

***Please feel free to use this as a guide to better prepare you for our students with certain allergies and food intolerances.***

***We thank you for your support and understanding***

# Gluten intolerance vs. coeliac disease

Gluten intolerance is an immediate or delayed reaction of the body to gluten, which can vary in severity, whereas in the case of coeliac disease, the body reacts immediately and very hypersensitively to harmless components of gluten.

## Symptoms:

The most common symptoms are gastrointestinal complaints

## Reaction of the body:

In the case of intolerance, digestion and general well-being are affected, whereas coeliac disease triggers an autoimmune reaction in the body. A strict, lifelong diet is necessary.

## Tips for a gluten-free diet



1. Gluten-free foods are labelled with a crossed-out ear of corn or 'gluten-free'
2. Coeliac disease: During preparation, work surfaces and utensils need not to be contaminated with gluten
3. Avoid cross-contamination

**Students with an intolerance are asked by our German team to bring their own basic food. German families are also asked to prepare their own information letter or food list to make it as easy as possible for you as a host family to deal with the intolerance. If you have any questions, please feel free to contact us at any time.**

# What is allowed to be eaten?



## Gluten free



- Maize, rice, millet, buckwheat, quinoa, potatoes
- Gluten-free oats
- All fruits & nuts
- All vegetables & pulses
- Milk, natural yoghurt, cream, cream cheese, ricotta, mascarpone, mozzarella, parmesan
- Meat & fish, egg
- Vegetable oils, butter, margarine, vinegar, pure spices, salt, pepper
- Honey, sugar
- Soft drinks, tea, pure fruit juices and nectar



## Contains gluten



- Wheat, barley, rye, spelt, triticale, green spelt, bulgur, couscous
- All gluten-containing pastries, baked goods, muesli, etc.
- Floured dried fruit
- Dishes with cereals containing gluten, breaded or floured vegetables
- Yoghurt with gluten-containing cereals/biscuits
- Fish or meat breaded, floured, gluten-containing sauces, fried rings, fried rolled pancakes
- Bechamel sauce



## Brands that offer gluten-free alternatives:

- |                      |                         |
|----------------------|-------------------------|
| • Dove's Farm        | • Amys Kitchen          |
| • Schär              | • Tesco Free from       |
| • Bobs Red Mill      | • Tesco Free from       |
| • Genius Gluten Free | • Sauces                |
| • Marks & Spencer    | • Sainsbury's Free from |
| • Waitrose           | • Asda Free from        |





# Fructose intolerance

Fructose intolerance is an intolerance to sugar found in fruits, certain vegetables and certain sweeteners. The body cannot digest fructose.

## Symptoms:

- Gastrointestinal complaints and possible nausea

## hidden Fructose

- Fruit juices and fruits (apples, pears, plums, tomatoes)
- Dried fruits (sultanas)
- Sweeteners
- Sweets/ snacks

## Alternative foods & brands

- Vegetables (except onions, artichokes, asparagus)
- Fish & meat
- Rice, potatoes, sweetcorn
- Cheese (Cheddar/Parmesan)
- Vegetable oils and fats
- Lactose-free milk
- Plant-based milk alternatives
- Sainsbury's Free from
- Tesco Free from

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# Lactose intolerance

Lactose is a milk sugar that cannot be digested properly in affected people. The enzyme lactase cannot break down the components glucose and galactose, which can lead to unpleasant symptoms.

## Symptoms:

- Gastrointestinal complaints and possible nausea

## Foods with lactose

- All foods that contain milk
- Cream cheese, quark & yoghurt, cream
- Ready meals/sauces, sweets



## Alternative foods & brands

- Lactose-free dairy products e.g. soya milk, oat milk, almond milk, coconut milk
- Meat, fish and eggs
- Fruit and vegetables
- Cereal products without milk components
- Lactofree
- Tesco Free from
- Sainsbury's Free from
- Oatly

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# Vegan

The vegan diet excludes of all animal products and other by-products. It concentrates entirely on plant-based foods.

## Important to know

Vegans also avoid animal products such as leather, fur, silk, wool, cashmere, etc.

## No food for vegans

- Meat
- Fish
- Eggs
- Dairy products (milk, cheese, yoghurt, cream, butter, etc.)
- Honey
- Gelatine



## Alternative foods & brands

- Fruit & vegetables
- Tofu
- Cereals
- Beans
- Lentils
- Oat milk, almond milk, soya milk
- Vegan spreads
- Sainsbury's Plant Pioneers
- The Happy Pear
- Tesco Plant Chef
- Oatly
- M&S Plant Kitchen



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