Terminology used to describe foods produced to cater for different dietary requirements is confusing, and it is essential we get it right.



- Foods can be identified as **Gluten-Free** only if they contain less than 20 parts per million (ppm) of gluten
- They must be sold in their original and unopened packaging
- Foods prepared and made in our kitchens **cannot be advertised on menus as Gluten-Free** due to the risk of potential cross-contamination with other gluten-containing ingredients



- A '**Non-Gluten-Containing Ingredients (NGCI)**' statement can be used on your menus for dishes that have no gluten-containing ingredients
- Due to gluten-containing ingredients being handled in the kitchen, we cannot guarantee the dishes are gluten-free
- In such cases, the following statement should be added to menus: "**Whilst every care has been taken to ensure that cross-contamination is minimal within our kitchens, we do handle gluten-containing ingredients and cannot guarantee our food is 100% gluten-free**"



- Customers with coeliac disease cannot eat gluten-containing ingredients due to difficulty in processing these foods within the gut, causing the immune system to attack their own body
- **Coeliac disease is not an allergy or an intolerance, but should be treated in the same way as an allergy**



- **Milk-Free** is where the food or beverage item does not have mammals milk as an ingredient
- This is commonly also referred to as **Dairy-Free**, given that milk is the core ingredient of many dairy products, such as butter and cheese



- **Vegetarianism** is described as the practice of abstaining from the consumption of meat, poultry, seafood, and the flesh of all other animals
- If a dish is described as vegetarian, it may still contain dairy or milk, and is not suitable for people with dairy intolerances or milk allergies



- **Veganism** is described as the practice of abstaining from the consumption or use of animal products such as meat, poultry, fish or animal by-products such as dairy, eggs, and honey
- Vegan food will have no intentionally added animal or animal by-product ingredients
- It may, however, contain traces of animal products or by-products, including milk and fish, and therefore may not be suitable for people with milk or fish allergies

Know the difference and advise with confidence.