

Food and fluid: Things to consider before accepting a person who requires a therapeutic and/or faith/cultural diet

As a care service provider it is important that you understand and are able to meet the dietary requirements for all whether it be for therapeutic and/or faith and/or cultural reasons as well as personal choice.

Getting the diet right of individuals living in/accessing your service is very important.

When considering accepting an individual into your care service who requires a 'specialist' diet, the following should be considered:

- Have you found out the exact nature of the request being made?
- What do the kitchen/catering staff need to know and understand? For example what are the key points around preparing, storing and serving the food and fluid that you need to be aware of?
- Is there additional cost attached that you need to be aware of? For example, is there an added expense to source differently prepared meats, environmental changes that might be required, the need for any new equipment?
- Do your staff understand what is being asked of them and are they able to care for the individual? For example, is there a gap in the staff knowledge around caring for someone who requires a 'specialist' diet? Is there a need for additional skills and information for your staff? Where will you the information that staff need?
- How will you record and communicate the specific detail around what is required to meet the food and fluid need of the individual?

The question you need to answer is.... can you meet **all** of the food and fluid needs of the person after considering everything that you have heard?

During discussion with the person and/or their family and/or their representative, be open and honest as well as clear and concise about the food and fluid requirements you can meet and those which you find challenging or simply cannot meet. Record a summary of the discussion for future reference.

If you decide that you can meet the person's food and fluid needs, you must confirm and record clearly the detail discussed with the person and/or their family. Ensure the plan of care reflects the detail of what has been agreed and ensure all care, kitchen and catering staff are aware of what has been agreed. Involve the person's family in the plan of care whenever possible and if appropriate.

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Special Diets (Food Rules of Different Religions)

This table was taken from The National Health Service Recipe Book.

KEY

A = Accepted

F = Forbidden

F* = Some Buddhists are not vegetarian

FOOD	7 th Day Adventist	Rastafarian	Roman Catholic	Mormon	Jewish	Sikh	Muslim	Hindu	Buddhist
Eggs	Most	A	A	A	No blood spots	Most	No blood spots	Most	Some
Milk/Yoghurt	Most	A		A	Not with meat	A	Not with rennet	Not with rennet	A
Cheese	Most	A	A	A	Not with meat	Most/some vegetarian	Vegetarian	Most/Some Vegetarian	A
Chicken	Some	Some	Some do not,	A	Kosher	Most	Halal	Most	F*
Mutton/Lamb	Some	Some	not,	A	Kosher	Most	Halal	Most	F*
Beef	Some	Some	particularly during Lent or Fridays	A	Kosher	F	Halal	F	F*
Pork	F	F		A	F	Some	F	Some	F*
Fish	Some	With scales	A	A	With scales fins/backbone	Most	With fins and scales	With fins and scales	some
Shellfish	F	F	A	A	F	Some	Halal	Some*	F*
Cocoa/Tea/Coffee	F	A	A	F	A	A	A	A	A
Nuts	A	A	A	A	A	A	A	A	A
Pulses	A	A	A	A	A	A	A	A	A
Fruit	A	A	A	A	A	A	A	A	A
Vegetables	A	A	A	A	A	A	A	A	A
Alcohol	F	F	A	F	A*	A	F	Most	F
FASTING	Own choice	Own choice	Some fast before communion	24 hours, once monthly	Yom Kippur	Own choice	Ramadan	Own choice	Own choice

*This information is for guidance only. It is worth noting that people who look similar or speak a similar language could be from a different religion/faith or the same religion/faith, however they may have different dietary needs and preferences. Some faith related food and fluid

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requirements depend on degree of orthodoxy or the country the person is from. **Best advice would be to ask rather than making assumptions**

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Belief-based diets

Buddhist

- ✓ There are vegetarian and non-vegetarian Buddhists. Diets will vary according to the country of origin.
- ✓ The notion of non-harming is basic [fundamental] to Buddha's teachings. Many Buddhists regard this as non-killing for food.
- ✓ Some may fast on certain days.

