



## Eating Fish/Shellfish-Free 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 contact 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 22,000 students on the meal plan, I have assisted many, and I look forward to assisting you!

### Fish and Shellfish Allergy or Intolerance Tips:

- **Nutrient Analysis, allergens and ingredients** of the dining commons recipes are available on our website. Instructions on navigating through the web are included in this brochure.
- **Deep Fried Products:** Avoid deep fried protein items (chicken wings/nuggets, beef, pork) as the deep fat fryer is contaminated from various products cooked in the same fryer. Vegetarian products (French fries, mozzarella sticks) are cooked in a separate fryer than protein items. If you ever want a product but fear cross contact, please ask if it is possible to bake it for you.
- **Items from kitchen:** If you see an item next to fish or shellfish at a station and worry about cross contact, please ask the staff to get a portion from the kitchen for you.
- **Seafood Salad at the deli** contains shellfish.
- **Asian and Stir Fry Stations:** If fish or shellfish are on the station where you want an item, inform the staff of your allergy/intolerance so a freshly made item can be prepared for you without any cross contact.
- **Sushi:** Please inform your server if you have a fish or shellfish allergy even if you are ordering a vegetarian sushi roll. Cross contact between ingredients is common, so freshly made ingredients will be required. If you have a contact fish or shellfish 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.
- **Airborne Sensitivity** – Please inform the Dietitian/Staff if you have an airborne sensitivity to fish or shellfish. The Dietitian can be reached at [dietitian@umass.edu](mailto: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)
- Nutrient analysis for one serving
- The allergens in the recipe
- Healthfulness Factor: more color in the bar indicates healthier food

### Beef Brisket Noodle Bowl

**S** **L** **DESTAINS FROM FARM**

**INGREDIENTS:**  
Green Curry Sauce, Thai Rice Noodles, Beef Brisket, Mushrooms, Local Yellow Onions, Ginger Root, Nappa Cabbage, Fresh Local Carrots, Limes, Thai Basil, Local Bean Sprouts, Serrano Chili... (see web)

**HEALTHFULNESS**

<b>CALORIES</b>	276 per 1 bowl
<b>PROTEIN (gm)</b>	9.8
<b>SUGARS (gm)</b>	8.1
<b>SODIUM (mg)</b>	561.7
<b>CARBS (gm)</b>	27.7

**ALLERGENS: Milk, Fish, Tree Nuts, Gluten, Soy, Corn**

### Tuna Salad Sandwich

**WG** **H**

**INGREDIENTS:**  
Tuna Salad, Multigrain Bread, Sourdough Bread, Romaine Lettuce

**HEALTHFULNESS**

<b>CALORIES</b>	338 per 1 EACH
<b>PROTEIN (gm)</b>	15.8
<b>SUGARS (gm)</b>	2.3
<b>SODIUM (mg)</b>	609.9
<b>CARBS (gm)</b>	38.6

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

- Menu identifiers only include the main ingredients in the recipe. It does not list ingredients to items such as breads, sauces, baking mixes, etc. For the full list of ingredients refer to the website or the app. For example:

### Beef Brisket Noodle Bowl:



**INGREDIENTS:** Green Curry Sauce (Water, Cream (Milk), Dehydrated Coconut Milk (Coconut Milk, Maltodextrin, Sodium Casinate [Milk]), Fish Sauce (Water, Anchovy Extract, Salt, Sugar), Sugar, Green Curry Paste (Green Chili Peppers, Onion, Ginger, Sea Salt, Lemongrass, Garlic, Vinegar, Spices, Dehydrated Garlic and Onion, Yeast, Flavors, Lime Juice Concentrate), Jalapeno Peppers, Contains 2% or Less of: Soybean Oil, Cilantro, Shallots, Garlic, Modified Food Starch, Salt, Cultured Dextrose [Corn], Turmeric for Color, Kaffir Lime Leaf Extract, Spice, Flavoring, Basil Extract. May contain traces of gluten), Thai Rice Noodles (Rice Flour and Water), Beef Brisket, Mushrooms, Local Yellow Onions, Ginger Root, Nappa Cabbage, Fresh Local Carrots, Limes, Thai Basil, Local Bean Sprouts, Serrano Chili Peppers, Scallions, Fresh Cilantro

