

## **Dietary Guide for Food Pantries**

**University of California, San Diego  
Center for Community Health  
Urban Food Equity**

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This dietary guide will help to provide additional dietary and cultural information. Several common diets are explained here with general descriptions, pictures and labels, as well as a list of foods to promote and avoid. Through this guide, pantry volunteers and staff can adopt trauma-informed practices to provide best services to their clients

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# Vegetarian

A vegetarian diet is made up of mostly plant-based foods (fruits, vegetables, and whole grains) and avoids meat, poultry, and seafood. A well-balanced vegetarian diet should include a variety of nutrients and minerals that the body needs from plant sources.<sup>1</sup>

Foods to Promote	Foods to Avoid
<ul style="list-style-type: none"> <li>Fruits and vegetables: fresh, frozen, canned</li> <li>Whole grains: whole wheat bread/pasta, brown rice, corn, oats, quinoa, millet</li> <li>Protein: eggs, beans, peas, lentils, nuts, seeds, soy products (tofu, soymilk), meat alternatives</li> <li>Dairy: milk and milk substitutes, yogurt</li> <li>Healthy fats: avocados, nuts, olives, some vegetable oils</li> </ul>	<ul style="list-style-type: none"> <li>Poultry (chicken, turkey, duck)</li> <li>Red meat (beef, pork, lamb, veal, ham)</li> <li>Fish/shellfish*</li> </ul> <p><b>Ingredients to Avoid:</b></p> <ul style="list-style-type: none"> <li>Beef/chicken stock in canned soups</li> <li>Gelatin</li> <li>Fish sauce</li> <li>Lard</li> <li>Tallow</li> </ul> <p>*Some vegetarians may follow a <a href="#">pescatarian</a> diet and choose to consume fish and shellfish.</p>

Symbols to look for:



Examples:



# Vegan

A vegan diet is made up of only plant-based foods and avoids all animal-based foods, such as meat, poultry, seafood, eggs, and dairy. Animal-based foods provide many necessary nutrients and minerals, so it is important to ensure a vegan diet contains a variety of nutritious foods that will provide these necessary nutrients.<sup>ii</sup>

Foods to Promote	Foods to Avoid
<ul style="list-style-type: none"> <li>Fruits and vegetables: fresh, frozen, canned</li> <li>Whole grains: whole wheat bread/pasta, brown rice, corn, oats, quinoa, millet</li> <li>Protein: beans, peas, lentils, nuts, seeds, soy products (tofu, soymilk)</li> <li>Milk substitutes, non-dairy yogurt</li> <li>Healthy fats: avocados, nuts, olives, some vegetable oils</li> </ul>	<ul style="list-style-type: none"> <li>Poultry (chicken, turkey, duck)</li> <li>Red meat (beef, pork, lamb, veal, ham)</li> <li>Fish/shellfish</li> <li>Eggs</li> <li>Dairy (butter, milk, &amp; cheese)</li> </ul> <p><b>Ingredients to Avoid:</b></p> <ul style="list-style-type: none"> <li>Beef/chicken stock</li> <li>Gelatin</li> <li>Whey</li> <li>Casein</li> <li>Lactose</li> <li>Beeswax</li> </ul>

Symbols to look for:



Examples:



# Gluten-Free

A gluten-free diet involves avoiding foods that contain the protein gluten, which is found in wheat, barley, and rye. People with wheat allergy, Celiac disease or non-Celiac gluten sensitivity may be following this diet.<sup>iii</sup>

Foods to Promote	Foods to Avoid
<ul style="list-style-type: none"> <li>Fruits and vegetables: fresh, frozen, canned</li> <li>Whole grains: rice, rice noodles, beans, peas, lentils, quinoa, nuts, seeds, corn</li> <li>Protein: eggs, fish, poultry, pork, beef, soy products (tofu)</li> <li>Dairy: milk, milk substitutes, yogurt, butter</li> <li>Healthy fats: avocados, nuts, olives, vegetable oils</li> </ul>	<ul style="list-style-type: none"> <li>Bread</li> <li>Pasta</li> <li>Wheat/rye flour</li> <li>Cereals (unless labeled GF)</li> <li>Snack foods (cookies, granola bars, crackers)</li> <li>Sauces (soy sauce, teriyaki sauce, marinades, salad dressings)</li> <li>Broth (unless labeled GF)</li> </ul> <p><b>Ingredients to Avoid:</b></p> <ul style="list-style-type: none"> <li>Wheat</li> <li>Barley</li> <li>Rye</li> <li>Triticale</li> <li>Oats (unless labeled GF)</li> </ul>

