

# Special Diet and Adapted Diet



## Common Guidelines for Dalarna

Among the municipalities of Dalarna, we want to create safe and secure meals of high quality for the children and students who eat our meals. All municipalities in Dalarna have, in collaboration with the county of Dalarna (Dalarna Region), developed common guidelines for special diets (specialkost) and adapted diets (anpassad kost). In this information document, we describe what special diets and adaptations are offered but also what requirements they have.

Applications for special or adapted diets must be submitted by you the guardian or you as the adult student and submitted with time to spare before the autumn semester each year. At [www.borlange.se](http://www.borlange.se) there is an online-service for this application, click here: [special diet application \(anmälan specialkost\)](#). In the event of a change during the year, the application must be updated immediately and if there is no need anymore, a cancellation must be made.

The need for a special diet due to food allergies and other food-related diseases and symptoms must also be certified by a doctor or dietitian, with certain exceptions (see further information). The need for adapted diets due to neuropsychiatric disability or similar issues must be certified by either the school Student Health Group (elevhälsogrupper), the preschool principal, a doctor or a dietitian. The certificates help us to ensure that we have the right information about your or your child's needs.

### Special Diets due to Food Allergies or Food-related Symptoms

#### **Allergy**

If you or your child would be in need of a special diet due to allergies to milk, eggs, soy, fish, nuts, peanuts or other allergens in the food, you need to submit a certificate regarding allergy from the treating doctor or dietitian. The certificate must be submitted no later than one month after we have started serving the special diet. The certificate must state what you or your child are allergic to and how long the certificate is valid. Many allergies disappear with the passing of time during the childhood which is why the responsible doctor should follow up the child regularly so that foodstuff are not excluded unnecessarily. When the certificate is no longer valid, you need to submit a new certificate from the treating doctor or dietitian in order for you or your child to receive a special diet.

If you have or your child has a serious kind of allergy, you need to talk specifically with the school Student Health Clinic (elevhälsan) or the preschool principal about what to do in the event of an allergic reaction.

#### **Cross-reactions During Pollen Allergy Season**

Cross-reactions to apple, stone fruits and carrots during pollen allergy season can be an issue. If you or your child need to exclude these, you must write this in the application, but no certificate from a doctor or dietitian is required if only specific raw foodstuff are to be excluded. If these foods need to be excluded in cooked form, then this must be certified by a doctor or dietitian.

### ***Sensitivity to Red Foodstuff***

Preschool children can sometimes react against so called red foodstuff, such as strawberries or tomatoes. These issues are not due to allergies and are not dangerous. If your child needs to avoid certain red foodstuff, you must submit an application for a special diet (ansökan om specialkost) in which you write what foods that need to be avoided, but a certificate from a doctor or dietitian is not required. In order for your child to receive a special diet without red foods in cooked form, a certificate from a doctor or dietitian is required.

### ***Lactose Intolerance***

The symptoms of lactose intolerance can be unpleasant but are not dangerous. Most people who are lactose intolerant can eat a small amount of lactose. Lactose intolerance among preschool children is rare in Sweden and any stomach problems should therefore be investigated by a doctor. You therefore need to submit a certificate from a doctor or dietitian in order for your child to receive a lactose-free diet in preschool. If you or your child are attending school, certificate from a doctor or dietitian is not required in order to receive a lactose-free diet.

### ***Coeliac Disease***

Gluten-free diet is offered if you or your child would suffer from coeliac disease. Coeliac disease is a chronic disease in which the treatment is to eat a diet free from gluten proteins. You need to submit a certificate from the treating doctor or dietitian that you or your child are suffering from coeliac disease in order for you or your child to receive a gluten-free diet.

Excluding gluten from the diet on your own initiative due to stomach problems can lead to the real cause of the stomach problems not to be discovered. Therefore, we do not offer gluten-free special diets if the need cannot be certified by a doctor or dietitian.

### ***IBS***

If you or your child need a special diet due to the Irritable Bowel Syndrome (IBS) or other gastrointestinal diseases, you must submit a certificate from a treating doctor or dietitian. The certificate must state which foodstuff need to be excluded from the diet and how long the certificate is valid. When the certificate is no longer valid, a new certificate from the treating doctor or dietitian need to be submitted in order to receive the special diet.

### ***Other Reasons for Special Diets***

If you or your child are in need of a special diets due to other diseases, such as diabetes, you need to submit a certificate from the treating doctor or dietitian. The certificate must contain relevant information and it must be stated how long the certificate is valid. When the certificate is no longer valid, a new certificate need to be submitted to receive the special diet.

## Adapted Diet

### ***Need Adapted Meals***

If you or your child are in need of need adapted meals (behovsanpassade måltider) due to physical, sensory, cognitive or developmental disabilities, such as the Neuropsychiatric Disability (NPF) or eating disorder, you or your child can be granted needs-adapted meals. In order to receive needs-adapted meals, the need must be certified by the preschool principal, the school Student Health Group or by the treating doctor or dietitian.

In preschool, an individual adjustment of the meals are always made for the child in question. For school children with a needs-adapted meal due to NPF, Borlänge municipality primarily offers a fixed 5-day menu with alternative meals. In addition to this 5-day menu, the student with needs-adapted meal is also always welcome to eat the food offered in the regular serving. If you or your child would be in need of further adaptation of the lunch, breakfast or snacks, this can be done in consultation with you and/or your child, the school Student Health Group and the staff in charge of the kitchen. The Student Health Group (elevhälsgruppen) or the preschool principal are ready to help if you or your child are in need of help with adapting to the environment where you or your child eat.

### ***Adapted Diet due to Religion***

If you or your child need to exclude certain foods for reasons related to any of the five world religions Christianity, Judaism, Islam, Buddhism and Hinduism, adapted diets are offered. The adapted diet can for example be a vegetarian meal. There is no need to apply for this through the Borlänge municipality online-service as in schools there is always a vegetarian alternative in the buffet. In preschool, you can talk to the responsible educator about this who will communicate the matter to the kitchen.

### ***Vegetarian Food***

If you or your child prefer to exclude food of animal origin, vegetarian food is offered. There is no need to apply for this through the Borlänge municipality online-service as in schools there are always vegetarian alternatives in the buffet. In preschool, you can talk to the responsible educator about this who will communicate the matter to the kitchen.

### ***Vegan Diet***

If there is a need for a vegan diet, this can be applied via Borlänge municipality online-service, however, the nutritional accuracy cannot be fully guaranteed.