

## How we classify our special diet recipes

### Gluten-free recipes

All of our gluten-free recipes exclude ingredients deemed by the NHS to be unsafe for people who suffer from gluten intolerance, otherwise known as coeliac disease. Foods that contain wheat, barley, rye and oats (i.e. bread, pasta, cereals, biscuits, crackers, cakes, pastries and pies) have been excluded from this category, as have foods that regularly contain flour. These include cooked or tinned meats, sausages, processed cheese products, milkshakes, tinned soups, stock cubes, soy sauces, shredded suet and some vinegars. We advise those who follow a gluten-free diet to always check food labels for additives or thickeners which may contain gluten – Hydrolysed Vegetable Protein (HVP) is one of the most common.

### Vegetarian recipes

All of our vegetarian recipes are based on guidelines from The Vegetarian Society ([www.vegsoc.org](http://www.vegsoc.org)) and exclude all products that contain “any meat, poultry, game, fish, shellfish or any by-product of slaughter”. This category includes recipes that contain dairy products, eggs and Parmesan (refer to Bookhams Foods for a Parmesan vegetarian alternative at [www.bookhams.com/cheese/twineham-grange.html](http://www.bookhams.com/cheese/twineham-grange.html)).

While our vegetarian recipe selection includes recipes containing suet, we advise those following a vegetarian diet to replace these with vegetarian alternatives, available in most supermarkets. We also advise people to always check cheese food labels to ensure they are made with vegetarian rennet.

## **Vegan recipes**

All of our vegan recipes exclude all products taken from animals. These include any meat, poultry, game, fish, shellfish, by-products of slaughter or any foods that come directly from killing an animal, such as fats and gelatine. This category also excludes recipes containing dairy products, eggs and honey. For further information, refer to: [www.guidetoveganliving.org.uk](http://www.guidetoveganliving.org.uk)

## **Dairy-free recipes**

All of our dairy-free recipes exclude ingredients deemed by the NHS to be unsafe for people who are lactose intolerant or allergic to dairy products. This category excludes recipes containing milk, yoghurt, cheese, cream, crème fraîche, butter and mayonnaise. This category does not exclude recipes containing eggs.