

A photograph of a wooden tray filled with several skewers of grilled vegetables. The skewers contain cherry tomatoes, zucchini, and bell peppers. The background is a blurred outdoor setting with green foliage. The text "22. Special diets" is overlaid in the center of the image.

22. Special diets

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Who needs a special diet?

- **Special diet** means avoiding certain foodstuffs
- Reasons behind this can be medical, ethical or cultural
- If you cut something from the diet the loss of the nutrients from the diet has to be recovered by adding another passable foodstuff



Food allergies

- Basically any foodstuff can cause an allergic reaction
- Allergic reaction can be slow, causing: stomach pain, vomiting and diarrhea, also swelling and smarting of mouth, lips and throat
- Allergic reaction can also be very volatile and life-threatening: Throat swells shut and blood pressure goes dangerously low

Lactose-intolerance causes swelling in stomach

- Dairy causes stomach pain, diarrhea and flatulence
- Our body's ability to utilize lactose varies by every individual
- Our ability to utilize lactose weakens when we age, thus lactose-intolerance becomes more common when we get older

Going vegetarian/vegan

- Vegetarian avoids eating meat, fish and poultry
- Some vegetarians allow dairy and eggs
- Vegetarian diet is very recommendable diet if done correctly
- Meat is rich on protein and vitamins D and B₁₂
-> these have to be replaced

Homework...

- Bring something edible gluten free with you to the next class
- Look up: What is gluten exactly? Why does it cause problems to some?