

Three bright green apples are arranged on a white background. One apple is in the foreground, slightly to the right, and is in sharp focus. Two other apples are behind it, one to the left and one to the right, slightly out of focus. The apples have a smooth, glossy texture and a small stem at the top.

# Much Ado About Diets: Children and Modified Dietary Needs

**Paige Gustafson, RD, LD**

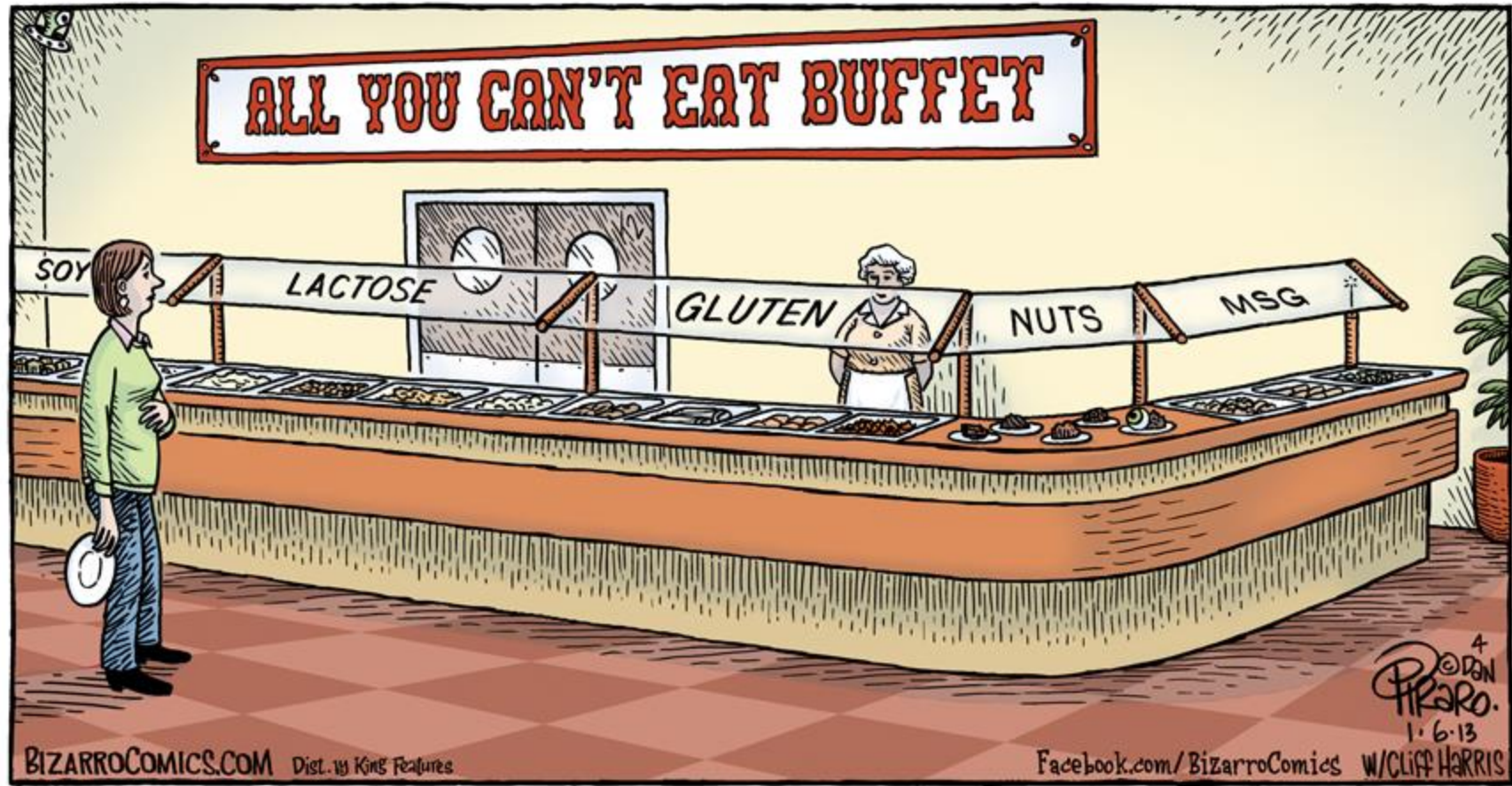
Pediatric Clinical Dietitian

University of Minnesota Amplatz Children's Hospital

# Disclosures

- None





# Objectives

- List major food allergies and strategies for school food services to be safe
- Define gluten and foods to avoid to maintain gluten-free diet in the cafeteria
- Review renal diet including challenge to provide appropriate lunch options with school lunch reform
- Understand dietary modifications as medical nutrition therapy rather than diets in the promotion of disordered eating behaviors



## SPECIAL DIET STATEMENT For a Participant With a Disability

This Special Diet Statement is ONLY for a participant with a disability that affects the diet. This form must be:

- Thoroughly completed and signed by a licensed physician.
- Submitted to the school/center/site before any meal modifications will be made in the United States Department of Agriculture Child Nutrition Programs.
- Updated whenever the participant's diagnosis or special diet changes.