The [Livestrong website](#) says that the Five Precepts are Buddhist guidelines for increasing good in the world, according to Geoff Teece, lecturer in religious education at the University of Birmingham, England, and author of the book "Buddhism". The First Precept, to avoid harming any living thing, means that many Buddhists regard killing animals for food as wrong. As a result, many Buddhists turn to vegetarianism. In some cultures, however, a reliance on fish or meat as a major food source results in elaborate reinterpretations of the meaning behind the First Precept, notes Ravindra S. Khare, professor of anthropology at the University of Virginia, in his book "The Eternal Food: Gastronomic Ideas and Experiences of Hindus and Buddhists." In Sinhalese fishing villages, practicing Buddhists compensate for the negative karma generated by killing fish by donating part of each catch to the monks and avoiding fishing on holy days.

Edenic (what Adam and Eve are supposed to have eaten). The Fifth Precept, to avoid drugs and alcohol, and cultivate a pure and clear mind, lies behind the Buddhist habit of eating plain or bland food.

Hindu diet

- ✓ Most Hindus do not eat beef or items containing beef products/flavouring.
- ✓ Hindus are generally vegetarians and many will not eat fish or eggs.
- ✓ Many Hindus fast on a regular basis and only eat specific food at a certain time of the day on a fast day.
- ✓ Do not use same utensils used for meat when cooking or serving.

According to [Social Studies.com](#) Hindus believe that all living things contain a part of the divine spirit. Therefore, all life is sacred. If you take the life of even the smallest creature it is as if you harm part of Brahman. Most pious Hindus, especially Brahmins, are lacto-vegetarians. This means that the only animal food that they eat are dairy foods. The pious do not eat eggs since they are the

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beginning of life. As vegetarianism is considered the most desired method of eating, non-vegetarians eat vegetarian meals on auspicious or religious occasions. Avoiding meat is thought to contribute to inner self-improvement and physical wellbeing. Even some vegetables are considered taboo by Orthodox Hindus who do not eat onion, garlic, turnips, or mushrooms. Those that do eat meat, eat it in small amounts with starches such as rice or bread. The main meat consumed by Hindu non-vegetarians is goat while some enjoy lamb or buffalo. Chicken and pork are sometimes avoided since these two animals are scavengers and they are considered unclean. Hindus who live in the area of Bengal (Eastern India) and on the Western coastal area eat fish.

Islamic dietary laws (method of slaughtering)

- ✓ Muslims can only eat halal meat (meat from an animal killed by a Muslim with a religious prayer).
- ✓ Pork meat, all products from pork, carrion and blood are forbidden.
- ✓ Use of any wine or alcohol in the cooking is not permitted.
- ✓ Use of pots or utensils used to cook non-halal foods.

According to the [Ahlul Bayt Digital Library](#) a Muslim is allowed to buy all kinds of halal meat from a Muslim shopkeeper who sells it to Muslims. Such meat would be considered halal even if the vendor belongs to a school of thought which have different conditions for slaughtering from ours as long as there is a possibility that the animal was slaughtered in accordance with our conditions. This latter statement applies to all conditions except the one that says that the animal's belly should be facing the qiblah at the time of slaughter. Not observing the condition of qiblah because the slaughterer's school of thought does not consider it a necessity will not detract from [the permissibility of the meat].

If a Muslim knows and is sure that this meat is from an animal which is permissible for Muslims to eat (like cow, sheep or chicken) but that it is not slaughtered in accordance with Islamic laws, that meat is to be considered mayta. Mayta is not permissible for a Muslim to eat even if its seller is a Muslim. Similarly, such meat is impure (najis) and would make other things impure, if it comes into wet contact with it.

If a Muslim buys or receives meat from a non-Muslim, or from a Muslim who got it from a non-Muslim and did not inquire about its slaughtering according to Islamic laws, such meat is haram for him. But if the Muslim does not know that the animal was not slaughtered according to Islamic laws, it would not be considered najis, although it is still haram.

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Some experts say that by letting out the blood by way of slaughtering, the meat of the animal becomes healthier for the consumer than an animal that was not slaughtered.

