



NUT ALLERGIES

How to Eat Safely at Rutgers Dining Facilities

WHAT IS A NUT ALLERGY?

A nut allergy is a reaction of the immune system triggered by contact with nuts. The immune system mistakenly identifies nut protein as foreign and harmful to the body, resulting in a reaction. The most common and severe reactions generally occur after eating nuts. Other types of exposure include:

- ⚠ **Direct skin contact**
- ⚠ **Cross contact**
(exposure of other foods to nuts)
- ⚠ **Inhalation**
(breathing in dust or particles containing nuts)

All forms of contact with nuts can potentially lead to allergic reactions.

WHAT IS A NUT INTOLERANCE?

Nut intolerance triggers a digestive response rather than an immune one. It's not life-threatening but may cause:

- ⚠ **Severe gastrointestinal distress**
- ⚠ **Headaches**
- ⚠ **Fatigue**

Diagnosis often involves elimination diets and specialty testing.

SIGNS AND SYMPTOMS

An allergic reaction to nuts usually occurs **within minutes** after exposure. If you suspect a nut allergy, look for the following bodily reactions:

- ⚠ **Skin:** redness, itching, hives, rash
- ⚠ **Mouth/Throat:** itching, tingling, difficulty swallowing
- ⚠ **Nose:** congestion or runny nose
- ⚠ **Stomach:** cramps, nausea, vomiting, diarrhea

Anaphylaxis (an-a-fi-LAX-sis) is a life-threatening allergic reaction that can occur throughout the entire body. Fast treatment with epinephrine can save a life. Anaphylactic reactions move very quickly, so **get help immediately** if you or someone you know experiences any symptoms of an allergic reaction, even if they seem minor. Symptoms may escalate to:

- ⚠ **Constriction of airways**
- ⚠ **Swelling of the throat, making it difficult to breathe**
- ⚠ **Drop in blood pressure (shock)**
- ⚠ **Rapid pulse or heartbeat**
- ⚠ **Dizziness, lightheadedness, or loss of consciousness**



HOW TO STAY SAFE AT RUTGERS DINING FACILITIES

Always ask before you eat!



Avoid foods with possible cross-contact or “hidden” nuts (desserts, toppings, cereals, ice cream, condiments).



Carry an EpiPen or rescue medication at all times, if prescribed.



Ask a Manager for food from a “back-up pan” (prepared food not yet set out for service).



If unsure, ask to speak to a Chef or Manager.

FOODS THAT MAY CONTAIN NUTS



- ✓ Breads with nut toppings
- ✓ Chili and egg rolls
- ✓ Flavored coffees
- ✓ Baked goods and candy
- ✓ Peanut butter & Nutella
- ✓ All kinds of nuts (peanuts, cashews, mixed nuts, and nut pieces)
- ✓ Asian foods
- ✓ Mexican foods
- ✓ Cereals
- ✓ Ice cream, frozen yogurt, and toppings
- Sauces (BBQ, Worcestershire)
- ✓ Soups
- ✓ Dressings and gravies
- ✓ Trail mixes and granola

WILL I BE CURED?

People rarely outgrow peanut and tree nut allergies. The best treatment is **complete avoidance** of the offending foods.

Be sure to read food labels and be aware of possible hidden ingredients. To find ingredient and nutrient analysis for dining hall foods, visit food.rutgers.edu or use the myRutgers app.

Rutgers Dining Services offers a wide variety of nut-free foods and is committed to working with students to accommodate dietary needs.

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:

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Brought to you by:

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