### **PART 1: PARTICIPANT INFORMATION PARENT OR GUARDIAN MUST COMPLETE. PLEASE PRINT.**

Participant's Name: Last / First / Middle Initial			Today's Date:	
Name of School/Center/ Site Attended:			Date of Birth:	
Parent/Guardian Name:		Home Phone Number:	Work Phone Number:	
Parent /Guardian Address:	City:	State:	Zip Code:	

**Meals or snacks to be eaten at school/center/site: (circle all that apply)**

<b>School:</b>	<b>Center / Child Care / Adult Care Center:</b>	<b>Site-Summer Food Service Program:</b>
Breakfast      Lunch	Breakfast      Lunch      Supper	Breakfast      Lunch      Supper      Snack
Afterschool Care Program (snack)	am / pm / eve Snack      Afterschool Snack	

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
OR Participant's Signature (Adult Day Care)

**Note to Parent(s)/Guardian(s)/Participant:** You may authorize the director of the school/center/site to clarify this Special Diet Statement with the physician by signing the Voluntary Authorization section at the end of this form.

### **PART 2: PARTICIPANT STATUS LICENSED PHYSICIAN MUST COMPLETE. PLEASE PRINT.**

Participant has a disability and requires a special diet or food accommodation.

An individual with a disability is described under Section 504 of the Rehabilitation Act (1973) and the American with Disabilities Act (ADA) as a person who has a physical or mental impairment that substantially limits one or more major life activities.

Refer to the document titled *Special Diet Statement: Guidance for definitions of "disability" and "major life activities"* which is included with this form.

1. Identify the participant's disability: \_\_\_\_\_ and/or

Identify food allergy that is life-threatening / anaphylactic (considered a disability): \_\_\_\_\_

2. Identify the "major life activities" affected by the disability: \_\_\_\_\_

3. Describe how the disability restricts the participant's diet: \_\_\_\_\_



# Food Allergies

- An immune response to a foreign protein

## The Big 8

- Peanuts
- Tree Nuts
- Cow's Milk
- Eggs
- Wheat
- Soy
- Fish
- Shellfish



Intolerance? Lactose



Milk  
Egg  
Soy  
Wheat



Shellfish  
Fish



Peanuts  
Tree Nuts



<http://nces.ed.gov/nationsreportcard/pubs/studies/2006461.asp>; <http://postgradproblems.com/4-tv-shows-you-appreciate-better-as-a-working-adult/>;

# Tips for Service

- Know your students and their allergies
- Accessible information to know the ingredients in your foods
- Reading food labels







<http://abcnews.go.com/Health/Allergies/food-allergies-cost-25-billion-annually-us/story?id=18026532>

**INGREDIENTS:** MICRON FILTERED WATER, SUGAR, CORN SYRUP, NON-DAIRY CREAMER ((PARTIALLY HYDROGENATED CANOLA OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE A MILK DERIVATIVE, DIPHOSPHATE, MONO AND DIGLYCERIDES, AND SILICON DIOXIDE (ANTI-CAKING AGENT)), SUGAR, CORN STARCH, CARRAGEENAN, XANTHAN GUM, GUAR GUM, SOY LECITHIN AND NATURAL FLAVORS), PEAR JUICE CONCENTRATE, RAINBOW SPRINKLES (SUGAR, CORN STARCH, PARTIALLY HYDROGENATED VEGETABLE OIL (COTTONSEED AND/OR SOYBEAN), SOY LECITHIN, DEXTRIN, CONFECTIONER'S GLAZE, NATURAL AND ARTIFICIAL FLAVOR, RED 40 LAKE, CARNAUBA WAX, YELLOW 6 LAKE, BLUE 1 LAKE, YELLOW 5 LAKE, RED 3, BLUE 1, RED 40.), NATURAL AND ARTIFICIAL FLAVOR, GUAR AND XANTHAN GUMS, POTASSIUM, ANNATTO, AND CARAMEL COLOR. **CONTAINS SOY INGREDIENTS.**

