

Special Diets Swap Activity

Apply your knowledge!

Instructions

- Apply your special diet knowledge and complete these tables
 - Use the Special Diets Resource Handout for inspiration!
- After completing this activity, use the Swap Activity Answer sheet to compare your answers and explore ideas!
- For additional questions – please contact us at **nutrition@texasagriculture.gov**



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Updated 3/20/2023
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Special Diets Swap Activity

Test your special diet knowledge!

1. Review the accommodation and the menu item/recipe
2. Identify which item(s) needs to be “swapped”
3. Provide a “swap” recommendation to meet the accommodation requirements!

Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
Celiac Disease (Gluten Free)	<u>Todays Menu</u> Strawberry Overnight Oats Banana Slices 1% Milk		



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Soy Allergy	<u>Vegan Tacos</u> Corn Tortillas Yellow Onion Garlic Vegetable Broth Textured Vegetable Protein Seasoning Mix Tomatoes Lettuce		



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Gluten and Soy Allergy	<u>Todays Menu</u> Chicken Lo Mein Edamame Sliced Pears 1% Milk		



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Hindu Religion (No Beef)	<u>Todays Menu</u> Cheeseburger French Fries Orange Slices 1% Milk		



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Dairy and Egg Allergy	<u>Todays Menu</u> Breakfast Sandwich (WG English muffin, Egg patty, Cheddar cheese, Turkey bacon) Strawberry Yogurt Banana 1% Milk		



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PKU (Phenylketonuria)	<u>Todays Menu</u> <i>Sausage Pizza</i> <i>Baby Carrots</i> <i>Sliced Strawberries</i> <i>1 % Milk</i>		



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Lactose Intolerant	<u>Todays Menu</u> WG Cereal Orange Slices Yogurt 1 % Milk		



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Egg Allergy	<u>Today's Menu</u> Veggie Sandwich - WG Bread, Lettuce, Cucumber, Tomato, Provolone, Mayonnaise, and Avocado String Cheese Fruit Cup 1% Milk		



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Vegan	<u>Roasted Sweet Potato Hash</u> <i>Oil</i> <i>Cinnamon, ground</i> <i>Honey</i> <i>Canola Oil</i> <i>Orange Juice, 100%</i> <i>Salt, Table</i> <i>Sweet potatoes, peeled, cubed</i>		



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Jewish Religion (Kosher)	<u>Todays Menu</u> Hamburger Apple Slices Mixed Steamed Veggies 1% Milk		



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Dairy Free	<u>Todays Menu</u> Lasagna Pineapple Tidbits Green Beans Breadstick Lactose-Free Milk		



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