



Eskilstuna kommun

SPECIAL DIET FORM

This translated form is intended as a guide only.
Please fill in the Swedish form.

If your child is in need of a special diet, it is important for the school to be aware of this.
Please fill in this form and submit it to the school meal staff or the form teacher.

Name	Personal ID no.	PHOTO
School	Class	
Guardian 1	Phone no.	
Guardian 2	Phone no.	

YOUR CHILD IS ALLERGIC TO:

<input type="checkbox"/> Gluten(ceciac) <input type="checkbox"/> Lactose <small>Your child can tolerate milk in small amounts in cooked food, such as sauces and stews.</small> <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Nuts, almonds <input type="checkbox"/> Peanuts <input type="checkbox"/> Milk protein <input type="checkbox"/> Fish	<input type="checkbox"/> Eggs <input type="checkbox"/> Legumes (peas, beans, lentils, chickpeas) <input type="checkbox"/> Soy protein <input type="checkbox"/> Other:
What allergic reactions does your child get and how quickly?		
What should be done when your child gets an allergic reaction?		
Does your child need medication when he/she gets a reaction? <input type="checkbox"/> No <input type="checkbox"/> Yes, the following person has medication and instructions:		

OTHER DIET

<input type="checkbox"/> Pork-free diet <input type="checkbox"/> Diabetes	<input type="checkbox"/> Lacto-ovo vegetarian <input type="checkbox"/> Other
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SIGNATURE

Date	Guardian's signature
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For the safety of your child, this information will be publicly available to the school meal staff.
Please don't forget to inform the kitchen of changed needs or absences.

What is the difference between milk allergies and lactose intolerance?

Milk allergies

Milk allergies are caused by a reaction to proteins in milk. This allergy is common in small children, but is often outgrown. It is estimated that 0.5 to 2.5 percent of children (depending on their age) and 0.1 to 0.2 percent of the adult population are allergic to milk proteins.

People with milk allergies must completely eliminate all forms of milk and milk products from their diet. This includes cow's milk, as well as sheep's milk and goat's milk and products made from them.

Lactose intolerance

Lactose intolerance is caused by a lactase deficiency, an enzyme needed to break down lactose (milk sugar) in the small intestine.

Lactose intolerance is very uncommon in small children. Most people with lactose intolerance can tolerate a certain amount of lactose. How much lactose you can tolerate varies, but most people can drink at least one decilitre of milk without experiencing any symptoms.

Lactose is in all milk, not only in cow's milk, but also in goat's milk and sheep's milk. Whey cheese, soft whey butter (messmör), milk chocolate and some nougat are rich in lactose. On the other hand, hard cheese is free from lactose.

People who have inherited lactose intolerance usually start producing less of the lactase enzyme in their school years or their adolescent years.

The proportion of people who are lactose-intolerant varies between different sections of the population. In Sweden, it is estimated that 4-10 percent of the adult population is lactose-intolerant. In Finland, approximately 15-20 percent of adults are estimated to be lactose-intolerant. In the Mediterranean region, lactose intolerance is significantly more common and around 30-60 percent of the adult population is lactose-intolerant. All adults are lactose-intolerant in much of Asia, South America and Africa.

Source: www.slv.se