



## Eating Soy 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 contamination 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 18,000 students on the meal plan, I have assisted many and I look forward to assisting you!

### Soy 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 at the end of this brochure.
- **Item from kitchen:** If you see an item without soy at a station but worry about cross contamination, please ask the staff to get a portion from the back for you.
- **Sushi:** Please inform your server if you have a soy allergy even if you are ordering a vegetarian, shrimp or salmon sushi roll. Cross contamination between ingredients is common, so freshly made ingredients will be required. If you have a contact soy 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.
- **Canola and Olive Oils** are used in the dining common recipes. No soy oil is used as an ingredient in recipes. Pan spray used in the dining commons is made of canola oil (not soy oil).
- **Deli Turkey** is browned in oil, specifically, soybean oil. The manufacturer states that it is allergen free as oil is refined. We still list soy as an allergen.
- **Purchased Products** may contain soy products. Please use the web menu to see what products are safe for you to eat.
- **Recipe adjustments** are an option. Please ask the dietitian or the management staff if you need adjustments to eliminate soy from a recipe.
- **Breads** that are purchased may have soy in them. Breads made in the UMass bake shop can be reviewed under the web menu to see if it is safe for you.
- **Desserts** may also have soy due to purchased mixes. Some recipes made from scratch may not contain soy in them. Please check our website.
- **Fresh fruit is always soy free, however if fresh fruit is below the desserts and you fear cross contamination please as a staff member to get fruit from the back.**
- **Marinara Pasta Sauces:** Prego is soy free, however, we also purchase Kagome pasta sauce which does contain soy oil in it. Check with the dining commons manager/chef to see which sauce they use.

**Hidden Ingredients of Soy:** If you have a soy allergy, avoid the following ingredients, and keep in mind that this is not a complete list\*.

<ul style="list-style-type: none"><li>• Edamame soy bean</li><li>• Hydrolyzed soy protein</li><li>• Lecithin</li><li>• Miso</li><li>• Modified food starch</li><li>• Natto</li><li>• Shoyu sauce</li><li>• Soy albumin</li><li>• Soy beans (curds, granules)</li><li>• Soy concentrate</li></ul>	<ul style="list-style-type: none"><li>• Soy cheese</li><li>• Soy fiber</li><li>• Soy flour</li><li>• Soy grits</li><li>• Soy meat, soy meal</li><li>• Soy milk, soy ice cream</li><li>• Soy nuts</li><li>• Soy oil</li><li>• Soy protein concentrate</li></ul>	<ul style="list-style-type: none"><li>• Soy protein isolate</li><li>• Soy sauce</li><li>• Soy sprouts</li><li>• Soy yogurt</li><li>• Tamari</li><li>• Tempeh</li><li>• Textured soy protein (TSP)</li><li>• Textured vegetable protein (TVP)</li><li>• Tofu</li></ul>
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The following are label ingredients\* that *may* contain the presence of soy protein:

Hydrolyzed plant protein Hydrolyzed vegetable protein Natural flavoring Vegetable broth Vegetable gum Vegetable starch
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Many gluten free products contain soy. Check the label.

\*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 to a restaurant, you can create a chef card and adjust accordingly to your allergies and reactions:

I must <b>avoid soybean, soybean oil, lecithin, TVP and tofu</b> . Please inform me if any food I ordered contains any of these allergens. Cross contamination of utensils, gloves and equipment can cause me to (list reaction here). Thank you very much. <b>Name</b> (gives reference to chef/manager)
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## Menu Identifier (Line Signs) on the Serving Line

The menu identifier lists the following:

