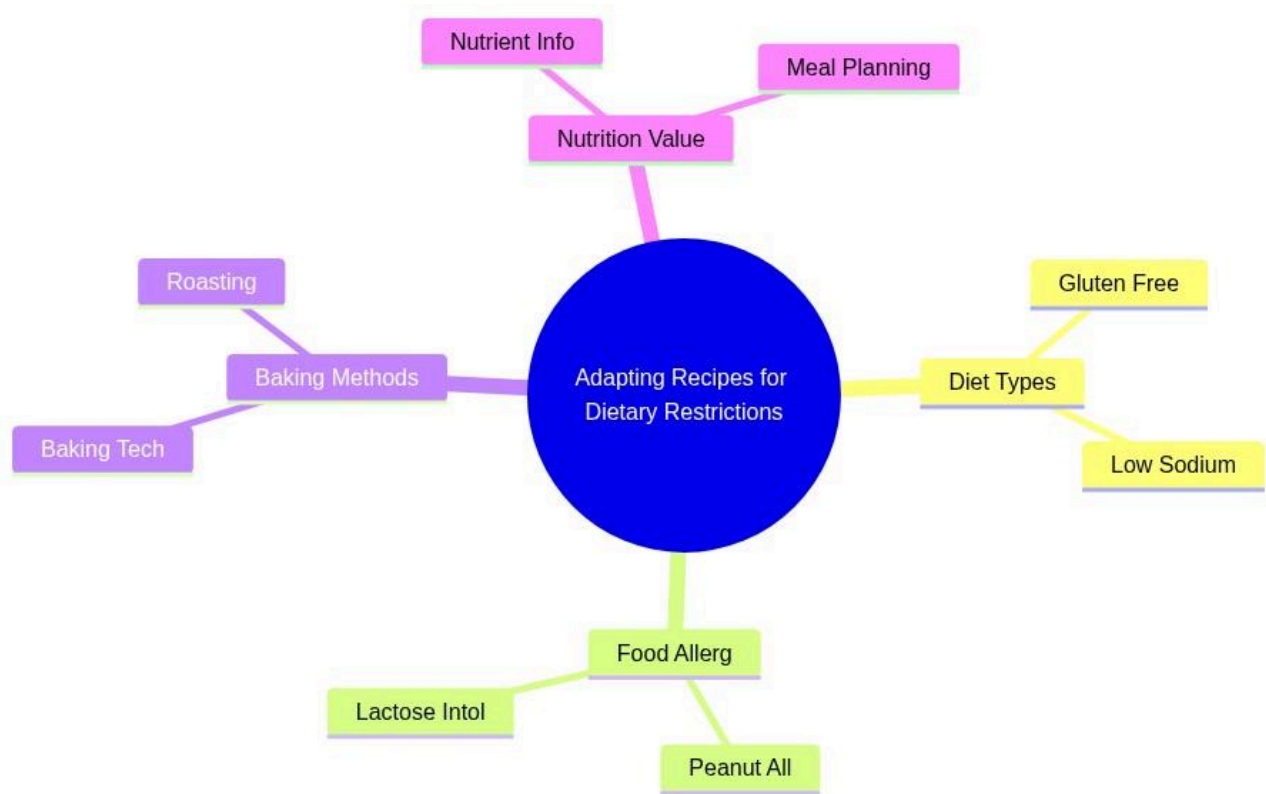


Certificate in Baking for the Elderly

# Adapting Recipes for Dietary Restrictions



```

mindmap
    root((Adapting Recipes for Dietary Restrictions))
        Diet Types
            Gluten Free
            Low Sodium
        Food Allerg
            Lactose Intol
            Peanut All
        Baking Methods
            Baking Tech
            Roasting
        Nutrition Value
            Nutrient Info
            Meal Planning
    
```