



**LOSELEY**

## **Special Dietary Information.....**

At Loseley we appreciate the various dietary requirements of our customers. Therefore, the following is a rough guide to the suitability of our product range. This information can also be viewed in an easy-read table. To access this 'Dietary Information Table', click here  
{Info table}

If you have any questions feel free to contact Loseley and we will be happy to help you.

### **Coeliacs:**

Coeliac disease affects the digestive system resulting in mal-absorption of the nutrients in food. Coeliacs cannot digest gluten, which is a protein in wheat and similar proteins in rye, barley and oats. Some foods which coeliacs must avoid are; flour, bread, biscuits, cake, pastry and pasta.

Please view our 'Dietary Information Table' for a list of Loseley products that are suitable for Coeliacs.

Visit [www.coeliac.co.uk](http://www.coeliac.co.uk) for more advice.

### **Nut Allergies:**

Our production site in Kendal is a factory that often handles nuts due to the mixture of ingredients used to produce Loseley products. All the products in the Loseley range are produced in a factory that handles nut ingredients.

### **Vegetarians:**

A large number of Loseley products are suitable for vegetarians, however there are exceptions to that rule. The products that are **NOT** suitable for vegetarians are listed below;

**Loseley Cottage Cheese:** (William Pear, English Farmhouse Cheddar & Onion, Sun dried Tomato, Olives & Basil, Natural)

### **Vegans:**

The Loseley product range is **NOT** suitable for vegans.

The following are suggested calcium alternatives;

- Soya versions of yoghurt
- Dark green leafy vegetables, e.g. broccoli and spinach
- Dried fruits, e.g. apricots and dates

Information courtesy of the Food Standards Agency

- Lactose intolerance is caused by a shortage of the enzyme lactase, which is needed to break down lactose (found in milk) so it can be absorbed into the bloodstream.

- Some people with lactose intolerance find that they can cope with small amounts of milk in their diet, such as milk glaze on pastry, or one or two pieces of chocolate, but the amount that someone can tolerate varies from person to person.
- You can use soya, oat or rice drinks instead of milk – it's a good idea to choose one with added calcium.
- People with lactose intolerance often find that they can eat cheese and yoghurt without any problems. Cheese contains much less lactose than milk. Yoghurt contains a similar amount of lactose to milk, but it still seems to be easier to digest for people with lactose intolerance.

Therefore all Loseley products are suitable to those with Lactose Intolerance. The key thing to remember is to eat these in moderation.

For more information on Lactose Intolerance visit [www.eatwell.gov.uk](http://www.eatwell.gov.uk)

#### **Diabetics:**

- With diabetes, it is extremely important to control blood sugar levels and blood pressure, to prevent any long-term complications.
- Although there are no foods which people with diabetes should never eat, it is important to maintain a diet containing only small amounts of foods that are high in sugar and fat.
- Loseley low fat bio yoghurt has less than 105 calories per pot and is suitable for diabetics. It is made with pro-biotic cultures which benefit digestion.

For more information on diabetes visit [www.diabetes.org.uk](http://www.diabetes.org.uk)

For further information on nutrition and dairy products please contact [www.dairyCouncil.co.uk](http://www.dairyCouncil.co.uk) or [www.milk.co.uk](http://www.milk.co.uk)