Symbols/phrases to look for:



Examples:



# Kosher

Kosher food is food that is prepared in accordance with Jewish Dietary Laws. Meat and dairy foods must be prepared and consumed separately. “Pareve” food can be eaten with either meat or dairy dishes. Foods that meet the Kosher Dietary Laws are labeled with one of the kosher symbols below.<sup>iv</sup>

Foods to Promote	Foods to Avoid
<ul style="list-style-type: none"> <li>Fruits and vegetables</li> <li>Whole grains: bread/pasta, rice, corn, oats, quinoa, millet, beans, peas, lentils, nuts</li> <li>Fish</li> <li>Eggs from a kosher animal</li> <li>Meat that is certified kosher</li> </ul>	<ul style="list-style-type: none"> <li>Pork and pork products (bacon, ham, sausage)</li> <li>Any meat/meat byproduct that are not certified kosher (chicken, beef, lamb, goat)</li> <li>Shellfish</li> </ul> <p><b>Ingredients to Avoid:</b></p> <ul style="list-style-type: none"> <li>Gelatin</li> <li>Lard</li> <li>Animal Stock</li> <li>Tallow</li> </ul>

Symbols to look for:



Examples:





# Halal

Halal is the dietary standard in accordance with the Islamic law. Halal foods are free of any component that Muslims are prohibited from consuming. Products are certified Halal if they display the name of the certification agency and a logo containing the word “HALAL” in full is displayed.<sup>v</sup>

Foods to Promote	Foods to Avoid
<ul style="list-style-type: none"> <li>Fruits and vegetables</li> <li>Whole grains: whole wheat bread/pasta, brown rice, corn, oats, quinoa, millet</li> <li>Protein: beans, peas, lentils, nuts</li> <li>Most fish and seafood</li> <li>Meat from animals slaughtered using Muslim methods (Halal)</li> </ul>	<ul style="list-style-type: none"> <li>Pork and pork products (bacon, ham, sausage)</li> <li>Any meat/meat byproduct that is not certified Halal (chicken, beef, lamb, goat)</li> </ul> <p><b>Ingredients to Avoid:</b></p> <ul style="list-style-type: none"> <li>Gelatin</li> <li>Lard</li> <li>Animal Stock</li> <li>Tallow</li> </ul>

Symbols to look for:



Examples:



## Diabetic (Carbohydrate-Controlled Diet)

A diabetic diet helps to control glucose (blood sugar) and other risk factors like high blood pressure and high triglycerides (fats in the blood). Generally, individuals with diabetes are encouraged to reduce refined carbohydrates and added sugars and replace them with healthy sources of carbohydrates, such as whole grains, legumes, fruits, and vegetables.<sup>vi</sup>

Foods to Promote	Foods to Distribute Sparingly
<ul style="list-style-type: none"> <li>• Fresh fruits</li> <li>• Fresh/canned vegetables</li> <li>• Dried beans</li> <li>• Brown rice</li> <li>• Whole wheat bread</li> <li>• Whole wheat pasta</li> <li>• Whole grains</li> <li>• Canned tuna, chicken, and beef</li> <li>• Unsalted nut butters</li> <li>• Oatmeal</li> <li>• Plain yogurt</li> <li>• Vegetable oils</li> <li>• Popcorn</li> <li>• Milk and unsweetened milk substitutes</li> <li>• Low sugar cereals (&lt;6g sugar per serving)</li> </ul>	<ul style="list-style-type: none"> <li>• White rice</li> <li>• White bread</li> <li>• White pasta</li> <li>• Dried fruits</li> <li>• Canned fruits</li> <li>• Fruit juice</li> <li>• Sweetened yogurt</li> <li>• Candy (unless sugar-free)</li> <li>• High sugar cereals (&gt;6g sugar per serving)</li> <li>• Sweetened applesauce</li> <li>• Cookies</li> <li>• Graham crackers</li> <li>• Honey</li> </ul>

