



Corn Allergy or Intolerance at UMass Amherst

UMass Dining's 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.

Dietitians' Message:

For students, it is important to eat well in order to excel in your studies. We look forward to assisting you in eating a variety of safe and healthy foods. As UMass Dining Dietitians, we can accommodate to your special diet and ensure that you eat well-balanced meals without any cross-contact issues. We would be happy to guide you through the process of selecting foods that are safe for you.

Our interest in helping you with your dietary needs is both professional and personal. We both live with food allergies, so we understand the difficulties and constant worries of avoiding life-threatening ingredients. At UMass, we believe your biggest focus should be on academics. We hope that our accommodations will take away some of your worries and allow you to just enjoy the food, stress-free. With over 23,600 students on the meal plan, we have assisted many, and we look forward to assisting you!

Note that **nutrient analysis, ingredient and allergen information is on our web site:**

www.umassdining.com. The last section of this document has the instructions to navigate through the nutrient analysis program.

Corn Allergy or Intolerance Tips:

- **Questions or concerns:** please ask the cashier to radio the manager so they can assist immediately.
- Check the website or app and use the allergy filter to view foods you can/cannot eat.
- **Deep Fried Products:** Avoid deep fried items as the deep fryer may be contaminated with corn from various products cooked in the same fryer.
- **Sushi:** Please inform your server if you have a corn allergy even if you are ordering a vegetarian, shrimp or salmon sushi roll. Cross contact between ingredients is common, so freshly made ingredients will be required. If you have a contact corn allergy, please let the managers 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.
- **Vegan desserts** that contain margarine and vanilla have natural flavors derived from corn. Items at the Bake Shop have been produced on the same line as corn. However, equipment are cleaned and sanitized between uses
- **Retail Dining:** disposable utensils and cups that are compostable are made with corn/cornstarch.
- **Pizza:** Franklin and Berkshire Dining Commons add cornmeal to the base of pizzas.

Download the new UMass Dining App!



- Access your favorite dining locations with daily menus, operating hours, and real time traffic reports
- Plan your menu based on allergens and dietary preferences
- And many other features!

Menu Identifier (Line Signs) on the Serving Line:

The menu identifier lists the following:

- Name of the recipe
- Appropriate icons (local, sustainable, vegan, vegetarian, halal, whole grain, antibiotic-free)
- Nutrient analysis for one serving
- Allergens in the recipe
- Healthfulness Criteria: more color in the bar indicates healthier food

Bulgur & Chick Peas w/Lemon Vinaigrette

Icons: S (Sustainable), L (Local), VG (Vegan), WG (Whole Grain), H (Halal)

INGREDIENTS: Low Sodium Garbanzo Beans, Red Bulgur Wheat, Local Yellow Onions, Water, Organic Vegetable Broth, Lemon Juice, Canola Oil, Sundried Tomatoes, Green Olives, Chopped Garlic, Fresh Lemons... (see web)

HEALTHFULNESS:

ALLERGENS: *Gluten, Corn*

Nutrient Analysis (per 3 oz):

CALORIES	65
PROTEIN (gm)	2.1
SUGARS (gm)	0.2
SODIUM (mg)	114.1
CARBS (gm)	9.8

Chicken w/Pineapple & Snow Peas

Icons: S (Sustainable), L (Local), AF (Antibiotic Free)

INGREDIENTS: Boneless, Skinless Chicken Thigh, Water, DOLE Pineapple Chunks, Whole Baby Corn in Brine, Sliced Water Chestnuts, Fresh Pea Pods, Fresh Local Carrots, Fresh Celery, Canola Oil, Cornstarch

HEALTHFULNESS:

ALLERGENS: *Corn*

Nutrient Analysis (per 4 oz):

CALORIES	150
PROTEIN (gm)	8.9
SUGARS (gm)	2.8
SODIUM (mg)	60.9
CARBS (gm)	6.2



- Menu identifiers only include the main ingredients in the recipe and excludes sub-ingredients. Some menu identifiers will also state “(see web)” because there are many ingredients listed. For the full list of ingredients, refer to the website or the app. For example:

