



EATING 101 RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and the Institute of Food, Nutrition, and Health

Decoding Food Allergies: HDT Edition

Have a food allergy? You are not alone, as 11% of college students report having one. Read along for some bite-sized tips to navigate the dining halls while staying safe and satisfied. A food allergy occurs when your body's immune system mistakes an allergen, most often a food protein, as a danger. Allergic reactions can include hives, trouble breathing, abdominal cramps, diarrhea, vomiting, or, in severe cases, anaphylaxis. If you suspect you have a food allergy, consult a medical professional and contact one of our dietitians through nutrition@dining.rutgers.edu. Take control of your dining experience. Below is a comprehensive guide to the "Top Nine" food allergens, along with practical advice on identifying them within our dining hall settings.



Soy

Soy can be found in: Tofu, margarine, sauces, salad dressings, non-dairy milk, and many processed foods.



Fish

Fish can be found in: Soups, Asian-inspired cuisine, sushi, seafood salads, sauces, and Caesar dressing.



Milk

Milk can be found in: Baked goods, yogurt, gravy, and some pizza, pasta sauces, and dressings.



Peanuts

Peanuts can be found in: Cereals, sauces, dessert toppings, trail mix, frozen desserts, and baked goods.



Egg

Egg can be found in: Salad dressings, mayonnaise, egg bagels, waffles, pancakes, French toast, and baked goods.



Shellfish

Shellfish can be found in: Entrées containing shrimp, mussels, or calamari; soups, and some sauces.



Tree Nuts

Tree nuts can be found in: Composé salads, trail mix, flavored coffee, baked goods, dessert toppings, Nutella, cereals, and frozen desserts.



Sesame

Sesame can be found in: Asian-inspired cuisine, panini and pita bread, hummus, and rolls.



Wheat

Wheat can be found in: Breaded items, some processed meats, pasta, soup, ice cream, baked goods, sauces, and imitation crab.

CROSS-CONTACT: In busy dining operations, cross-contact can occur easily. Allergens can transfer from shared utensils or when food drops from one serving pan to another, contaminating allergen-free items. Assume all food served—whether on a buffet or from a cook-to-order station—may contain one of the top nine food allergens.

ASK BEFORE YOU EAT: If you are unsure of the ingredients in a dish, ask a dining hall manager for clarification. If you require additional support, please contact the RU Dining Dietitians at nutrition@dining.rutgers.edu to develop a personalized nutrition care plan. If you suspect you are having an allergic reaction in the dining hall, DO NOT LEAVE. Have someone call a manager to request that they call 911 immediately.

Take Action to Avoid Having a Reaction!

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References: *Food Allergies: What You Need to Know*. Available at: <https://www.fda.gov/food/buy-store-serve-safe-food/food-allergies-what-you-need-know>. *Facts and Statistics*. Available at: <https://www.foodallergy.org/resources/facts-and-statistics>. *Preventing Anaphylaxis in College Students with Food Allergies*. Available at: [Preventing Anaphylaxis in College Students With Food Allergies - PMC](#).

Questions? Like us on Facebook (RU Healthy Dining Team), Instagram (@ru_hdt), or email nutrition@dining.rutgers.edu.