



# Different dietary needs

## What not to eat when pregnant

Pâté (all types), raw or undercooked meat

**Fish liver oil and liver** contain vitamin A, which can harm your baby.

**Shark, marlin and swordfish**, as they can contain high levels of mercury. Other fish is great for babies' health and development but should be limited to no more than two portions of oily fish and certain non-oily fish.

**Alcohol** should be avoided during pregnancy and **caffeine** should be limited (to around 200mg per day).

Caffeine – do not consume over 200mg/day.

Raw shellfish or raw or lightly cooked wild fish

Some types of cheeses, such as **soft blue cheeses**.

Avoid **raw or lightly cooked eggs** that are; UK non-lion eggs, eggs from outside the UK or non hen eggs.

# Diabetes

## **Type 1 diabetes**

The body does not produce insulin, as pancreatic cells which normally produce insulin are missing or damaged, so blood glucose levels remain high.

Treated by daily injections of insulin.

## **Type 2 diabetes**

The body produces insulin in the pancreas, but it is insufficient to control blood glucose effectively. This is often because the body tissues are resistant to the action of insulin.

Type 2 diabetes can be controlled or improved by diet.



## Iron deficiency anaemia

A lack of dietary iron depletes iron stores in the body and this can eventually lead to **iron deficiency anaemia**.

Dietary iron is found in two basic forms; haem iron (from animal sources) or non-haem iron (from plant sources).

Haem iron is the **most bioavailable** form of iron – meaning it is absorbed better.





## Lactose intolerance

Lactose intolerance is a common digestive problem where the body is unable to digest lactose (an enzyme found in milk).

This isn't the same as a milk or dairy allergy.

Symptoms include flatulence (wind), diarrhoea, bloated stomach, stomach cramps and pains and feeling sick.

Advice to control the symptoms is to limit lactose containing foods and drinks including milk and some dairy products.

People with lactose intolerance can often still consume small amounts of lactose without experiencing any problems.



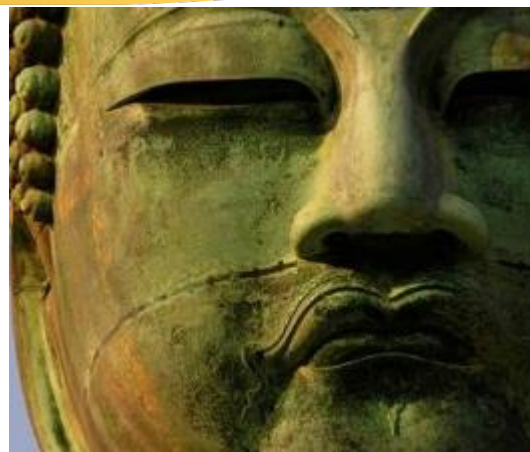
## Lactose intolerance

Food and drink that does not usually contain lactose include:

- soya alternative milks, yogurts and some cheeses;
- alternative milks made from rice, oats, almonds, hazelnuts, coconut, quinoa and potato;
- foods with the 'dairy-free' or 'suitable for vegans' signs;
- carob bars.



# Culture





## Religious beliefs

Around the world, people choose to eat or avoid certain foods depending on their religious belief.

These include:

- to communicate with God (e.g. saying thanks and blessing);
- to demonstrate faith through following religious rites concerning diets;
- to develop discipline through fasting.



## Religious beliefs – foods eaten or avoided

Religion	Pork	Beef	Lamb	Chicken	Fish
Islam	✗	Halal only	Halal only	Halal only	✓
Hinduism	✗	✗	✓	✓	✓
Judaism	✗	Kosher only	Kosher only	Kosher only	✓
Sikhism	✗	✗	✓	✓	✓
Buddhism (strict)	✗	✗	✗	✗	✗
Seventh-day Adventist Church	✗	✗	✗	✓	✓
Rastafari movement	✗	✗	✗	✗	✗

## Vegetarians, vegans and other social concerns

Human welfare and fair trading, where growers or producers in developing countries are paid a good minimum price to cover their costs, can be a high concern for some people.

Animal welfare can also be a concern for some people. This can affect the choice between caged or free-range hens, or 'dolphin friendly' tuna.

In the UK there are a growing number of people following plant based diets. These can include vegetarians and vegans.

