

# Eating Gluten-Free at UMass



## What is Gluten?

Gluten is a protein found in grain products such as wheat, rye, barley, and oats. A Gluten-Free (GF) diet must be followed if one of the following conditions exists:

- **Celiac Disease** or **Celiac Sprue** – an inflammatory autoimmune and digestive disorder where the lining of the small intestine is damaged when it comes in contact with gluten. It can impact the absorption of nutrients and can result in malnutrition and other secondary reactions.
- **Gluten Intolerance/Sensitivity** – a condition where the gluten cannot be digested. Symptoms are uncomfortable, but not life-threatening.
- **Gluten Allergy** – an immune condition where gluten must be avoided as the body will defend itself which induces various symptoms. This can be life-threatening.



# Gluten Free Options on Campus

## All Dining Commons

- Menu identifiers on purple paper indicate that the item is free of gluten. The items that include gluten/wheat will be on white paper.
- All items at the Chef's Table at Berkshire, Hampshire, and Franklin DC do not contain gluten. However, anyone with an allergy/ceciac can request a new portion from the kitchen to lessen the possibility of cross-contact.
- All the DCs will have sealed prepackaged butter, cream cheese, and peanut butter with the gluten-free desserts and breads. If you do not see them, ask the manager.
- Gluten Free pasta is available daily at lunch and dinner in Worcester, Hampshire, and Franklin DC only. You have to request gluten-free pasta at Berkshire DC.

## Worcester DC

- Gluten-free breads/pastries are available at the Grill station. If you do not see any, ask a staff member.

## Hampshire DC/ Franklin DC

- A gluten-free display station will include a different cuisine at lunches and dinners. This is the safest option for students with a gluten/wheat allergy or celiac disease.
- In the gluten-friendly station, you will also find assorted gluten-free breads & pastries as well. If you do not see them, ask a staff member. Please ask the manager if you need something toasted.
- Gluten-free pizza and pasta are available at the GF station. Franklin and Hampshire are the only dining commons that have a dedicated gluten free oven and pizza oven.

## Berkshire DC

- In the deli station, gluten-free sandwiches are available upon request.
- The beverage station behind the display station has gluten-free pastries & breads. If you do not see any, ask a staff member. A gluten-free toaster is available upon request.

# Gluten Free Options on Campus

## Campus Center

- Refrigerated Gluten Free entrees are located at Harvest Market. A gluten free microwave is available to heat entrees.
- Harvest has gluten free station that has sandwiches and other options.
- Green Fields at Bluewall has a separate station that is free of gluten.

## YUM Bakery

- YUM bakery sells desserts that use alternative gluten-free flour. These items are displayed in an isolated case by the cash register. Note that these desserts are made in the same facility as other desserts that incorporate flour into their products.

## Cafes

- Ask the manager on duty about gluten-free options.



Please note that cooking does not destroy allergens.