

HEALTHY DINING TEAM



HOW TO EAT GLUTEN-FREE at Rutgers Dining Facilities

WHAT IS CELIAC DISEASE

Celiac disease is a serious autoimmune disorder where ingestion of gluten leads to damage in the small intestine. Gluten is a protein found in wheat, rye and barley.

When a person with celiac disease consumes gluten, the immune system responds by attacking the lining of the small intestine, which is responsible for absorbing nutrients into the bloodstream. When healthy small intestine tissue is damaged, the person is at risk for becoming malnourished and deficient in essential vitamins and minerals.

For more information, visit
Celiac Disease Foundation:
www.celiac.org



TREATMENT

There is no cure for celiac disease. The only treatment is a complete and life-long avoidance of foods that contain gluten. After starting a strict gluten-free diet, inflammation in the intestine should lessen, along with symptoms. Complete healing and regrowth of the intestine may take several months to several years.

- ✓ Students who are diagnosed with celiac disease can work with a Registered Dietitian to create a healthy gluten-free diet plan and learn how to identify foods that contain gluten.
- ✓ Dining Services employs Registered Dietitian Nutritionists (RDN) who work with students with dietary restrictions. Check the back of this pamphlet for contact information.
- ✓ You can contact a nutritionist to arrange a meeting to discuss your individual dietary needs at: nutrition@dining.rutgers.edu



WHAT CAUSES CELIAC DISEASE?

Celiac disease is a genetic disorder affecting 1 in 100 people worldwide. The exact cause is unknown. Although people with celiac disease can show symptoms of the disorder from birth, it often remains hidden until triggered by an event such as surgery, pregnancy, childbirth, illness, or severe emotional stress.

1 out of 100 people are affected by Celiac Disease



RUTGERS-NEW BRUNSWICK
Dining Services
Division of Student Affairs

food.rutgers.edu

@rudining

HOW TO EAT GLUTEN-FREE AT RUTGERS DINING FACILITIES



Many of the safe foods listed below are available in the dining halls on a regular basis.



To avoid cross contamination from food and utensils, ask a Manager for food from a “back up pan,” prepared food not placed out for service yet.



If you are unsure of ingredients in a food item, ask to see a Chef or Manager.



Schedule a meeting with a Nutritionist to discuss your individual dietary concerns.



Specialty gluten-free products are available by request. Contact a Nutritionist to find out which products are available.



Visit the dining website at food.rutgers.edu to view the daily menu and ingredients in recipes.

FOODS TO AVOID



- ⚠ Foods & cereals containing wheat, rye, & barley
- ⚠ Most breads
- ⚠ Couscous, bulgar, farina, & farro
- ⚠ Soy sauce
- ⚠ Some candies & candy bars
- ⚠ Cold cuts, hot dogs, & sausages
- ⚠ French fries

FOODS THAT ARE GENERALLY SAFE*



- ✓ Rice, quinoa, & sorghum
- ✓ Potatoes
- ✓ Beans
- ✓ Corn
- ✓ Fruits & vegetables
- ✓ Nuts & seeds
- ✓ Unseasoned meat & fish
- ✓ Tapioca
- ✓ Eggs
- ✓ Milk & milk products (except those with gluten additives)

***Caution:** this is not a comprehensive list

DINING SERVICES CONTACTS:

BUSCH DINING HALL

848-445-4253

THE ATRIUM

848-932-7236

NEILSON DINING HALL

848-932-9798

LIVINGSTON DINING COMMONS

848-445-7250

NUTRITION/HEALTHY DINING NUTRITION SPECIALISTS:

Alison H. Brown, MS, RDN

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Brought to you by:

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