

[illegible]

[Korean Air](#) has renewed its selection of special inflight dietary meals, introducing updated menus for seven meal types effective September 1. The enhancements reflect the latest health trends and passenger feedback, with improvements to both ingredients and preparation methods.

Renewed special dietary categories include:

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- **Gluten-intolerant meals:** Rice flour is used as a substitute for wheat flour in bread and soups. To prevent cross-contamination, no commercial products produced in facilities that also process wheat are used.
- **Low-salt meals:** Total salt content per meal is limited to less than 1g (400mg of sodium). Flavors are enhanced with unsalted butter, plant-based oils, and aromatic vegetables rather than salt-heavy seasonings.
- **Low-lactose meals:** Dairy products are excluded and replaced with lactose-free or plant-based alternatives. Based on passenger requests, breakfast now features lactose-free Greek yogurt instead of soy milk.

Special dietary meals are available for passengers of all cabin classes with specific health or nutritional needs and can be requested up to 24 hours before departure via Korean Air's official website or service center.

"This meal renewal reflects our commitment to supporting the evolving health and wellness needs of our passengers," said a Korean Air representative. "By enhancing our dietary meal options, we aim to provide a safer, healthier and more enjoyable in-flight dining experience."