<http://www.theallergyasthmasinuscenter.com/blog/tips-for-reading-labels-when-you-have-food-allergies>



# Gluten-Free

- Gluten – protein structures found in certain grains

**Wheat Oats Rye Barley**

Celiac Disease (celiac sprue) – an autoimmune response at the digestive system that attacks the lining of the intestines leading to malabsorption



# Foods Allowed when Gluten-Free

- Alternative grains – Corn, Flax, Quinoa, Rice, Soy, Potato Flour
- Naturally (unprocessed):
  - Beans, seeds, nuts
  - Eggs
  - Fresh meats, fish, and poultry (not breaded, battered, or marinated)
  - Fruits and Vegetables
  - Most dairy products



# Beyond WORB:

- Gluten is often added to processed foods for taste and texture or in non-food items.
  - Medications, vitamins, play dough, lotions, malt flavoring

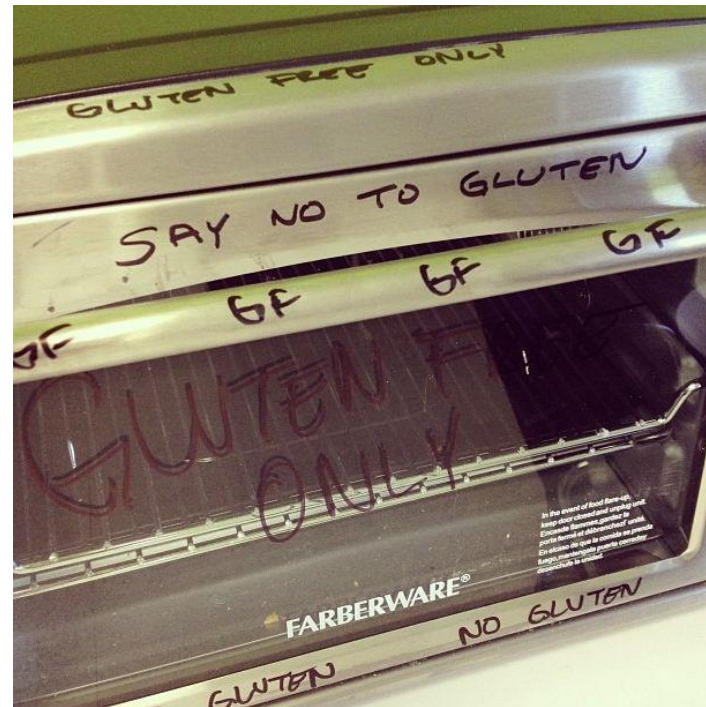


<http://www.bestglutenfreetdiet.com/>

<http://www.fasthorseinc.com/blog/2013/07/10/gluten-free-is-serious-business/>

# Tips for Service

- Cross contamination
- Menus / Choices
- Cost

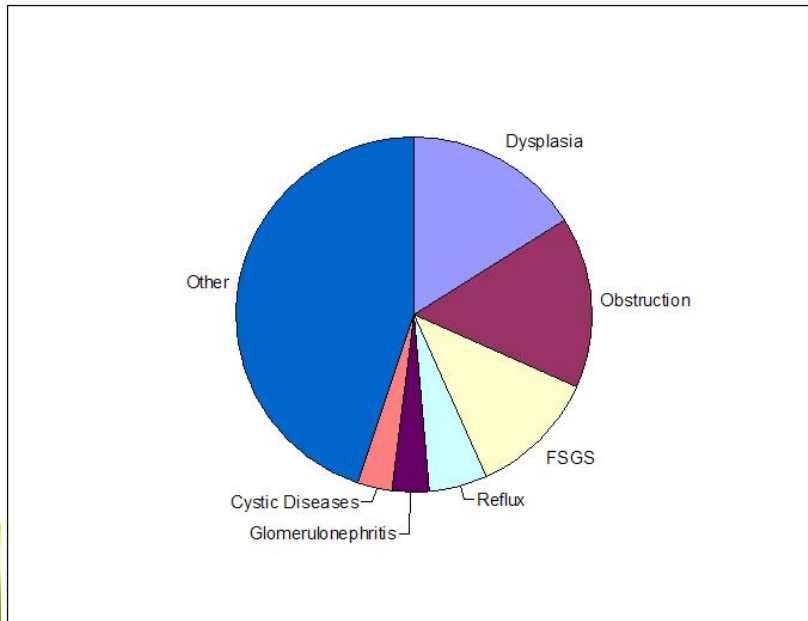


[http://udisglutenfree.com/2013/08/30/gf\\_workplace/](http://udisglutenfree.com/2013/08/30/gf_workplace/)