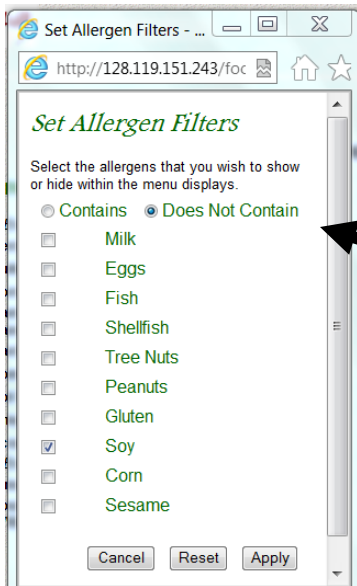
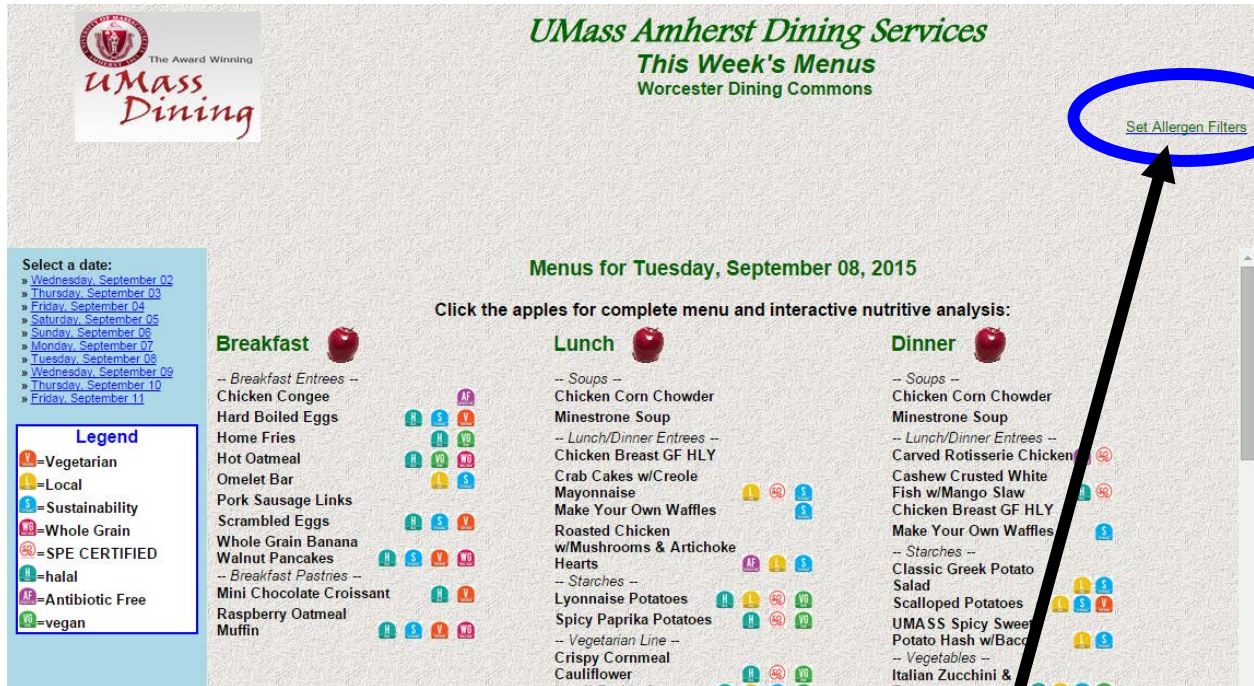
- Name of the recipe
- Indicates appropriate icons
- Nutrient analysis for one serving
- The allergens that this recipe contains

Sunflower Bread		Teriyaki Chicken Leg	
			
Serving Size: 1 Slice	Calories: 136	Serving Size: 1 each	Calories: 111
Total Fat: 5.5 g	Total Carb.: 16.9 g	Total Fat: 4.9 g	Total Carb.: 2.1 g
Protein: 5.7 g	Fiber: 2.5 g	Protein: 14.1 g	Fiber: 0.5 g
Allergens: <b>Gluten, Soy</b>		Allergens: <b>Gluten, Soy, Corn, Sesame</b>	
253034 9.3.15		071217 8.26.15	

## Navigating 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 under “UMass Nutrition” on the top left
  - Scroll to the bottom of the page and click on “here” in “click here to enter the Nutrient Analysis website”
  - Select a dining common (Freshman Orientation Groups – Click Worcester Dining Common/ Summer Sports Camps – Click Hampshire Dining Commons)
  - 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 under “UMass Nutrition” on the top left
  - Scroll to the bottom of the page and click on “here” in “click here to enter the Nutrient Analysis website”
  - Select a dining common (Freshman Orientation Groups – Click Worcester Dining Common/ Summer Sports Camps – Click Hampshire Dining Commons)
  - Select a day
  - 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 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 one item.

**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 soy as a recipe may be modified to be made to meet your needs. Please speak to our management staff for assistance.

### Disclaimer

The possibility exists that manufacturers may change their formulation without our knowledge. UMass Dining Services will assume no liability for any adverse reactions that may occur in the Dining Commons.

Revised May 2016

## 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. You have a right to 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 contamination 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 Epi-Pen, UMass Dining recommends that you carry the Epi-Pen with you at all times.
6. Our dietitian 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 register with University Health Services. Please call 413.577.5000 to set up an appointment.
8. Disability Services may be able to assist you further with your condition. You can contact them at [DS@educ.umass.edu](mailto:DS@educ.umass.edu) or 413.545.0892.