

Serving dinner to guests with restricted diets

By Jessica Bruder, New York Times

No one would touch it.

The offending object? A footlong loaf of bread, stuffed with savory cheese, purchased at a beloved Italian bakery and presented with pride at a recent potluck meal. “This bread is delicious,” I crowed.

The kitchen went quiet. You’d think I had offered up a bouquet of poison ivy. One guest said she was gluten free. Another didn’t consume milk products. The mood lifted only when someone else arrived with a large bowl of quinoa and lentils.

It’s becoming harder for Americans to break bread together. Our appetites are stratified by an ever-widening array of restrictions: gluten free, vegan, sugar free, low fat, low sodium, no carb, no dairy, soyless, meatless, wheatless, macrobiotic, probiotic, antioxidant, sustainable, local and raw.

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