



## Corn Allergy or Intolerance at UMass Amherst

### UMass Mission:

To contribute to the campus life experience by providing a variety of healthy and flavorful meals featuring local, regional, and world cuisines in a sustainable and environmentally conscious manner.

### Dietitian's Message:

For students, it is important to eat well in order to excel in your studies. UMass Dining looks forward to assisting you in eating a variety of safe foods regarding your special dietary needs. As the Department Dietitian, I can help tailor your diet to ensure that you eat well balanced meals without any cross contamination issues. I would be happy to personally guide you through the process of selecting foods that are safe for you.

My interest in helping you with your dietary needs is both professional and personal. I have immediate family members with severe food allergies, so I understand the difficulties and constant worries of avoiding life-threatening ingredients. At UMass, we believe your biggest focus should be on academics. I hope that our accommodations will take away some of your worries and allow you to just enjoy the food, stress-free. With over 18,000 students on the meal plan, I have assisted many and I look forward to assisting you!

### Corn Allergy or Intolerance Tips

- **Sushi:** Please inform your server if you have a corn allergy even if you are ordering a vegetarian, shrimp or salmon sushi roll. Cross contamination between ingredients is common, so freshly made ingredients will be required. If you have a contact corn allergy please let the dining hall know in advance because it may require the chefs to prepare new rice and ingredients which takes over 30 minutes.
- **Many soft drinks, purchased sauces, and processed food** contain high fructose corn syrup so be sure to avoid them.
- **Always ask the staff** if you have any questions.
- Check the **website** and use the **allergy filter** to view foods you can/cannot eat.
- Menu identifiers indicate which items have corn or corn by-products.
- The vegan desserts that contain margarine have natural flavors derived from corn so watch menu identifiers.
- **Retail – disposable utensils and cups** that are compostable are made with corn/cornstarch.

## Menu Identifier (Line Signs) on the Serving Line

The menu identifier lists the following:

- Name of the recipe
- Indicates appropriate icons
- Nutrient analysis for one serving
- The allergens that this recipe contains

<p><b>Baja Fish Tacos w/Avocado Cream &amp; Cilantro Salsa</b></p>  <p>Serving Size: 1 EA      Calories: 193          Total Fat: 5.6 g      Total Carb.: 18.6 g          Protein: 16.8 g      Fiber: 2.7 g  <b>Allergens: Milk, Eggs, Fish, Gluten, Soy, Corn</b></p> <p style="text-align: right;"><small>101603 9.3.15</small></p>	<p><b>California Roll</b></p>  <p>Serving Size: 1 roll      Calories: 168          Total Fat: 5 g      Total Carb.: 24.4 g          Protein: 8 g      Fiber: 1.7 g  <b>Allergens: Eggs, Fish, Shellfish, Gluten, Soy, Corn, Sesame</b></p> <p style="text-align: right;"><small>101152 9.3.15</small></p>
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## Hidden Ingredients

If you have a corn allergy, avoid the following ingredients, and keep in mind that this is not a complete list.\*

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|---|--|
| <ul style="list-style-type: none"> <li>• Baking powder**</li> <li>• Cereal</li> <li>• Confectioner's (powdered) sugar</li> <li>• Corn – ANYTHING!</li> <li>• Dextrin or maltodextrin</li> <li>• Dextrose, glucose, or fructose</li> <li>• Golden syrup (treacle)</li> <li>• Glucona delta lactone</li> <li>• High-fructose corn syrup</li> <li>• Hominy, grits</li> <li>• Invert sugar, invert syrup</li> <li>• Malt, malt syrup, malt extract</li> <li>• Modified food starch (may be corn)</li> </ul> | <ul style="list-style-type: none"> <li>• Mono- and diglycerides</li> <li>• Monosodium glutamate (MSG)</li> <li>• Polenta</li> <li>• Sorbitol</li> <li>• Starch, food starch</li> <li>• Sucrose (may derive form corn)</li> <li>• Vanilla extract</li> <li>• Vegetable oil (may be corn)</li> <li>• Xanthan gum</li> <li>• Zein (protein from corn, sometimes used in time-released medications)</li> </ul> |
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\*\*Do not confuse with baking soda. Baking powder contains a mixture of leavening agents and a moisture-absorber such as cornstarch.

