



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 New Jersey Institute for Food, Nutrition, and Health

It's Not You, It's My Food Allergy

Do you have a food allergy? If so, you're not alone. It's estimated that food allergies affect up to 32 million people in the United States. A food allergy is caused by the body's immune system mistaking a food protein as a threat. Symptoms of an allergic reaction could include itching or swelling of the skin or face, trouble breathing, indigestion, diarrhea, or vomiting. Some people have food intolerances which are not life threatening but may share similar symptoms. If you think you have a food allergy, consult a medical professional. The "Big Eight" food allergies are listed below with ways to spot them in the dining halls. Be careful! These foods can hide in unexpected places.

<p>Soybean</p>	<p>Soy Can be found in: Tofu, margarine, sauces, salad dressings, non-stick spray, non-dairy milk, many processed foods</p>	<p>Milk Can be found in: Pudding, baked goods, cereal, chocolates, dessert toppings, mashed potatoes, pasta sauces, waffles,</p>	<p>Milk</p>
<p>Fish</p>	<p>Fish Can be found in: Soups, Asian dishes, sushi, seafood salads, Worcestershire sauce, Caesar dressing</p>	<p>Peanuts Can be found in: Cereals, sauces, dessert toppings, trail mix, frozen desserts, and baked goods</p>	<p>Peanut</p>
<p>Egg</p>	<p>Egg Can be found in: Baked pasta dishes, salad dressings, egg bagels, mayonnaise, waffles, pancakes, French toast</p>	<p>Shellfish Can be found in: Entrée's containing shrimp, mussels, or calamari, soups, pasta and Wok stations, some pizza toppings,</p>	<p>Shellfish</p>
<p>Tree Nuts</p>	<p>Tree Nuts Can be found in: Composed salads, trail mix, flavored coffee, baked goods, dessert toppings, Nutella, cereals, frozen desserts</p>	<p>Wheat Can be found in: Breaded items, some processed meats, pasta, salad dressings, composed salads, soups, ice cream, baked</p>	<p>Wheat</p>

CROSS CONTACT: Students may use the same serving utensils for multiple items, introducing ingredients, and therefore possible allergens between different dishes.

ASK BEFORE YOU EAT: Always ask for a dining hall manager if unsure of ingredients and they will be happy to help you.

ALWAYS carry your prescribed EpiPen in case of an allergic reaction. Need extra help? Registered Dietitian's from Dining Services help students avoid their food allergens and eat safely in the dining halls. For help, contact our Nutritionists at nutrition@dining.rutgers.edu.

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References *Food Allergies* Available at: <https://www.fda.gov/food/food-labeling-nutrition/food-allergies>. Accessed on: Oct 20,2022. *Food Allergies and Anaphylaxis* Available at: <https://www.foodallergyawareness.org/food-allergy-and-anaphylaxis/prevention/food-allergies-on-the-rise/>. Accessed on: October 20, 2022.

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