Jain

- ✓ Mostly vegetarian, no egg or fish and no root vegetables.
- ✓ No use of alcohol in cooking.
- ✓ Use different utensils when cooking and serving vegetarian food.
- ✓ Many fast on certain days

According to the [Livestrong](#) website Jains believe strongly in the principle of nonviolence toward all living beings, their diet is vegetarian. Unlike many vegetarians, however, Jains expand their definition of "living beings" to include bacteria and other microorganisms. Additionally, it is not acceptable to merely avoid foods derived from animal sources. The harvesting of some foods harms living beings, and a Jain must not consume these foods. According to Arihant.us, a Jain website, Jains may not eat after sunset as it could "cause the death of minute microorganisms that emerge in the dark." The degree of strictness with which Jains adhere to their diet varies from person to person. In keeping with their vegetarianism, Jains avoid all animal flesh. Some Jains also avoid eggs and milk. Many Jains believe fasting helps them exercise control over other areas of life and can help people better fulfill their spiritual responsibilities. Fasting can also be viewed as a form of spiritual penance, as can eating less food than normal or eliminating a specific taste, such as salty, bitter or sweet, for a period of time. Jain religious beliefs affect not only the types and amounts of food that are permissible but also how they are prepared. Jain monks traditionally have strict rules governing food preparation, and individual households adopt these in varying degrees. The person preparing food is expected to be aware of the needs of the people he serves, should be in a positive state of mind and should have knowledge of food safety. According to Dr. Jain, people who are wearing shoes may not prepare food, nor may pregnant, lactating or menstruating women, children, or people who are ill.

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Jews- Kosher diet

- ✓ Kosher: Food that is proper
- ✓ Trefa: Food is not fit
- ✓ Must not eat or handle pork or pork products. Horse is forbidden.
- ✓ Will not eat fish without fins or scales, including catfish and shellfish
- ✓ Must not eat wild birds.
- ✓ Blood is strictly prohibited and most meat is salted to draw off all blood.
- ✓ Milk and meat products are not to be prepared or eaten together (prefer 3-4 hours wait between these foods). Many will use separate cooking and eating equipment for these.

According to the [Kosher Certification website](#) a Kosher diet follow strict rules for meat, dairy, fish and alcohol. According to the laws of the Torah, the only types of meat that may be eaten are cattle and game that have “cloven hooves” and “chew the cud.” If an animal species fulfils only one of these conditions (for example the pig, which has split hooves but does not chew the cud, or the camel, which chews the cud, but does not have split hooves), then its meat may not be eaten. Examples of kosher animals in this category are bulls, cows, sheep, lambs, goats, veal, and springbok. According to the laws of the Torah, to be eaten, a kosher species must be slaughtered by a "Schochet," a ritual slaughterer. Since Jewish Law prohibits causing any pain to animals, the slaughtering has to happen in such a way that unconsciousness is instantaneous and death occurs almost instantaneously.

Dairy

All kosher milk products must derive from kosher animals. The milk of impure cattle and game (for example. donkey milk) is also prohibited.

The prohibition of combining meat and milk

The Torah says: “You may not cook a young animal in the milk of its mother” (Ex.23:19). From this, it is derived that milk and meat products may not be mixed together. Not only may they not be cooked together, but they may not be served together on the same table and not eaten at the same time.

Mormoms - Church of JC Latter Day Saints

- ✓ Health code known as Word of Wisdom, promotes healthy eating.

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- ✓ Some will abstain from tea, coffee, alcohol and tobacco.

Rastafarian Ital diet

- ✓ Rastafarians do not eat any pork or fish with scales.
- ✓ Most are vegetarian and do not eat any meat.
- ✓ Fresh, natural and organic foods are preferred to processed foods.
- ✓ Some use marijuana and view it as a religious rite..

