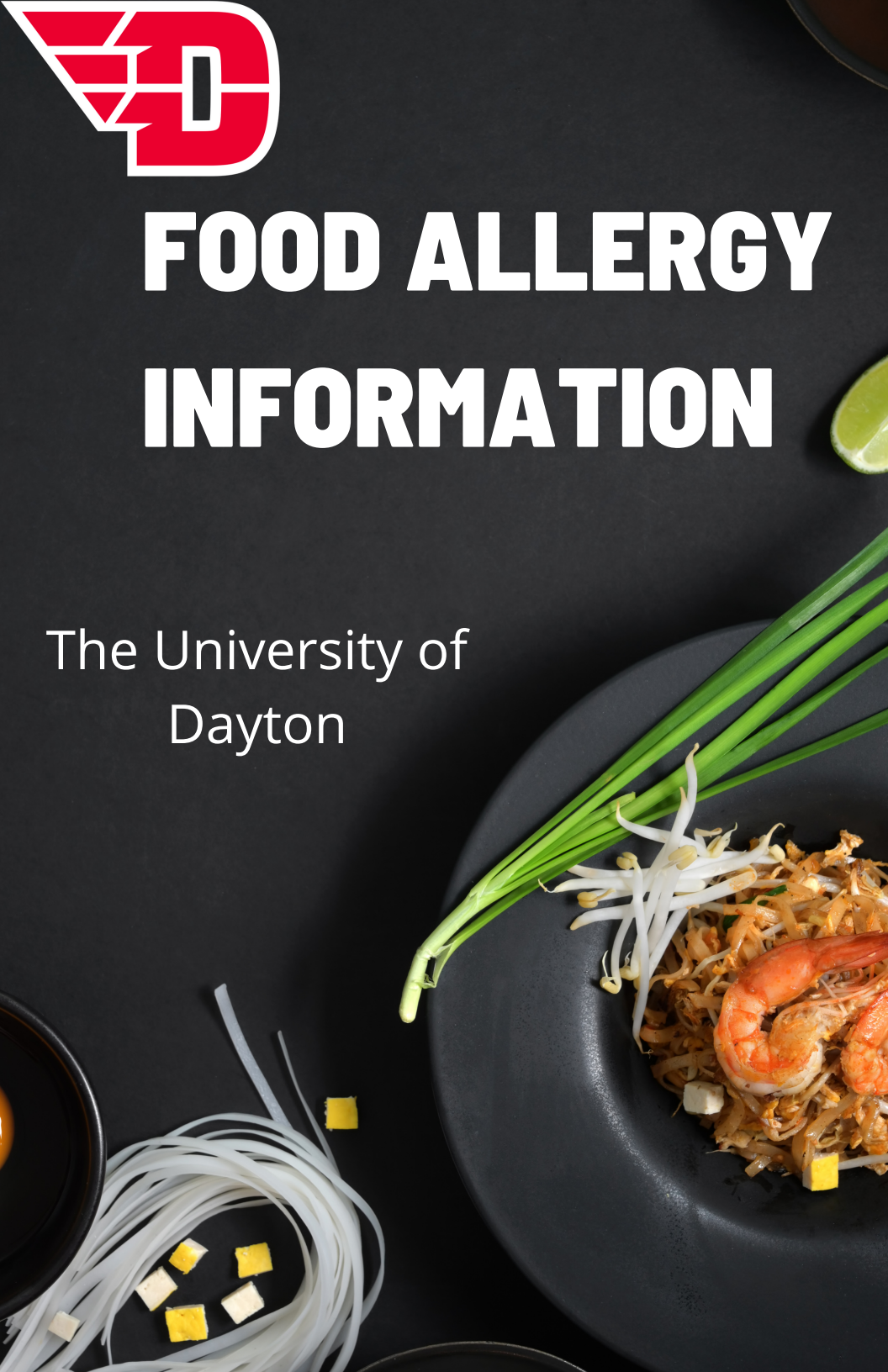




FOOD ALLERGY INFORMATION

The University of
Dayton





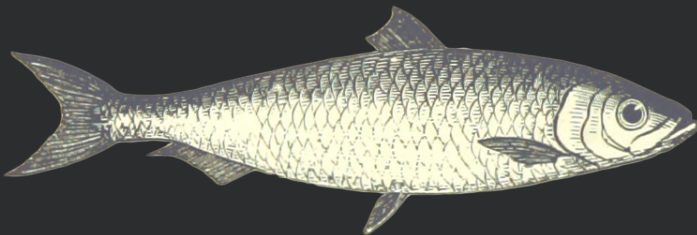
Disclaimer

We handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas in all of our dining halls and facilities. We work to provide nutrition and ingredient information that is as complete and accurate as possible. Menu items are prepared in close proximity to other ingredients that may result in cross-contact with ingredients not listed, including allergens. Guests with food allergies or specific dietary concerns should speak to a manager for individualized assistance.



