

Menu Planning for Dietary Restrictions

Many Scouts have dietary needs and/or food sensitivities that must be taken into consideration when planning meals and shopping for food before camping trips. If you are ever uncertain of what may be acceptable for a fellow Scout to eat, ask them for detailed information regarding their restrictions (medical and religious). When in doubt, have them ask their parent or guardian for specific guidance. Always be sure to carefully read food labels, or use the Internet to check package ingredients. A best practice is to stick with non-processed foods.

The data below is not intended to be comprehensive, but provides some general information on various dietary considerations, etc.

Common Dietary Definitions

Vegan:

- ☒ Do eat a plant based diet.
- ☒ Don't eat meat, poultry, fish, eggs, dairy products.

Lacto-Vegetarian:

- ☒ Do eat mostly plants in addition to dairy products.
- ☒ Don't eat meat, poultry, fish, eggs.

Ovo-Vegetarian:

- ☒ Do eat mostly plants in addition to eggs.
- ☒ Don't eat meat, poultry, fish, dairy products.

Lacto-Ovo Vegetarian:

- ☒ Do eat mostly plants in addition to eggs and dairy products.
- ☒ Don't eat meat, poultry, fish.

Pescetarian:

- ☒ Do eat a vegetarian diet but also eat fish. May eat dairy products.
- ☒ Don't eat meat, poultry, eggs.

No Red Meat:

- ☒ Do eat plants, poultry, fish, eggs, dairy products.
- ☒ Don't eat beef, pork, lamb, buffalo/bison, venison.

Most Food Allergies

Over 90 percent of food allergies come from eight foods:

- Milk: cow, goat
- Eggs: chicken, duck
- Soy: edamame, beans, tofu, soy sauce, soymilk
- Wheat: bread, pasta, crackers, pretzels, pizza crust
- Peanuts: raw, roasted, shelled, boiled, salted, honey-roasted, peanut butter, peanut oil
- Tree nuts: walnuts, pecans, pistachios, hazelnuts, almonds, cashews, pine, brazil, macadamia
- Fish: salmon, tuna, halibut, cod, tilapia, flounder, trout, perch, rockfish
- Shellfish: shrimp, crab, lobster, clams, oysters, mussels, scallops

Some Religious Dietary Restrictions

Buddhism:

- No restrictions. However, many people will not eat meat or fish.

Christianity:

- No restrictions. However, Catholics will refrain from eating meat on Fridays of Lent, Ash Wednesday, & Good Friday.

Hinduism:

- Forbidden - Meat, fish, poultry, and eggs. May also avoid garlic, onions, tea, and coffee.

Islam:

- Forbidden - Pork, lard or any pork substance, gelatin from animal source that is not halal, meat that is not slaughtered in the prescribed Islamic way, all carnivorous animals and birds of prey and some non-halal additives.

Judaism:

- Forbidden - Gelatin, non-kosher meat, birds of prey and non-kosher fish such as shellfish, and sturgeon.

What does _____ mean?

Abbreviation:

- | | | |
|--------------------|---------------------|-------------------|
| • CF – Casein Free | • GMO – GMO Free | • NF – Nut Free |
| • D – Diabetes | • H – Halal | • SF – Soy Free |
| • DF – Dairy Free | • K – Kosher | • VG – Vegetarian |
| • GF – Gluten Free | • LF – Lactose Free | |

Food Intolerance:

- Food intolerance occurs when something in a food irritates a person's digestive system or when a person is unable to properly digest or breakdown the food.
- Intolerance to lactose, which is found in milk and other dairy products, is the most common food intolerance.

Lactose Intolerant:

- Unable to fully digest the sugar (lactose) in milk and other dairy products. (cheese, butter, yogurt, ice cream, sour).
- Can cause diarrhea, nausea, and sometimes vomiting, abdominal cramps, bloating, gas.
- Look for Lactose Free (LF), or Dairy Free (DF) designations on food packaging.

Gluten-Free:

- Gluten is a protein that's mainly found in wheat, rye, and barley.
- It helps things like pizza crust, bread, pretzels, and pasta keep their structure.
- Gluten-Free means not eating foods with gluten.
- Look for the following symbol for Gluten-Free food choices.



Halal:

- Roughly refers to what dietary habits are permissible by Islamic religious law. See Islam info above.
- Look for the following symbols for Halal food choices.



Kosher:

- Roughly refers to what dietary habits are permissible by Jewish religious law. See Judaism info above.
- Look for the following symbols for Kosher food choices.



Organic:

- Organic fruits and vegetables are grown without the use of pesticides, chemical fertilizers, or genetically modified organisms.
- Organic meat, poultry, eggs, and dairy products come from animals that do not take antibiotics or growth hormones.
- Look for the following symbol for Organic food choices.



References

<http://allergies.about.com/od/soyallergy/a/allaboutsoyallergy.htm>

<http://www.celiaccentral.org>

<http://www.diabetes.org>

<http://www.dietsinreview.com/diets/halal-diet>

<http://foodallergies.about.com>

<https://inhabitat.com/inhabitots/10-hearty-vegan-camping-recipes-for-your-adventures-in-the-wild>

<http://www.jewfaq.org/kashrut.htm>

<http://lactosefreefoods.net>

<http://www.livingwithout.com>

<http://web.mit.edu/kevles/www/nomilk.html>

<http://www.nongmoproject.org>

<https://scoutingmagazine.org/2018/02/camp-meals-fit-nutritionist>

<http://www.webmd.com/allergies/guide/nut-allergy>

<http://www.webmd.com/food-recipes/guide/vegetarian-and-vegan-diet>

Disclaimer:

This is simply a listing of some websites worth reviewing. They feature greater detail on the topics discussed above; as well as some pages with suggested recipes and food choices.

This is only a starting point for meal planning.

You are encouraged to do additional research to ensure that all Scouts remain safe.

Safety must always come first!