

# Eating Sesame-Free at UMass



## Questions or concerns

Please ask the cashier to call the manager so they can assist immediately.

## Items from the Kitchen

If you see an item you want without sesame at a station but worry about cross contact, please ask the staff to get a portion from the kitchen for you.

## Sushi

The sushi rice at the dining commons contains sesame seeds. Some of the 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 for a manager at the Blue Wall for assistance.

## The Asian Station

This station in the dining commons tends to use sesame seeds and sesame oil in many recipes.

## Stir Fry Stations

Stir fry stations in the dining commons use sesame oil. If you need a stir fry without sesame oil, please ask the cashier to call the manager or supervisor.

## The Vegetarian Station

This station may use tahini (sesame paste) or sesame in the recipes. Please check the allergens on the menu identifier, app or web site.

**Please note that cooking does not destroy allergens.**

## Airborne allergy

If you have an airborne fish or shellfish allergy, please notify the Registered Dietitians via email at [dietitian@umass.edu](mailto:dietitian@umass.edu) and managerial staff at the dining commons.

## Martin's Potato Buns

Buns for burgers contain sesame. Ask the cashier to call a manager and ask for a roll that does not have sesame.

## Bakery

Some bakery items are made in the same line as sesame. However, equipment is cleaned and sanitized between uses.

## Avoid Deep-Fried Foods

As the deep fryer may have been in contact with sesame from other products.

## Natural Flavor & Spices

Since sesame has become the new ninth top allergen, we are asking our vendors to see if the natural flavors & spices contain sesame. Information is updated as we receive it.

## Hidden Sesame Ingredients

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

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| <ul style="list-style-type: none"><li>• Benne</li><li>• Hummus</li><li>• Sesame Flour</li><li>• Sesame Oil</li><li>• Sesame Seeds</li><li>• Sesamum Indicum</li><li>• Tahini (Sesame Paste)</li><li>• Til</li><li>• Teel</li></ul> | <p>May be found in...</p> <ul style="list-style-type: none"><li>• Baked Goods</li><li>• Bread Crumbs</li><li>• Breads, Rolls, Bagels</li><li>• Crackers</li><li>• Cereals</li><li>• Dipping Sauces/Marinades</li><li>• Energy Bars</li></ul> | <ul style="list-style-type: none"><li>• Hummus/ Tahini/ Baba Ganoush</li><li>• Halvah</li><li>• Herbal Drinks</li><li>• Sushi</li><li>• Vegetarian Burgers</li></ul> |
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