# Renal Diet

- Chronic kidney disease / dialysis
- Potassium, phosphorus, sodium restriction



<http://emedicine.medscape.com/article/1012654-overview#a0102>



**KIDNEYDIET**

<http://www.kidneydiet.com/>



# Potassium

## Fruit

- Tomato
- Banana
- Oranges
- Cantaloupe

## Milk



## Vegetables

- Potatoes
- Winter Squash
- Collard Greens



<http://www.diabetesdaily.com/voices/2009/02/how-to-perfect-baked-potato/>

# Phosphorus

- Dairy – milk, yogurt, cheese
- Whole grains
- Chocolate
- Peanut butter, Nuts, Seeds
- Processed foods - cola





# Sodium

- Table Salt
- Processed / Convenience Foods
- Soup
- Cheese
- Fast Food
- Seasonings
- Sports Drinks



<http://www.personal.psu.edu/agl5095/blogs/la101h/2012/04/ramen-noodles.html>



# Healthy Hunger-Free Kids Act of 2010

- More fruit & vegetables, more whole grains, lower sodium, etc.
- Good for most, bad for kidney disease



# Medical Nutrition Therapy

- Protein-restricted
- Low Fat
- Low Sodium
- Vegetarian
- Vegan
- FODMAP
- Casein-free

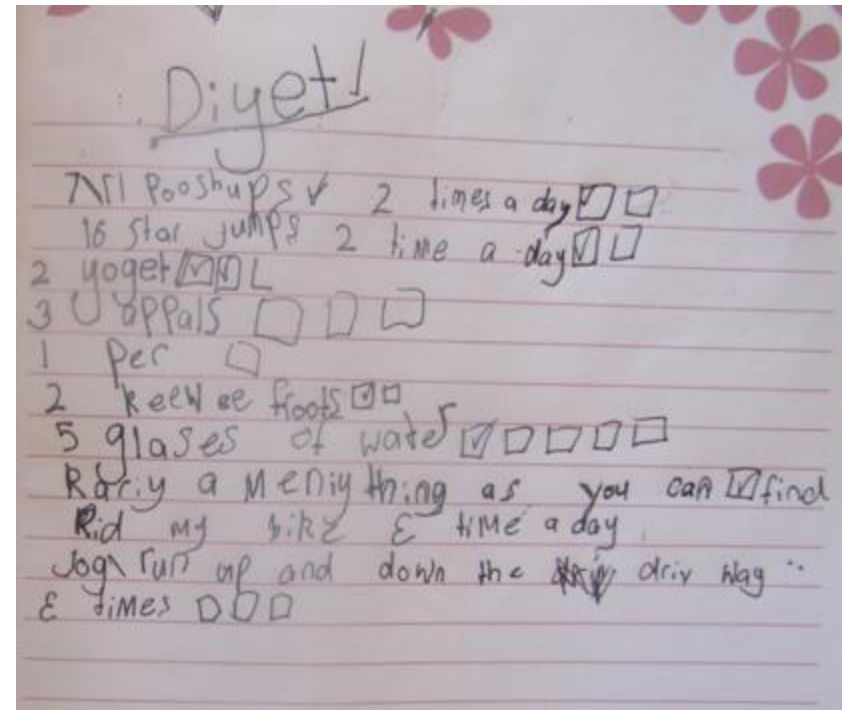


# Much Ado About Diets?

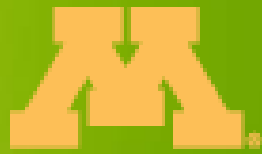
- Nutrition - an ever changing science



<http://www.cdc.gov/nutrition/everyone/basics/>



[http://www.huffingtonpost.com/2013/03/07/7-year-old-makes-diet-list\\_n\\_2821204.html](http://www.huffingtonpost.com/2013/03/07/7-year-old-makes-diet-list_n_2821204.html)



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“Brave”

<http://www.youtube.com/watch?v=N8xnLkyKgsE>



# References

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- Guidelines for the Diagnosis and Management of Food Allergy in the United States: Report of NIAD-Sponsored Expert Panel. *The Journal of Allergy and Clinical Immunology*; 126 (6), Supplement: S1-S58.
- Mahan, L. & Escott-Stump, S. (2008). *Krause's Food and Nutrition Therapy* (12 ed.) St. Louis, Missouri: Saunders Elsevier.



Three bright green apples are arranged on a white surface. One apple is in the foreground, slightly to the right, showing its stem. Two other apples are behind it, one to the left and one to the right. The background is white, and the bottom of the image has a solid green gradient bar.

**Thank You**