



Eating Egg Free 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 25,000 individuals 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/nutrition. The last section of this document has the instructions to navigate through the nutrient analysis program.

Egg Allergy or Intolerance Tips

- **Questions or concerns:** Please ask the cashier to radio the manager so they can assist immediately.
- **Items from the Kitchen:** If you see an item without egg at a station but worry about cross contact, please ask the staff to get a portion from the kitchen for you.
- **Pasta:** UMass purchases Barilla Pasta which is manufactured on the same equipment as eggs. Eggs are not listed as an ingredient in the pasta as we check with the manufacturers to ensure proper cleaning and sanitizing measures are utilized between products. Our staff can prepare lentil pasta (free of egg) if you do not feel comfortable eating Barilla.
- **Deep Fried Products:** Avoid deep fried items as the deep fryer may be contaminated with egg from various products cooked in the same fryer. Deep fried vegetarian items from the dining commons are safe.
- **Cooking** does not destroy allergens.
- **Sushi:** The surimi crab meat contains egg for the California Roll. If you have a contact egg allergy, even if you order a vegetarian roll, please let the dining hall know in advance because it may require the chefs to prepare new rice and ingredients.
- **Cross Contact:** is common between ingredients, so freshly made ingredients will be required.
- **Desserts:** Look for the desserts with the vegan icon (no animal products, dairy or eggs). Keep an eye out for the non-vegan desserts as some do not contain egg. (Note: Some bake shop items are made on the same line as egg. However surfaces/machines are cleaned and sanitized between uses).
- **Airborne Sensitivity:** Please inform the dietitians/management staff if you have an airborne sensitivity to egg. The Dietitians can be reached at dietitian@umass.edu or 413.545.2472.

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)
- Nutrition facts for one serving
- Allergens in the recipe
- Healthfulness Criteria: more color in the bar indicates higher nutritional quality. For more details on the healthfulness criteria, please see the UMass Dining App and/or web site.

<p>California Roll with Brown Rice</p> <p>INGREDIENTS: Brown Sushi Rice, Surimi, Fresh Cucumbers, Avocados, Rice Wine Vinegar, Nori Seaweed</p> <p>HEALTHFULNESS</p> <p>ALLERGENS: Eggs, Fish, Shellfish, Gluten, Soy, Corn, Sesame</p>	<p>Banana Walnut Pancakes</p> <p>INGREDIENTS: 2% Milk, Buttermilk Pancake Mix, Walnut Pieces, Cage Free Eggs, Fresh Bananas, Canola Oil, Vanilla Extract</p> <p>HEALTHFULNESS</p> <p>ALLERGENS: Milk, Eggs, Tree Nuts, Gluten, Soy, Corn</p>
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- 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:

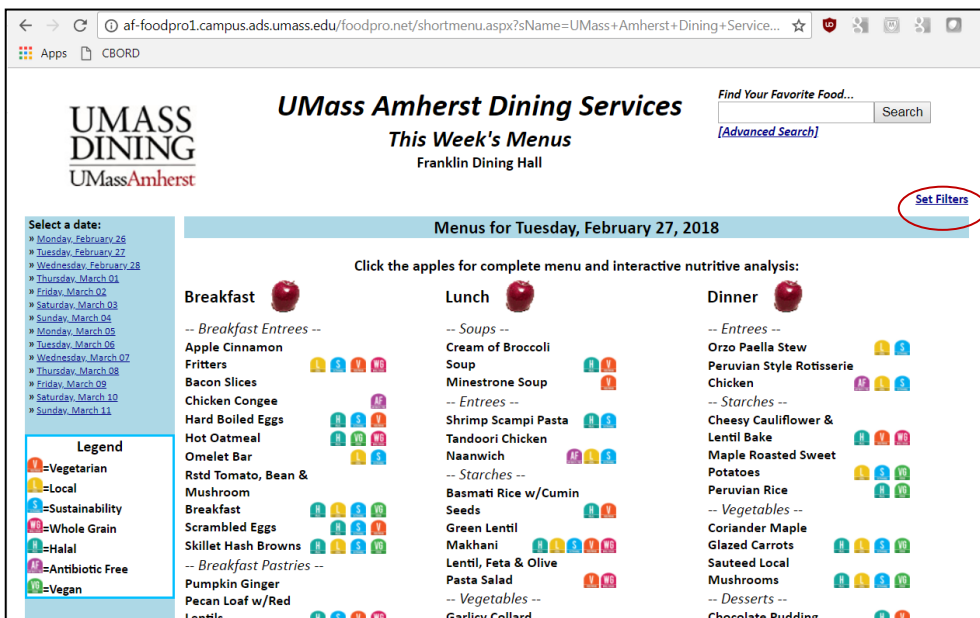
California Roll with Brown Rice:

