



Quick Guide for Dietary Restrictions

DIET	AVOID	EAT SAFELY
Lactose Intolerance	Milk, ice cream, yogurt, cheese, coffee creamers, and whey found in baked goods, processed meats and foods.	Coconut milk and cream, soy milk, almond milk, non-dairy ice creams, non-dairy cheese, non-dairy yogurt, fruit sorbets.
Celiac & Gluten Intolerance	Wheat, barley, and rye berries and flours found in breads, cereals, baked goods, couscous, sauces, salad dressing, gravy, beer, processed foods and candy.	Gluten free flour, rice and rice flour, potatoes and potato starch, tapioca and tapioca flour, corn and corn flour, wine, vodka, tequila.
Diabetes	High carbs and sugar found in processed foods, sodas, baked goods, fruit juices, potatoes, rice and pasta.	Non-starchy vegetables, such as broccoli, spinach, cauliflower, cabbage, carrots and green beans. Lean protein such as chicken, turkey, beans, tofu, or eggs.
Vegan	Animal meat and by-products including honey, butter, cheese, eggs and milk.	All plant based foods including potatoes, wheat, beans, tofu, rice, fruit, vegetables.
Vegetarian	Animal meat including beef, pork, chicken, fish, shellfish.	All plant based foods including potatoes, wheat, beans, rice, fruit, vegetables and maybe eggs and dairy products.
Pescatarian	Land animals and by-products such as beef, chicken, and pork.	All plant based foods including potatoes, wheat, beans, rice, fruit, vegetables plus seafood.
Keto	High carbs and sugar found in processed foods, sodas, baked goods, fruit juices, potatoes, rice and pasta. Also, beans and legumes.	Eggs, poultry, fish, beef, pork, dairy, cheese, nuts, nut butters, seeds, coconut oil, avocados, non-starchy veggies like broccoli, salad, mushrooms, peppers.
Kosher	Meat and dairy prepared together, Pork & shellfish.	Meat and cheese prepared separately. Lamb, chicken, beef, pork, fin fish.

Eight Most Common Allergy Foods



Peanuts

Including peanuts with or without shells, peanut butter, food cooked with peanut oil. Read ingredients labels carefully.



Tree Nuts

Cashew, Walnut, Almonds, Hazelnuts, Pecans, Pistachios are the most common. Avoid all types of nuts, nut butters and nut milks.



Shellfish

Most common are shrimp, crab, lobster, clams, mussels, oysters and scallops. Look out for ingredients in soups and sauces.



Fin Fish

Salmon, tuna, and Halibut are most common. Look out for ingredients in salad dressing, soups and sauces.



Dairy

Cow's milk, cheese, ice cream, yogurt, butter. Look out for ingredients in breads, desserts, lunch meat, sausages and meats cooked with butter. Ask guests about milk from goats and sheep as well.



Eggs

Chicken and other bird eggs can be found in baked dishes, pastas, and desserts.



Soy

Soybeans, soymilk, and other products that include soy derivatives such as soy lecithin. Read labels carefully.



Wheat

Flour (baked goods), cereal, starch, beer, glucose syrup, soy sauce, couscous, processed foods, candy, salad dressing, and sauces.