

Special Diets

Food Intolerance's

Sulfites

- Sulfites are used to prevent discoloration of food such as on salad bars (there is now a Law prohibiting this). They are also used in beverages, cherries, wines (to slow fermentation) and fruits.
- People that are sulfite sensitive are encouraged to ask waiters if the food they are being served contains or were treated with sulfites.
- *Note: Even though CCSP may know that its own food has no sulfites, sometimes food is bought in and these foods have been treated. We cannot guarantee that individuals would not be exposed to sulfites while on a cruise. This is due to the uncertain nature of knowing whether or not foods have been treated.*



Where do you find sulfites?

- Dried fruits
- Frozen or pre-packaged Avocado dip
- Instant and frozen potatoes such as French fries, potato chips, dried potatoes and potato flakes
- Wine, beer
- Cider
- Fruit juices
- Wine vinegar
- Gelatin
- Maraschino cherries
- Lemon juice
- Salad dressings and sauces from dry mixes
- Shrimp, canned seafood soups
- Pickled products
- Canned or dried soups

Gluten

Gluten is one of many proteins that are formed when wheat and other cereals are made into flour.

"Gluten-free" are diets where the food must be wheat, rye, oats and barley free.

This diet is designed to provide adequate nutrition while eliminating wheat, rye, oats and barley.

Gluten may be present in foods either as a basic ingredient (i.e., listed as a wheat rye, oats or barley) or added as a derivative when a food is processed or prepared. Reading labels is very important. Since flour and cereal products are quite often used in preparing foods, it is important to be aware of the methods of preparation used as well as the foods themselves. This is especially true when "dining out".

Lactose Free

When someone states that they have lactose intolerance, they are usually referring to an intolerance to milk and milk products. Lactose (which is the sugar found in milk) can not be broken down by the digestive tract of some individuals. More people are lactose intolerant than are not. Example: Asians. It tends to occur more as people age. Most individuals are not sensitive to the milk found in foods. It is usually the straight milk, cheese, cottage cheese, ice creams and to some degree yogurt, that they can not tolerate.

Sucrose Free

Sugar free is not as easy to define. Typically, sugar-free is the same as sucrose-free, which refers specifically to white table sugar and only white table sugar. A label could say sugar-free, but it could contain fruit sugar, fructose or corn syrup to sweeten the product.

You need to read carefully. Fructose is a better sugar for diabetics and is usually not a problem. Corn syrup, molasses and honey however, would have the same results on sugar levels as white table sugar.

Vegetarian Diets

Of the 8-10 million people in the USA who refer to themselves as "Vegetarians", most eliminate only "red" meats from their diets but do eat fish, poultry and dairy products.

The Lacto-Vegetarian - does not eat meat, fish, poultry or eggs, but does allow for milk, cheese and other dairy products.

The Lacto - Ovo Vegetarian - does not eat meat, fish or poultry, but will allow for eggs, milk, cheese and other dairy products.

The True Vegetarian or Vegan - will NOT EAT ANY FOODS OF ANIMAL ORIGIN including milk. Their milk would have to be soy based in order to drink it.

