

Special Dietary Information.....

At Dale Farm 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, please feel free to contact Dale Farm and we will be happy to help you.

Coeliacs:

Coeliac disease affects the digestive system resulting in malabsorption 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 Dale Farm products that are suitable for Coeliacs.

Visit www.coeliac.co.uk for more advice.

Nut Allergies:

Our production sites of Pennybridge Dairy, Ballymena, where our milk is bottled and distributed, and Dromona Creamery, Cullybackey, where Dromona butter is made, are nut-free sites. Dromona Creamery is also an egg-free site. The following products in the Dale Farm range are made in a factory that contains nuts;

- Spelga Cottage Cheese (Natural, Chive and Pineapple)
- Spelga Low Fat Bio Yogurts (Hazelnut and Natural flavours only)
- Spelga Rich & Creamy Yogurts (Strawberry & Jersey Cream, Caramelised Pear & Creamy Fudge)
- Dale Farm Cheesecakes (Strawberry, Toffee and Blackcurrant)

Vegetarians:

All products throughout the Dale Farm, Dromona and Spelga ranges are suitable for vegetarians.

Vegans:

Sukie Fruit Drinks in Orange, Strawberry, Apple & Blackcurrant flavours, are suitable for Vegans. Our Milk and Dairy products are not suitable.

The following are suggested calcium alternatives;

- soya versions of milk, yogurt and cheese
- dark green leafy vegetables e.g. broccoli and spinach
- dried fruits e.g. apricots and dates

Lactose Intolerant:

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 a 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, Dale Farm products which are appropriate for those with lactose intolerance are;

- All products throughout the Dale Farm, Dromona and Spelga ranges are suitable for those with Lactose Intolerance. The key thing to remember is to eat these in moderation.
- Some people may not be able to consume dairy products, therefore soya alternatives to milk, yogurt and cheese are suggested.
- Calcium alternatives also include dark green leafy vegetables (broccoli and spinach) and dried fruits (apricots and figs).

For more information on Lactose Intolerance visit 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.
- Spelga Fat Free has less than 80 calories per pot and is suitable for diabetics. It is made with probiotic cultures which benefit digestion.

For more information on diabetes visit www.diabetes.org.uk

For further information on nutrition and dairy products please contact

www.dairycouncil.co.uk or www.milk.co.uk