

# 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 and it is next to an item with sesame, 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. If you want sesame-free sushi, please let the manager know at lunch so they can prepare rice without sesame for you for dinner. 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 the station champion 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 let the manager or supervisor know.

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

## Airborne Allergy

Please inform the dietitians/management staff if you have an airborne allergy to sesame. The dietitians can be reached at [dietitian@umass.edu](mailto:dietitian@umass.edu) or you can make an appointment here: <https://umassdining.com/nutrition/book-appointment>

## Martin's Potato Buns

Buns for burgers contain sesame. Ask the manager for a roll that does not have sesame.

## Avoid Deep-Fried Foods

Sesame is listed as an allergen since the deep fryer may have been in contact with sesame from other products.

## Hidden Sesame Ingredients

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

	May be found in...	
• Benne	• Baked Goods	• Hummus/Tahini/ Baba Ganoush
• Hummus	• Bread Crumbs	• Halvah
• Sesame Flour	• Breads, Rolls, Bagels	• Herbal Drinks
• Sesame Oil	• Crackers	• Sushi
• Sesame Seeds	• Cereals	• Vegetarian Burgers
• Sesamum Indicum	• Dipping Sauces/Marinades	
• Tahini (Sesame Paste)	• Energy Bars	
• Til		
• Teel		

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