

# The Value of Adequate Nutrient Intake



Whether ordering [catering for a corporate event](#), a formal party, or an informal get-together with friends, it is essential to consider your guests' specific dietary requirements and preferences.

Many individuals nowadays have dietary requirements, culturally specific eating habits, or severe food allergies. It is your responsibility as a host to find out and accommodate any special dietary needs your visitors may have. While it may seem daunting, being aware of your visitors' special dietary needs is crucial, so they do not feel uncomfortable. In order to ensure that all of your guests like the food served at your event, hiring a professional caterer is highly recommended. The most frequent special nutrient diets are as follows:

## **Follow the Special Nutrient Diet For Your Better Health:**

**#1 -Celiac-Friendly / Gluten-Free:**



Those with celiac disease or gluten intolerance often adhere to a gluten-free diet. Gluten is abundant in the grains used to manufacture staples like pasta, bread, and cakes, including the more common wheat, rye, and barley. Moreover, some individuals have grown health-conscious and chosen to follow a gluten-free diet in recent years. Luckily, gluten-free meals are easily accessible so hosts may offer their gluten-free visitors various delicious options.

Our [catering shop, Ganis](#), has a wide selection of gluten-free options. You may also see our gluten-free catering choices here if you need them for an occasion.

## **#2 - Lactose Intolerant:**

A lot of individuals opt to avoid consuming any dairy products. Dairy products include a sugar called lactose that may be difficult to digest for some people. Some severely react to cow's milk and other dairy products like butter, cheese, yoghurt, etc.

It's essential to be cautious while shopping for dairy-free options since many foods include milk proteins you may need to realise are there. Checking the labels of packaged foods for "dairy-free" or "lactose-free" designations is a smart habit to get into. In addition, various plant-based kinds of milk are available for use, such as coconut milk, almond milk, cashew milk, soy milk, etc.

Contact us if you have any questions about our dairy-free menu options.

Also Read: [How Much Does An Event Catering Typically Cost?](#)

### #3 - Vegetarian:



Those who follow a vegetarian diet plan do not consume any animal products. They eat various foods, including fruits, vegetables, cereals, legumes, nuts, seeds, dairy products, and eggs.

Vegetarians need to eat healthily since there are many tasty options available. Thanks to the proliferation of vegetarian-friendly establishments, vegetarians have plenty of dining and [catering alternatives](#).

[Visit Ganis Takeaway](#). You'll find a wide selection of delicious vegetarian options on our nutrient page.

### #4 - Pescatarian:

A pescatarian is someone whose vegetarian diet includes fish and other seafood. Having a variety of seafood alternatives in addition to vegetarian meals is a great way to accommodate pescatarian visitors at a catered event.

## #5 - Vegan:



Vegans abstain from eating anything derived from an animal in any way. It gives the impression that vegans do not eat anything from the animal world, such as fish, shellfish, eggs, or milk. In a nutshell, vegans adhere to a stringent vegetarian nutrient that does not contain any food derived from animals. Due to the growing popularity of veganism, an increasing number of cafes, restaurants, and even catering companies that specialise in vegan cuisine are including vegan alternatives on their menus.

## Checklist for Catering To Dietary Restrictions:



The majority of visitors with dietary restrictions will notify you ahead of time. But the following advice will help you accommodate possible nutritional limits.

### **#1 - Casual Event:**

Try to include a selection of vegetarian, gluten-free, and dairy-free options on your menu if you're arranging a casual party or [catering for a small group of friends](#).

### **#2 - Formal Event:**

If you plan to organise a formal event, you must be aware of your guests' dietary restrictions. It is now standard practice for the host to add a question or section on dietary restrictions on the invitation or RSVP card, making it simple to record nutritional restrictions.

**Also Read:** [Selecting the Right Caterer for Your Event in the UK](#)

**Ensure you inform the caterer of any dietary restrictions before the event.**

Several caterers urge customers to incorporate various dietary alternatives on their chosen menu. Yet, it is essential to [advise your caterer](#) about the requirements of your visitors. That will assist them in preparing appropriate dishes for your visitors.

We provide several solutions for visitors with dietary restrictions at Ganis Takeaway. Please [get in touch with us](#) to discuss your catering needs.

**Conclusion:**

Hiring a professional caterer is essential for catering for special dietary needs, such as celiac-friendly/gluten-free, lactose-free, vegetarian, and vegan. Vegans adhere to a strict vegetarian diet that does not contain any food derived from animals, making it difficult to accommodate pescatarian visitors at catered events.

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