**Symbols/phrases to look for:**



**Examples:**





# Hypertension (Heart Healthy Diet)

Also known as high blood pressure, individuals with this condition are more likely to develop heart disease or to have a stroke. Adults with hypertension are recommended to eat a heart-healthy diet rich in fruits, vegetables, whole grains, low-fat dairy products, and foods low in sodium.<sup>vii</sup>

Foods to Promote	Foods to Distribute Sparingly
<ul style="list-style-type: none"> <li>• Fresh/canned fruits</li> <li>• Low-sodium canned vegetables</li> <li>• Dried beans</li> <li>• Brown rice</li> <li>• Whole wheat bread/pasta</li> <li>• Whole grains</li> <li>• Unsalted nuts/nut butters</li> <li>• Oatmeal</li> <li>• Plain yogurt</li> <li>• Canola/olive oil</li> <li>• Low sodium pasta sauce</li> <li>• Unsalted popcorn</li> <li>• Milk and unsweetened milk substitutes</li> <li>• Unsweetened applesauce</li> <li>• 100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• White bread</li> <li>• White pasta</li> <li>• Cheese</li> <li>• Regular pasta sauce</li> <li>• Granola bars</li> <li>• Chocolate</li> <li>• Candy</li> <li>• Toaster pastries</li> <li>• Juice that is not 100% juice</li> <li>• Pretzels</li> <li>• Salted nuts</li> <li>• Sweetened applesauce</li> <li>• Cookies</li> <li>• Butter</li> </ul>

Symbols/phrases to look for:



Examples:



## High Cholesterol (Low Fat Diet)

High cholesterol is a medical condition in which the blood is carrying abnormal amounts of fats. To help improve cholesterol levels, individuals are recommended to eat a heart-healthy diet that is rich in fruits, vegetables, whole grains, low-fat dairy products, and foods low in saturated/trans fats.<sup>viii</sup>

Foods to Promote	Foods to Distribute Sparingly
<ul style="list-style-type: none"> <li>• Fresh/canned fruits</li> <li>• Low-sodium canned vegetables</li> <li>• Dried beans</li> <li>• Brown rice</li> <li>• Whole grains</li> <li>• Unsalted nuts/nut butters</li> <li>• Oatmeal</li> <li>• Plain yogurt</li> <li>• Canola/olive oil</li> <li>• Low sodium pasta sauce</li> <li>• Unsalted popcorn</li> <li>• Milk and unsweetened milk substitutes</li> <li>• Unsweetened applesauce</li> <li>• 100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• Regular pasta sauce</li> <li>• White rice</li> <li>• White bread/pasta</li> <li>• Cheese</li> <li>• Granola bars</li> <li>• Chocolate</li> <li>• Candy</li> <li>• Toaster pastries</li> <li>• Juice that is not 100% juice</li> <li>• Pretzels</li> <li>• Salted nuts</li> <li>• Sweetened applesauce</li> <li>• Cookies</li> <li>• Butter</li> </ul>

Symbols/phrases to look for:



Examples:



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- <sup>i</sup> Dietary preferences-Vegetarian eating pattern. Cultural and dietary accommodations focus resource handout. Nutrition Pantry Program. Leah's Pantry, 2021.
- <sup>ii</sup> Dietary preferences-Vegan eating pattern. Cultural and dietary accommodations focus resource handout. Nutrition Pantry Program. Leah's Pantry, 2021.
- <sup>iii</sup> [Gluten-free diet](#). Nutrition and healthy eating. Mayo Clinic, 2021.
- <sup>iv</sup> [Kosher food: Everything you need to know](#). Nutrition, evidence based. Healthline, 2021.
- <sup>v</sup> [What is Halal? A guide for non-Muslims](#). Islamic Council of Victoria, 2019.
- <sup>vi</sup> Dietary preferences-Diabetic. Cultural and dietary accommodations focus resource handout. Nutrition Pantry Program. Leah's Pantry, 2021.
- <sup>vii</sup> Dietary preferences-Hypertension. Cultural and dietary accommodations focus resource handout. Nutrition Pantry Program. Leah's Pantry, 2021.
- <sup>viii</sup> Dietary preferences-High cholesterol. Cultural and dietary accommodations focus resource handout. Nutrition Pantry Program. Leah's Pantry, 2021.