\*A special thanks to Julia Salomon, MS, RD for giving permission to reprint this material.



## Eating Out at a Restaurant

If you are dining out to a restaurant, you can create a chef card and adjust accordingly to your allergies and reactions:

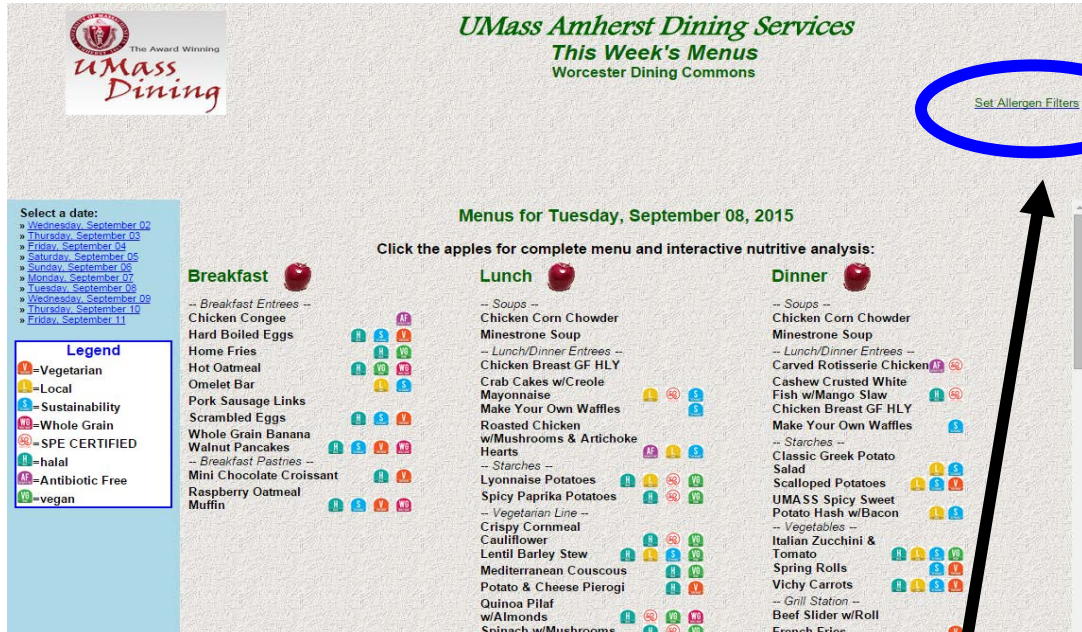
I have a **life threatening food allergy to corn** (MSG, polenta, malt syrup, etc.). Please inform me if any food I ordered contains any of these allergens. Cross contamination of utensils, gloves and equipment can cause me to have a **fatal reaction**. Thank you very much.  
**Name** (gives reference to chef/manager)

## Navigating the UMass Dining Web site

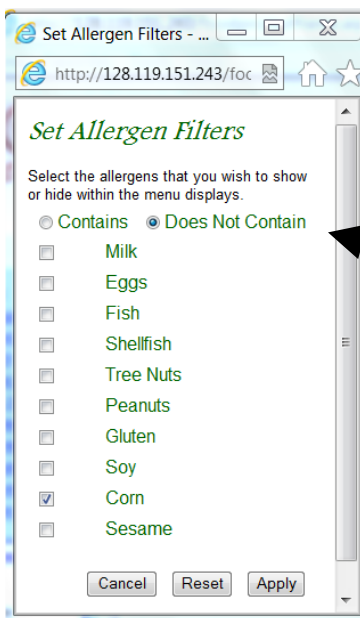
[www.umassdining.com](http://www.umassdining.com)

