



Eating Sesame 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!

Be aware 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.

When in the UMass dining commons, be aware:

- **Sushi** contains sesame seeds in the rice at the dining commons. Some sushi rice at the Bluewall Wasabi station does not have sesame seeds but there may be other ingredients that have sesame in them, so please ask the staff at Wasabi or the manager at the Bluewall.
- **The Asian Station** is likely to have sesame seeds or use sesame oil in the recipes. If you want a stir fry that is free of sesame, ask to speak to a manager or chef so it can be made in the kitchen for you.
- **The Vegetarian Station** may use tahini (sesame paste) or sesame in the recipes.
- **Items from kitchen:** If you see an item without sesame at a station but worry about cross contact, please ask the staff to get a portion from the kitchen for you.
- **Sesame Seed Rolls:** If you see multigrain slider rolls or sesame rolls at the grill station, ask the staff in the dining commons or retail if they have a roll without sesame. Please check menu identifiers to see if the product contains sesame.

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

Salmon Cream Cheese Sushi Roll

SUSTAINABLE

LOCAL

DISTANCE FROM FARM

INGREDIENTS:
Sushi Rice, PHILADELPHIA Cream Cheese, Smoked Salmon, Fresh Cucumbers, Avocados, Rice Wine Vinegar, Nori Seaweed

CALORIES	325 per 1 roll
PROTEIN (gm)	13.4
SUGARS (gm)	12.6
SODIUM (mg)	581.8
CARBS (gm)	39.9

HEALTHFULNESS

ALLERGENS: Milk, Fish, Corn, Sesame

Black Bean Burger

LOCAL

DISTANCE FROM FARM

VEGETARIAN

HALAL

INGREDIENTS:
Low Sodium Black Turtle Beans, Multigrain Slider Roll, Local Vine Ripened Tomatoes, Cage Free Eggs, Boston Bib Lettuce, Local Yellow Onions, Japanese Bread Crumbs, Canola Oil, Texas Pete's... (see web)

CALORIES	162 per 1 each
PROTEIN (gm)	6.9
SUGARS (gm)	2.8
SODIUM (mg)	280.7
CARBS (gm)	26.4

HEALTHFULNESS

ALLERGENS: Eggs, Gluten, Soy, 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


Salmon Cream Cheese Sushi Roll:


INGREDIENTS: Sushi Rice (Water, Sushi Rice, Sushi Vinegar (High Fructose Corn Syrup, Distilled Vinegar (Diluted With Water), Salt, Rice Vinegar (Diluted With Water) And Brown Sugar, Gluten Free), Granulated Sugar (100% Cane Sugar), Sesame Seeds, PHILADELPHIA Cream Cheese (Pasteurized Nonfat Milk and Milk Fat, Whey Protein Concentrate, Cheese Culture, Salt, Whey, Guar Gum, Carob Bean Gum, Sorbic Acid as a Preservative, Vitamin A Palmitate), Smoked Salmon, 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: Milk, Fish, Corn, Sesame

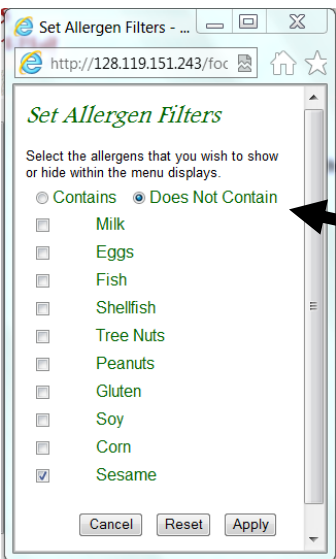
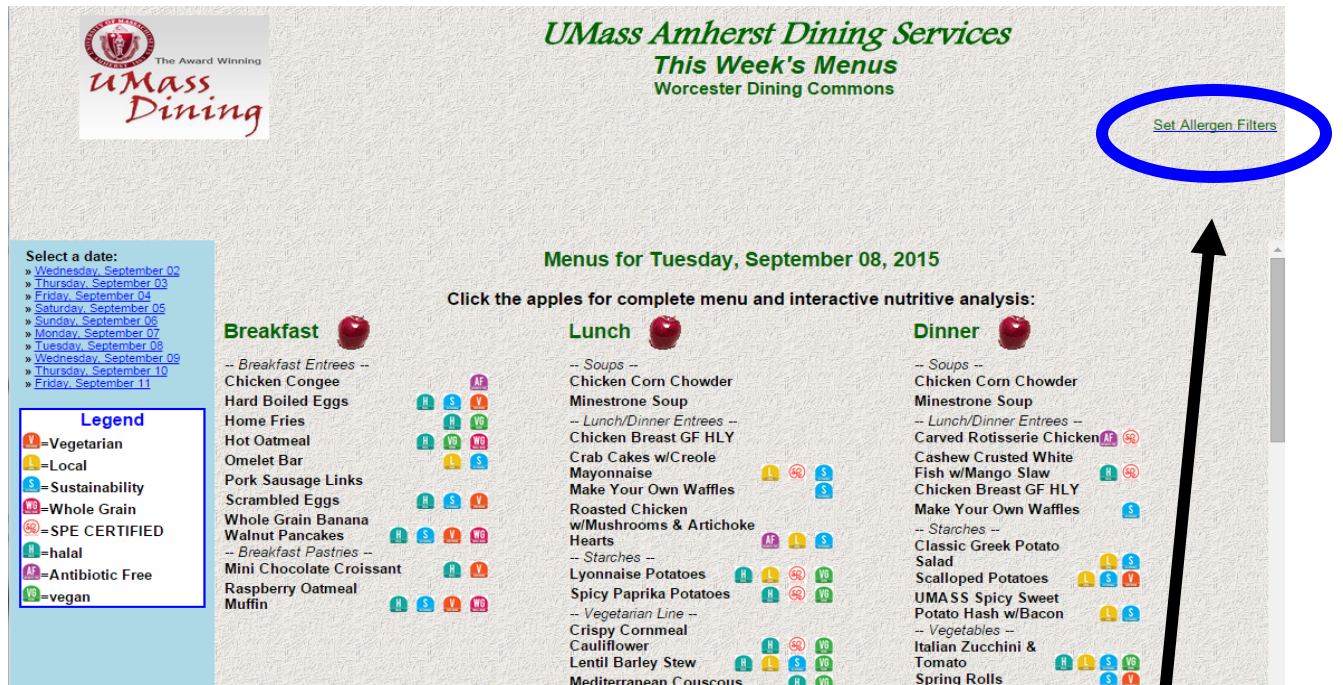
If you have any questions or concerns, please ask the cashier to radio the management staff on duty so they can assist immediately.

Navigating through the Nutrient Analysis Web Page 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 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 name of recipe) for each item you are 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 here to set allergy 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 sesame as a recipe may be modified to be made to meet your needs. Please speak to our management staff for assistance.

Hidden Ingredients

Avoid the following ingredients if you have a sesame allergy. Keep in mind that this is not a complete list.*

<ul style="list-style-type: none">• Benne• Hummus• Sesame flour• Sesame oil• Sesame seeds• Sesamum indicum• Tahini (sesame paste)• Til• Teel	<p><u>May be found in:</u></p> <ul style="list-style-type: none">• Baked goods• Bread crumbs• Breads, rolls, bagels• Crackers• Cereals• Dipping sauces/marinades• Energy bars• Falafel/hummus/baba ganoush• Halvah• Herbal drinks• Sushi• Vegetarian burgers
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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 sesame** (tahini, crackers, bread crumbs, 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.
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 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.umass.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.