



Things to note when hosting an FL student who is **CELIAC!**

Please avoid foods that contain gluten!

FOODS THAT CAN BE CONSUMED BY **CELIAC**

- Gluten free bread and pastas.
- Plain Milk, fruit juices, tea, coffee
- Eggs, meat, poultry, fish
- Corn in all forms (*corn flour, meal, grits*)
- Rice in all forms (*white, brown, wild, basmati*)
- All kinds of vegetables and fruits

FOODS TO BE AVOIDED BY **CELIAC**

- White or brown bread
- All kinds of pasta unless marked gluten free
- Malted milk product like milk shakes
- Beer
- Oats unless certified gluten free
- Salad dressings, soy sauce, ketchup, mayonnaise, bullion cubes and broths, malt/malt flavourings
- Processed/breaded meat, poultry or fish

FOODS THAT **VEGANS** AVOID

- All kind of meat (*pork, bacon, beef, lamb, mutton*)
- Poultry (*chicken, turkey, duck, goose, capon*)
- Fish and all seafood, fish sauce, fish oil
- Eggs
- All dairy products (*milk, cheese, cream, butter, yogurt, ice cream*)
- Honey
- Gelatine, rennet
- Lard, blood, bone, fat
- Fresh pasta (*contains eggs*)

FOODS THAT **VEGANS** CONSUME

- Plant based milk e.g. coconut milk, soy milk, almond milk and grain milks such as rice milk, oat milk
- Tofu (*soybean curd*)
- Maple syrup instead of honey



Things to note when hosting an FL student who is **VEGAN!**



**VEGAN**  
Strictly **NOTHING** from animal

— VS —

**VEGETARIAN**  
Strictly **NO** meat





If you are hosting an FL student who is **LACTOSE INTOLERANT!**

Please avoid foods that contain Lactose!

Say **NO** to all dairy products!!

If you have severe lactose intolerance, you'll need to stay away from dairy products and non-dairy foods with milk ingredients such as bread.

However EGGS can be consumed by people who have lactose intolerance as long as it is not mixed with any dairy product like milk or cheese. Switch to plant and nut based milk and milk products such as coconut milk, almond milk, soy milk, rice milk, soybean curd (*TOFU*) soy cheese, etc.



Things to note if you are hosting an FL student who is **NUT ALLERGIC!**

Avoid all kinds of nut or nut based products!

**AVOID** all kinds of nut or nut based product such as nut milk, nut butter, nut dressing, store bought pesto, nut bars.

Check all the list of ingredients before buying any product for the student.

According to the severity of his/her allergy be careful with even having nuts in the house/room as they are in.