

Common Dietary Restrictions

Many people are choosing diets that exclude certain foods. Some do this for health reasons or because they have allergies, and some do this because they want to end cruelty to animals. The result is that most restaurants offer dishes that follow three common types of diets: gluten-free, vegetarian and vegan. They often indicate dishes that are good for people with these diets by putting symbols next to them on the menu.

This is a short explanation of these three diets and some common reasons why people follow them.

A **gluten-free** diet is a diet completely free of ingredients derived from gluten-containing cereals. Gluten is found in wheat, barley, rye, and malts.

→ Most people who do not eat gluten do so because it is hard for them to digest and makes them sick.

A **vegetarian** diet involves the exclusion of meat (and sometimes other animal products) from the diet.

→ Some vegetarians still eat fish or poultry.

→ Some vegetarians do not eat eggs.

A **vegan** diet excludes all animal products.

