



# 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 by law cannot** be used in Ireland. Even for your menus / dishes that have no gluten-containing ingredients.
- For customers requesting a non gluten containing meal - you must advise customers 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.
- You may label this meal with the customers name. Remember do not label as Gluten Free etc.



- 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 cows' 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. Gelatin, animal rennet and animal stock is also avoided by vegetarians.
- 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 products such as dairy, eggs, and honey, gelatin, rennet or animal stock.
- Vegan food will have no intentionally added animal or animal by-product ingredients
- It may, however, contain traces of animal 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.**