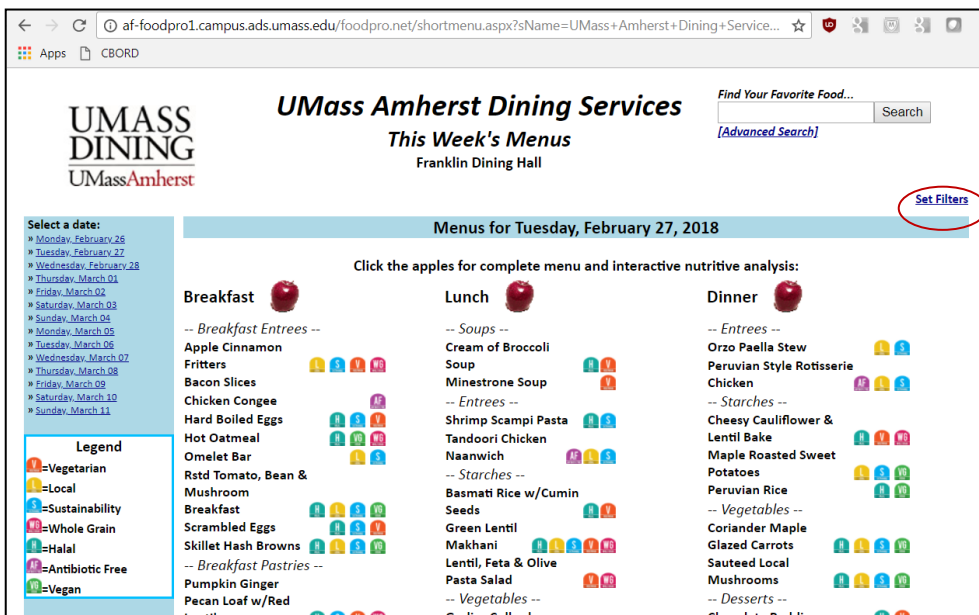
Bulgur & Chick Peas w/Lemon Vinaigrette:

INGREDIENTS: Low Sodium Garbanzo Beans (Prepared Chick Peas, Water, Salt, Calcium Chloride (Firming Agent), and Disodium EDTA (Color Retention)), Red Bulgur Wheat, Local Yellow Onions, Water, Organic Vegetable Broth (Vegetable Broth (Prepared from Water and Concentrated Juices of Carrot*, Onion*, Celeriac*), Contains less than 2% of the following: Sea Salt, Natural Flavoring, Vegetables (Carrots*, Onions*, Celery*, Dextrose (Corn), Pear Juice Concentrate, Cane Juice, Yeast Extract (Wheat*), Canola Oil*, Dehydrated Carrots, Dehydrated Onions, Potato Flour, Black Pepper, Certified Organic), Lemon Juice, Canola Oil, Sundried Tomatoes, Green Olives (Olives, Water, Pureed Pimento, Salt, Sodium Alginate, Guar Gum, Lactic Acid, Citric Acid, Calcium Chloride), Chopped Garlic, Fresh Lemons, Fresh Cilantro, Fresh Parsley, Ground Cumin Seed, Kosher Salt, Spanish Paprika, Ground Coriander, Ground Black Pepper

ALLERGENS: *Gluten, Corn*

Navigating the UMass Dining Website (www.umassdining.com)

- **For nutrient analysis, ingredients and allergens for ONE ITEM:**
 - Click on the Nutrition tab
 - Click on Nutrient Analysis tab
 - Scroll to the bottom of the page and click on “Nutrient Analysis”
 - Select a dining common
 - Once on this page, you can use the filter to set preferences/allergens, select “Set Filters”
 - 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 tab
 - Scroll to the bottom of the page and click on “Nutrient Analysis”
 - Select a dining common
 - Select a day from the column on the left side of the page
 - 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 items
 - Scroll down and click “Show 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 THAT item.



UMass Amherst Dining Services
This Week's Menus
Franklin Dining Hall

Find Your Favorite Food...
[\[Advanced Search\]](#)

Select a date:
 Monday, February 26
 Tuesday, February 27
 Wednesday, February 28
 Thursday, March 01
 Friday, March 02
 Saturday, March 03
 Sunday, March 04
 Monday, March 05
 Tuesday, March 06
 Wednesday, March 07
 Thursday, March 08
 Friday, March 09
 Saturday, March 10
 Sunday, March 11

Legend
 [V] =Vegetarian
 [L] =Local
 [S] =Sustainability
 [W] =Whole Grain
 [H] =Halal
 [A] =Antibiotic Free
 [Vg] =Vegan

Menus for Tuesday, February 27, 2018

Click the apples for complete menu and interactive nutritive analysis:

