



DECONSTRUCTING THE BANQUET MENU



with Angela Gaffney

How many people
in the world
have food allergies?

220-250 Million

32 Million

There is no
better place
to live than
in a healthy,
happy body.

Angela Gaffney

 @AngelaEmpowers







**HIGH
STRESS**



Headache



joint pain



Excess
weight



sleeplessness



fatigue



Your #1 Fan
is Your Body



*Why all the food
allergies?*

Leaky Gut Syndrome

POOR
DIET

CHRONIC
STRESS

TOXINS

YEAST
OVERGROWTH

What symptoms do
food allergies cause?

**STOMACH
ACHE**

Headache

joint pain

Bloating

**Constipation
or Diarrhea**

fatigue



FOOD TALK



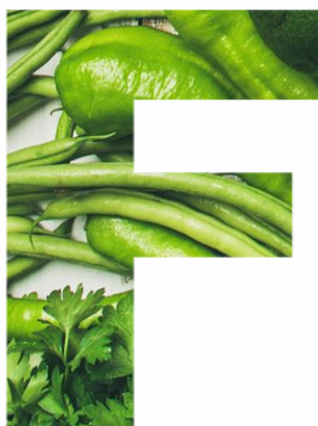
Macronutrients

Micronutrients

Phytonutrients



Text HEALTHY to 66866 to join the community!



HERSHEY'S
Milk Chocolate Bar



220 Calories

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VS.



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We have a **CHOICE**
in every matter.

QUALITY

QUANTITY

How much do we need?

1 ½ Cups
FRUIT



1 Cup
GRAINS



½ Cup
BEANS



2 Cups
LEAFY GREENS



1-2 oz.
NUTS/SEEDS



4 Cups
VEGGIES



Creating the Menu



Menu Planning

FRUIT

LEAFY
GREENS

VEGGIES

WHOLE
GRAINS

BEANS

NUTS &
SEEDS

PROTEIN

HEALTHY
FAT

WATER



CREATE AN ALL-INCLUSIVE MENU:

1. Talk to chef: prioritize, explain why, partner for success
 2. Train the waitstaff
 3. Placards for every food item
 4. Allergy cards to place on tables
- <https://thrivemeetings.com/store/> (chef/meal cards)
5. Consider family style or food stations/buffet
 6. Choose to participate & be the guiding force



CREATE AN ALL-INCLUSIVE MENU:

AVOID TOP ALLERGENS:

Peanut

Shellfish

Gluten (Wheat)

Dairy

Soy

Fish

Tree Nuts

Egg



CREATE AN ALL-INCLUSIVE MENU:

GRAINS: brown rice, forbidden rice, wahani rice, quinoa (red, black, white), teff, buckwheat, GF oats

BEANS: lentils, adzuki, soak for 8 hours, serve on the side

NUTS/SEEDS: Avoid peanuts and all tree nuts if needed.
Use seeds: chia, flax, pumpkin and sunflower seeds. Place separately as a condiment to top a dish or salad.



CREATE AN ALL-INCLUSIVE MENU:

DAIRY: omit dairy, offer as a separate side, consider goat cheese instead

SHELLFISH/FISH: if offering a plated meal, provide two protein options. Avoid shellfish altogether.

VEGAN/VEGETARIAN: Offer one option at each meal, and snack bar. Buffet and family style offerings work very well.



CREATE AN ALL-INCLUSIVE MENU:

COMMUNICATE: attendees will appreciate knowing you've addressed food allergies and are doing your best to create a seamless and inviting dining experience for all.

- Proactively collect attendees food allergy requests
- Let them know you're doing your best (email, marketing)
- Train them to alert staff of their allergies
- Disclaimer: can't control smell, etc. of food



Do food labels
address all allergens?

HIDDEN FOOD ALLERGENS:

- **Wheat flour:** durum semolina, farina
- **Egg white:** albumin
- **Dairy products:** Casein, sodium caseinate, whey
- Cocoa mixes, creamed foods, gravies, and some sauces contain milk.
- Noodles and pasta contain wheat and sometimes eggs.
- Canned soups may contain wheat and dairy fillers.
- Most breads contain wheat and dairy products.
- Margarine usually contains whey.



HIDDEN FOOD ALLERGENS:

- Hot dogs, cold cuts, and “nondairy” desserts contain sodium caseinate
- For persons who keep kosher , the word “pareve” on a label means the food does not contain milk or meat. However, recent studies on persons who suffered severe allergic reactions to pareve—labeled foods revealed milk residues.
- Monosodium Glutamate (MSG) is found in pretzels, potato chips, cold cuts, crackers, sports drinks, iced tea mix, broth/bouillon and salad dressings.



HIDDEN FOOD ALLERGENS:

- Hot dogs, cold cuts and other processed meats contain sodium nitrites and nitrates.
- Prepackaged dips, sauces and drink mixes contain food coloring and added flavors.
- Many “Zero Calorie” and “Sugar Free” drinks, as well as gum and mints contain phenylalanine.



SIMPLE SWAPS:

- **Flour** => *Corn starch, arrowroot, potato starch, tapioca starch*
- **Cream-based soups, sauces** => *Broth based soups/sauces*
- **Oatmeal** => *Gluten free oats, buckwheat, brown rice*
- **Breaded/Fried** => *Sautéed, grilled, roasted, steamed*
- **Cheese** => *Goat milk or Sheep's milk products, serve as side*
- **Crust** => *Crustless, GF crust, flourless cake*
- **Gravy/sauces** => *Use broth instead of milk or cream*
- **Butter** => *Coconut oil, avocado oil, olive oil*
- **Sugar** => *Coconut palm sugar, honey, agave nectar, stevia*
- **Pasta** => *Rice, risotto, gluten free pasta, zoodles*
- **Nuts** => *Seeds: pumpkin, sunflower, chia, flax*



Q & A

Ask yourself

*“What will this
provide me?”*



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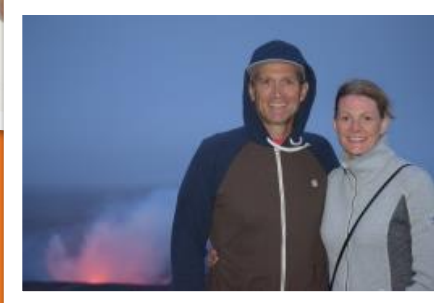
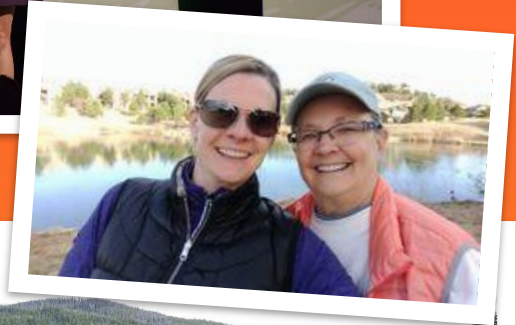


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