**ALLERGENS:** Milk, Fish, Tree Nuts, Gluten, Soy, Corn

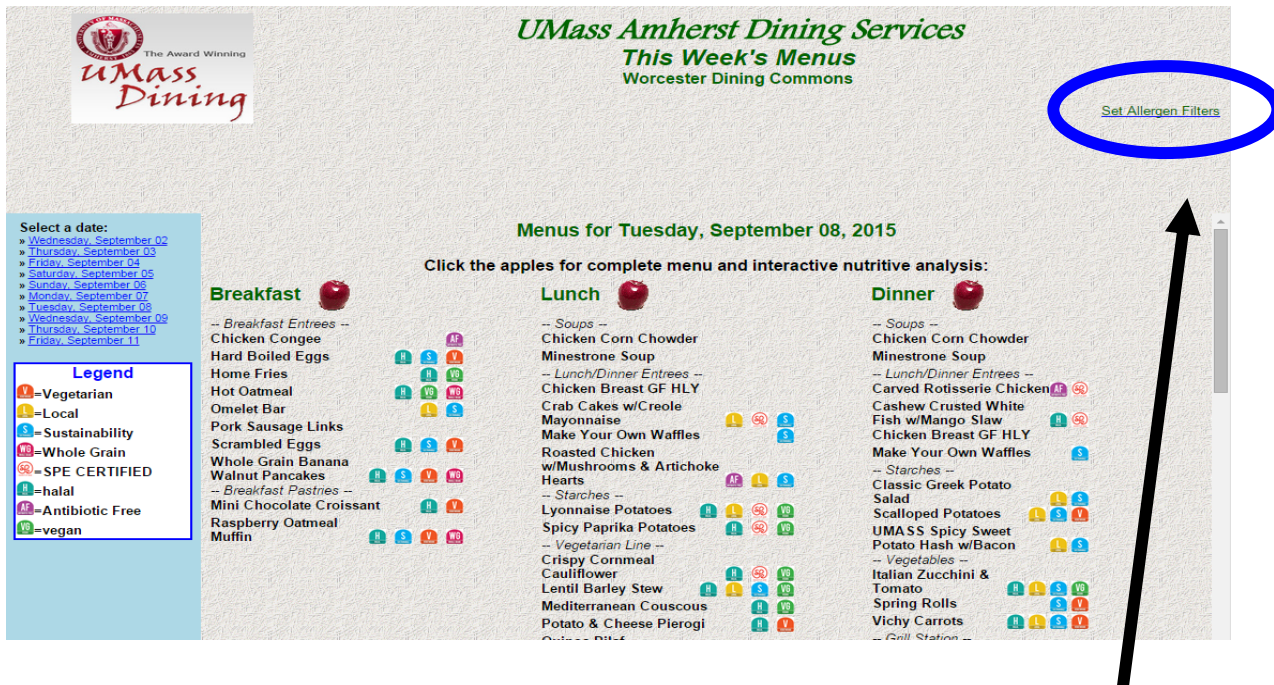
If you have any questions or concerns, please ask the cashier to radio the management staff on duty so they can assist immediately.

## Navigating through the UMass Dining Web Site

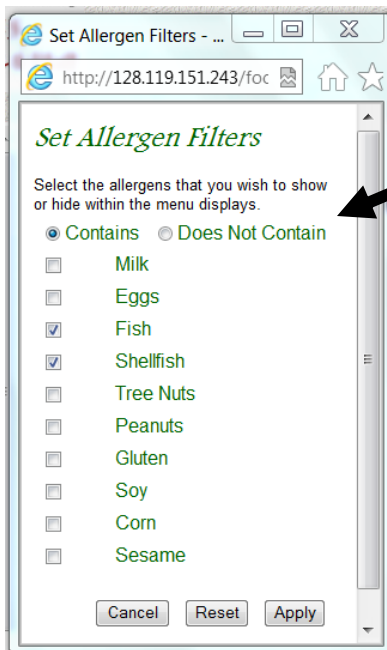
[www.umassdining.com](http://www.umassdining.com)

- ***For nutrient analysis, ingredients and allergens for ONE ITEM:***
  - Click on the Nutrition tab
  - Click on Nutrient Analysis 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 at any point to set preferences/allergens by selecting “Set Filters”
  - Select a day from column on the left side of 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 “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 name of recipe) for each item planning to consume
  - 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

**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 fish and/or shellfish as a recipe may be modified to be made to meet your needs. Please speak to our management staff for assistance.

**Hidden Ingredients of Fish and Shellfish:** If you have an allergy to fish or shellfish, please use the following list as a guide when you go out shopping for your own food, but bear in mind that it is not a complete list.\*

Fish		Shellfish	
Anchovies	Mahi mahi	Abalone	Lobster (langouste,
Bass	Perch	Bamacle	langoustine, coral,
Bouillabaisse	Pike	Clams (cherrystone,	tomalley)
Catfish	Pollock	littleneck, pismo,	Mollusks
Fish oil capsules	Salmon	quahog)	Octopus
Fish broth or stock	Scrod	Cockle (periwinkle,	Prawn
Flounder	Seafood flavoring	sea urchin)	Scallops
Grouper	Sole	Crab	Scampi
Haddock	Snapper	Crawfish (crayfish,	Seafood flavoring
Hake	Swordfish	ecrevisse)	(clam/shrimp)
Halibut	Tilapia	Cuttlefish	Snail
Herring	Trout	Krill	Squid (calamari)
	Tuna	Shrimp	Whelk

\*\*Parvalbumin is the protein in fish that is known to provoke allergic reactions

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

- Many people are allergic to fish and shellfish. For some, even smelling the scents from cooking fish can trigger allergic reactions.

### 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 am **allergic to fish/shellfish** (shrimp, lobster, crab, tuna, 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 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 contact 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 epinephrine auto-injector pen, UMass Dining recommends that you carry the epinephrine with you at all times.
6. Our Dietitian, Dianne Sutherland, 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 notify University Health Services of your allergies so they have a record in case of a reaction. Please call 413.577.5000 to set up an appointment.
8. We recommend that you register with Disability Services. You can contact them at [notify@admin.edumass.edu](mailto:notify@admin.edumass.edu) or 413.545.0892.
9. If a food allergy reaction does occur, the UMass Health Inspector and UMass Dining does a complete investigation. Policies and procedures are adjusted to prevent a reaction from occurring in the future.