Breakfast	Lunch	Dinner
Breakfast Entrees -- Apple Cinnamon Fritters Bacon Slices Chicken Congee Hard Boiled Eggs Hot Oatmeal Omelet Bar Rstd Tomato, Bean & Mushroom Breakfast Scrambled Eggs Skillet Hash Browns Breakfast Pastries -- Pumpkin Ginger Pecan Loaf w/Red Lentils	Soups -- Cream of Broccoli Soup Minestrone Soup Entrees -- Shrimp Scampi Pasta Tandoori Chicken Naanwich Starches -- Basmati Rice w/Cumin Seeds Green Lentil Makhani Lentil, Feta & Olive Pasta Salad Vegetables -- Garlic Collard	Entrees -- Orzo Paella Stew Peruvian Style Rotisserie Chicken Starches -- Cheesy Cauliflower & Lentil Bake Maple Roasted Sweet Potatoes Peruvian Rice Vegetables -- Coriander Maple Glazed Carrots Sautéed Local Mushrooms Desserts -- Chocolate Budding

Click on Set filter

af-foodpro1.campus.ads.umass.edu/foodpro.net/allergenfilter.aspx?strcurlocationnum=02

Select the filters that you wish to activate within the menu displays.

Allergen Filters	Legend Filters	Ingredient Filters
<input checked="" type="radio"/> Contains <input type="radio"/> Does Not Contain <input type="checkbox"/> Milk <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Shellfish <input type="checkbox"/> Tree Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Gluten <input type="checkbox"/> Soy <input type="checkbox"/> Corn <input type="checkbox"/> Sesame	<input checked="" type="radio"/> Contains <input type="radio"/> Does Not Contain <input type="checkbox"/> Vegetarian <input type="checkbox"/> Local <input type="checkbox"/> Sustainability <input type="checkbox"/> Whole Grain <input type="checkbox"/> Halal <input type="checkbox"/> Antibiotic Free <input type="checkbox"/> Vegan	<input checked="" type="radio"/> Contains <input type="radio"/> Does Not Contain <input type="text"/> <input type="radio"/> OR <input type="radio"/> AND <input type="text"/> <input type="radio"/> OR <input type="radio"/> AND <input type="text"/>

You can click on:

Allergen filters

- Contains one or more allergens
- Does not contain one or more allergens

Legend Filters

Ingredient Filters

- Enter specific foods allergic to
- Click on Contains/Does Not Contain as well as OR or AND (if allergic/want to avoid multiple foods)

Examples:

1. Garbanzo bean OR chickpeas (two names for the same food)

2. Lemon AND pork AND mangos

The list on the web will shrink down to show your options

Hidden Ingredients

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

<ul style="list-style-type: none">• Baking powder**• Cereal• Confectioner's (powdered) sugar• Corn – ANYTHING!• DATEM• Dextrin or maltodextrin• Dextrose, glucose, or fructose• Golden syrup (treacle)• Gluconic delta lactone• High-fructose corn syrup• Hominy, grits• Invert sugar, invert syrup• Malt, malt syrup, malt extract• Modified food starch (may be corn) <p>**Do not confuse with baking soda. Baking powder contains a mixture of leavening agents and a moisture-absorber such as cornstarch.</p>	<ul style="list-style-type: none">• Maize• Mono- and diglycerides• Monosodium glutamate (MSG)• Polenta• Sorbitol• Starch, food starch• Sucrose (may derive from corn)• Vanilla extract• Vegetable oil (may be corn)• Xanthan gum• Zein (protein from corn, sometimes used in time-released medications)
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*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 at 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 contact of utensils, gloves and equipment can cause me to have a **fatal reaction**. Thank you very much.
Name (gives reference to chef/manager)

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. Meet with the dietitians for a free consultation: call 413.545.2472 or email 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. Have confidence that the UMass Dining Staff are certified in food allergy training and are knowledgeable about ingredients served in foods.
7. Receive 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. Have confidence that staff uses safe practices to prevent cross contact from occurring.
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 ensure your safety, health and well-being.
3. 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
4. If you are prescribed an epinephrine auto-injector pen, UMass Dining recommends that you carry the epinephrine with you at all times.
5. Our Dietitians, Dianne Sutherland and Sabrina Hafner are always at your disposal for a consultation. Contact the dietitian at dietitian@umass.edu or 413.545.2472.
6. We recommend that you notify University Health Services of your allergies so they have a record in case of a reaction. Please call 413.577.5101 to set up an appointment.
7. We recommend that you register with Disability Services. You can contact them at notify@admin.umass.edu or 413.545.0892.
8. If a food allergy reaction does occur, the UMass Health Inspector and UMass Dining staff does a complete investigation. Policies and procedures are adjusted to prevent a reaction from occurring in the future.