INGREDIENTS: Brown Sushi Rice (Water, Sweet Brown Rice, Rice Wine Vinegar (Rice Wine Vinegar (Reduced with Water to 4.5% Acidity by Volume), Sugar, Salt, Potassium Metabisulfite (Sulfite - as a Preservative), Caramel Color), Granulated Sugar (100% Cane Sugar), Sesame Seeds), Surimi (Fish(Pollock and/or Whiting, Crustacean Shellfish [Snow Crab]), Water, Corn Starch, Egg Whites, Potato Starch, Sugar, Sorbitol, Mirin Wine (Sake, Sugar, Salt, Water, Yeast Extract), Contains 2% or less of the following: Natural & Artificial Crab Flavor, Salt, Soy Protein Isolate, Soybean Oil, Carrageenan, Sodium Tripolyphosphate, Maltodextrin, Hydrolyzed Corn and Soy Protein, Disodium Guanylate, Disodium Inosinate, Sodium Succinate, Paprika Oleoresin, Carmine, Corn Syrup, Wheat Starch, Modified Food Starch, Soy Lecithin, Color Added.), Fresh Cucumbers, Avocados, Rice Wine Vinegar (Rice Wine Vinegar (Reduced with Water to 4.5% Acidity by Volume), Sugar, Salt, Potassium Metabisulfite (Sulfite - as a Preservative), Caramel Color), Nori Seaweed

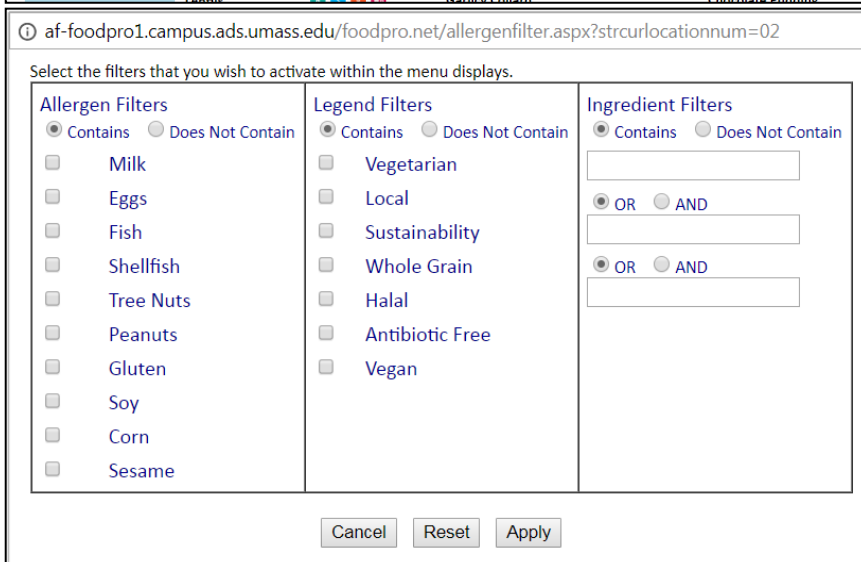
ALLERGENS: Eggs, Fish, Shellfish, Gluten, Soy, Corn, Sesame

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.



← Click on Set filter



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

- The following terms* indicate the presence of eggs. If you have an egg allergy, please keep in mind that this is not a complete list.

Hidden Ingredients of Egg

<ul style="list-style-type: none">• Albumin• Apovitellin• Batter• Cholesterol-free eggs• Custard• Eggs (dried, liquid, glazes, powdered, solids, whites and yolks)• Eggnog• Egg noodles• Globulin• Lecithin (could be derived from soy or egg)• Livetin	<ul style="list-style-type: none">• Lysozyme• Mayonnaise• Meringue• Mousse• Ovalbumin• Ovamucoid/ovamucin• Ovovitellin/vitellin• Pudding• Quiche• Simplese• Souffle• Surimi (fish for sushi)	These may contain egg: <ul style="list-style-type: none">• Marshmallows• Marzipan• Nougat
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*A special thanks to Julia Salomon, MS, RD for giving permission to reprint this material.

Substitutions for Egg in Baking Recipes

For each egg, try one of the following:

- 1 packet of plain gelatin mixed with 2 tbsp warm water. Mix into other ingredients immediately before it thickens.
- 1 tsp. baking powder, 2 tbsp. vinegar
- 1 tsp. yeast dissolved in ¼ cup warm water
- 1 tbsp. apricot puree
- 1 ½ tbsp. water, 1½ tbsp. cooking oil, & 1 tsp. baking powder
- Egg Replacer (such as Ener-G®) 2 tbsp. powder and 2 tbsp. water
- 1 tbsp. ground flax + 3 tbsp. water

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 eggs** (egg yolk, egg white, albumin, 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 use 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 dietitians 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, take care of yourself first! When you are feeling better, contact the dietitian to start an investigation. If you tell us after a couple days of the reaction, then we may not be able to determine the cause of the reaction. Policies and procedures are adjusted to prevent a reaction from occurring in the future.

