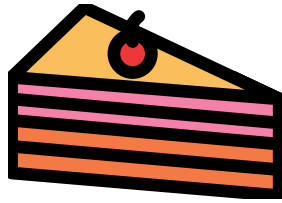
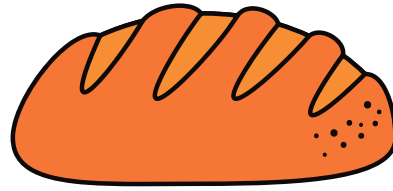


8 Common Special Diets



Sugar Conscious

Limit or avoid foods with sugar.



Gluten Free

Avoid wheat, barley, rye, and other foods with gluten.



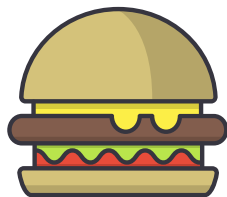
Low Sodium

No salt or salty foods.
Mostly natural ingredients.



Dairy Free

Avoid milk and other dairy products.



Low Fat

Limit or avoid fatty and oily foods.



Vegan

No meat or any other animal products.



Low Carb

Avoid breads and noodles.



Vegetarian

No meat.