9 most common Food Allergies

- Milk
- Egg
- Fish
- Shellfish
- Tree Nuts
- Peanuts
- Wheat
- Soy
- Sesame

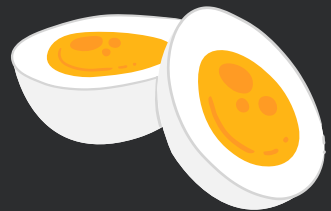




Milk

- This allergy is related to a specific protein in the milk. It can lead to mild or severe reactions. Milk allergy is different than being lactose intolerant. Lactose intolerance is not life threatening, whereas an allergy could be.

Egg

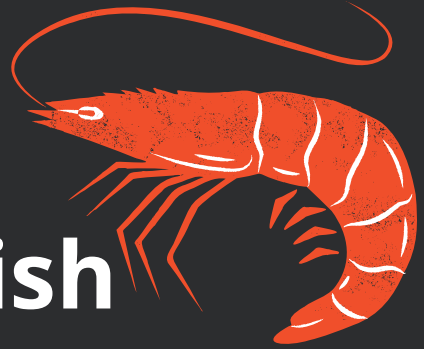


- The allergy causing protein is typically found within the egg white, however the egg yolk likely has been cross contaminated and the whole egg should be avoided.



Fish

- It is common to be allergic to Salmon, Tuna, and Halibut, however, many other fish can cause the allergy and it is advised all fish be avoided.



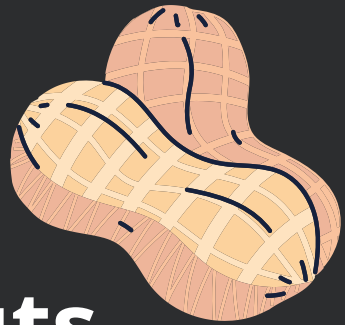
Shellfish

- There are two types: Mollusks (clams, muscles, oysters, scallops) and Crustacean (shrimp, crawfish, crab, lobster). These allergic reactions can be highly severe and all shellfish should be avoided.



Tree Nuts

- This includes walnuts, almonds, pecans, cashews, hazelnuts, macadamia nut, pistachio, brazil nuts, and chestnuts. If allergic to one type of tree nut, all others should still be avoided.



Peanuts

- This is the most common food allergy. Peanuts are a legume, differing them from tree nuts. Reactions can be extremely severe, even through contact with the eyes and nose, however, ingestion is most common.



Wheat

- Wheat allergies occur due to an overreaction to a specific protein in wheat and is different from gluten intolerance and Celiac disease. Oats and rice are excellent alternatives to help avoid wheat.

Soy



- Soy beans are a part of the legume family, just like peanuts. Being allergic to soy does not make you more susceptible to being allergic to other legumes.



What happens if you have a reaction?

- There are many signs and symptoms that may occur including tingling of the mouth, swelling of the face, tongue, or lips, difficulty breathing, nausea and vomiting, dizziness, and anaphylaxis
 - **Anaphylactic shock:** Blood pressure drops suddenly, airways narrow blocking the ability to breath. Can happen within seconds of a reaction



How to prevent a reaction

Food allergies are serious, but there are plenty of ways to prevent a reaction from occurring.

- Wash your hands
- Ask/read what ingredients are in food
- Make sure friends and family are aware

Talk with your doctor on what to do in the event of a reaction. Be prepared!



Managing Cross Contact

- Cross-contact occurs when one food item encounters another that contains the allergen



If you have a food allergy or intolerance and you're dining in any of our campus locations, please ask the UD Dining Services employee serving your meal to:

- Wash their hands and change their gloves.
- Use a new, clean utensil for your meal.
- Serve your menu items from the back of the house that have yet to come in contact with the serving bar.

In addition, you should:

Take caution with deep-fried foods. Frying oil is used to fry various foods that contain allergen foods.

Be sure to review ingredient information. Ingredient labels are always available to you upon request.



UD Dining Resources

- Our Chefs and managers complete the Food Allergies and Celiac Disease Training annually.
- UD Dining Services employs a full-time Registered Dietitian who works closely with the Academic Support staff and is available to all UD students.
- Any time of the year, students may request to meet with our dietitian. This meeting centers on allergy/medical conditions, a review of menu items, cross-contact concerns, and any further questions or concerns.



The A+ Room

- The A+ Room (Allergy Friendly Room), located in Marycrest Residence Hall, is designed to be a safe space where students may acquire something to eat if they have a food allergy or intolerance.
- Dining Services prefer that students eat meals in the dining facilities, however, we understand that sometimes students may need something quick and cannot wait to stop and ask staff members questions about how the food was prepared or what it may contain. The A+ Room is a way to get a quick grab and go food item or a snack that meets specific dietary needs.



A+ Room Foods

- Gluten-free items (bread, bagels, waffles)
- Dairy-free items (pizza, ice cream, yogurt)
- Vegan-friendly items

These foods range from entrees, to packaged snacks & desserts, to beverages. The A+ Room is equipped with a microwave, multiple toasters and a toaster oven for students to use to prevent cross-contamination from other foods.

The A+ Room is maintained by Marycrest's Dining staff as well as a dietetic student employed by Dining Services. Door access will need to be approved and granted by a Dining Services Administrative Dietitian.



Contact Information

Dining Services

Registered Dietitian:

Ligia Lopes

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