- **For nutrient analysis, ingredients and allergens for ONE ITEM:**
  - Click on the Nutrition tab
  - Click on Nutrient Analysis under “UMass Nutrition” on the top left
  - Scroll to the bottom of the page and click on “here” in “click here to enter the Nutrient Analysis website”
  - Select a dining common (Freshman Orientation Groups – Click Worcester Dining Common/ Summer Sports Camps – Click Hampshire Dining Commons)
  - Select a day from the column on the left side of the page
  - Click on the apple by the meal desired 
  - Click on an underlined item to see the ingredients, allergens and nutrients
  
- **For nutrient analysis for ONE MEAL.**
  - Click on the Nutrition tab
  - Click on Nutrient Analysis under “UMass Nutrition” on the top left
  - Scroll to the bottom of the page and click on “here” in “click here to enter the Nutrient Analysis website”
  - Select a dining common (Freshman Orientation Groups – Click Worcester Dining Common/ Summer Sports Camps – Click Hampshire Dining Commons)
  - Select a day
  - Click on the apple by the meal desired 
  - Click box to left of items that you plan to eat and indicate quantity (to right of name of recipe) for each item planning to consume
  - Scroll down and click report to get the nutrient analysis of an entire meal. You can also click on underlined items on this page to see ingredients, allergens and nutrient information of one item.

**Allergen Filter on the web menu.** This allows you to include or exclude one or more of the major allergens. With this great feature, you do not have to click on each menu item to check ingredients or allergens.



**Click here to set the Allergen Filter**



**Click on "Contains" or "Does Not Contain"  
Click on one or more allergens  
Click on "Apply" to set**

It is important to see what contains corn as a recipe may be modified to be made to meet your needs. Please speak to our management staff for assistance.

### Disclaimer

The possibility exists that manufacturers may change their formulation without our knowledge. UMass Dining Services will assume no liability for any adverse reactions that may occur in the Dining Commons.

## UMass Dining Bill of Rights Regarding Special Dietary Needs

You have the right to:

1. A high quality education experience without anxiety regarding your special dietary needs.
2. An excellent dining experience where you feel comfortable eating without fear of getting a reaction.
3. You have a right to meet with the dietitian for a free consultation by contacting her: 413.545.2472 or [dietitian@umass.edu](mailto:dietitian@umass.edu).
4. Customize dishes made to your dietary specifications. To better serve you, UMass Dining can take phone orders if you are in a hurry.
5. Accurate and easy-to-understand information regarding food allergies, intolerances and/or special dietary needs.
6. Confidence that the UMass Dining Staff are certified in food allergy training and are knowledgeable about ingredients served in foods.
7. Respect and understanding from UMass Dining Staff regarding your food allergies, food intolerance and/or special dietary needs.
8. Timely answers regarding any ingredients and its safety to your specific diet.
9. Confidence that your food is properly labeled and no cross contamination of ingredients occurs.
10. A safe, clean, and welcoming environment to dine.

***The goal of UMass Dining is to build a community around our customers to improve quality of life on campus.***

## Best Practices and Resources

1. Please introduce yourself to the management staff at the dining commons. We are happy to assist you.
2. We welcome any questions, comments and concerns to our staff to ensure your safety, health and well-being.
3. We put your health and well-being first and we are more than happy to modify recipes to meet your needs. All you have to do is ask.
4. If food needs to be prepared separately, please communicate with the staff in advance. You can even call ahead. Below are the phone numbers to best contact our staff:
  - a. Worcester DC: 413.545.0302
  - b. Franklin DC: 413.545.5373
  - c. Hampshire DC: 413.577.5160
  - d. Berkshire DC: 413.545.1175
5. If you are prescribed an Epi-Pen, UMass Dining recommends that you carry the Epi-Pen with you at all times.
6. Our dietitian and management staff are always at your disposal for a consultation. Contact the dietitian at [dietitian@umass.edu](mailto:dietitian@umass.edu) or 413.545.2472 or ask to speak to a manager while at the dining commons.
7. We recommend that you register with University Health Services. Please call 413.577.5000 to set up an appointment.
8. Disability Services may be able to assist you further with your condition. You can contact them at [DS@educ.umass.edu](mailto:DS@educ.umass.edu) or 413.545.0892.