According to the [Inity Weekly Online Magazine](#) the Rastafarian Ital diet is based on the spiritual belief and interpretation from Biblical references in Genesis, Leviticus and Deuteronomy, that the body is a temple and must be kept clean and pure. Therefore, the strictest Rastafarians follow what most people would recognize as a vegan, macrobiotic diet. This means they refrain from ingesting animal products, such as meat, dairy and eggs, and only eat food that is fresh, local and in season.

The Ital diet focuses on consuming fruits, vegetables, whole grains, beans and legumes, with the inspiration for Ital dishes being based in Indian and African cooking. Staple Ital foods are coconuts, bananas, callaloo (similar to spinach), pimento and coconut oil, but these foods may not be in season or local to the area where the Rastafarian lives, so staple foods can differ greatly in certain cases.

Sikh

- ✓ Sikhs do not eat beef.
- ✓ Halal meat is unacceptable.
- ✓ While most will accept other meat many Sikhs are vegetarians, especially women. If vegetarian, some will not eat eggs or fish.
- ✓ Tobacco smoking is prohibited by the Sikh code of conduct.

Seven Day Advent

- ✓ Adventists typically follow ovo-lacto vegetarian or vegan diet.
- ✓ Food choices may consist of fruits, vegetables, whole grains, legumes, dairy products and healthy fats such as olive oil.
- ✓ Avoid processed foods, sugar, sugar substitutes and food additives, caffeine and alcohol.

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Vegetarian (including other variations of the diet)

Most recent [statistics](#) indicate that 2 per cent of adults and children are vegetarian (not eating meat or fish), this amounts to over 1.2 million individuals. (*Office for National Statistics, ** National Diet and Nutrition Survey, 2012)

The [Vegetarian Society](#) defines a vegetarian as: “Someone who lives on a diet of grains, pulses, nuts, seeds, vegetables and fruits with, or without, the use of dairy products and eggs. A vegetarian does not eat any meat, poultry, game, fish, shellfish or by-products of slaughter.”

As well as someone who would define themselves as a vegetarian there are also a number of variations of the vegetarian diet which include:

Lacto-ovo-vegetarians who eat both dairy products and eggs; this is the most common type of vegetarian diet. Lacto-vegetarians eat dairy products but avoid eggs. Ovo-vegetarians eat eggs but not dairy products. Vegans do not eat dairy products, eggs, or any other products which are derived from animals.

There are also other diets which include Fruitarian where a person's diet is predominantly fruit. As a standard, suggest using 75+ per cent fruit as the marker for using the term fruitarian. Here 'fruit' usually conforms to the common usage of the term - the reproductive product of trees, vines, bushes, rather than the botanical definition. Some fruitarians do eat small amounts of sprouts, and many fruitarians (but not all) do eat leafy greens.

A “[Flexitarian](#)” is a term to describe those who eat a mostly vegetarian diet, but occasionally eat meat. Many people who call themselves “flexitarian” or “semi-vegetarian” have given up red meat for health reasons while others, for environmental reasons, only eat free-range or organic animals and animal products.

A [Pescatarian](#) is a word sometimes used to describe those who abstain from eating all meat and animal flesh with the exception of fish. In other words, a pescatarian maintains [a vegetarian diet](#) with the addition of fish and other sea foods such as shrimp and lobster.

A [plant-based](#) diet is a diet that focuses around plant foods: fruits, vegetables, legumes, grains, nuts and seeds, and zero animal products. No meat, fish, butter, milk, eggs, cheese, gelatine or other animal by-product

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Further reading

Healthy Diet & Lifestyle Guide for Ethnic Minority Older People June 2015

The Older People Services Development Project (Lottery funded) by Trust, Hanover (Scotland) & Bield Housing Associations, supported by NHS Health Scotland and the Scottish Government, has produced the multilingual Healthy Diet & Lifestyle Guide.

It was produced in response to an extensive consultation with more than 850 Black & Minority Ethnic (BME) older people across Scotland. It provides easy and clear advice to those who face barriers to accessing information about diet and exercise.

A pdf version of the summary report and guide in English and six community languages is available on www.equalityscotland.com

www.vegetarianforlife.org.uk/paths/older-vegetarian