

Dairy/Milk Allergies or Lactose Intolerances

UNI Dining Services is happy to assist you with avoiding dairy products.

Please ask a manager of the residential restaurant where you dine for assistance with your allergies. If you would like to set up an appointment with the Dining Services Dietitian at UNI Dining Services, please call (319) 273-6937 or email her at: Lisa.Krausman@uni.edu.

Be aware that nutrient analysis, ingredient and allergen information will be on our web site under daily menus: <http://www.uni.edu/dor/dining.shtml>. Click on 'Menus' in the right hand column then choose a venue. Click on the big red apple for a food made available during that meal. To view nutrient analysis and ingredients click on your food of choice. There is a possibility that formulations may change from manufacturers, so **do not hesitate** to ask questions while in the dining commons.

When in the UNI residential restaurants, be aware to:

- **Avoid any breaded products** (chicken sandwiches, breaded-fish sandwich, chicken nuggets, pork fritter, etc.) as the batters on these items often contain milk proteins. Also items could be fried in the same oils as products that contain this allergen.
- **Avoid the desserts** as they may or may not have dairy products in the mix. All desserts are baked in a large convection oven and have the possibility for cross contamination. Fresh fruit is the most nutritious dessert and it is dairy free!
- **The breads** made in the bakery can contain dairy products. Manufacturers may change the formulation of the product and we may not be aware of it. Always just ask to read a label.
- **Soy Silk milk** is available in all of the residential restaurants.
- Following a milk-free diet can be tricky! Milk and milk products can show up on a label under many different names.
- The following list* may help you identify milk products in a food label, but bear in mind that this is not a complete list.

Nutrition fact labels with ingredients and allergens can be accessed from the UNI dining website. This website is located at: <http://ryan-vm.dor.uni.edu/FoodPro/>

Once you select the dining locations you want to know more about, you can click on the apple on the next page to start the interactive nutritive analysis program. On this page, you can click on the links for the food items and the nutrition label will appear. Additionally for those with allergies, there are filters that can be set. Once you select the dining location you plan to dine at, in the right hand corner is a link called "Set Filters". You can either have menus show which items do or do

not contain certain allergens. However, if you ever question an item that it says should be ok, please to confirm with lisa.krausman@uni.edu that this item is ok.

<ul style="list-style-type: none"> • Bechamel sauce • Butter, butter solids • Butter fat • Butter flavor • Buttermilk • Casein • Caseinates • Cheese (any kind) • Cottage cheese • Cream • Curds • Custard • Dried milk solids 	<ul style="list-style-type: none"> • Evaporated milk • Ghee • Half-and-half • High protein flour • Ice cream, ice milk • Lactate solids • Lactoglobulin, lactalbumin • Lactose • Malted milk • Margarine • Milk (any kind, except soy) • Milk protein • Milk solids 	<ul style="list-style-type: none"> • Non-fat dry milk • Nougat • Pudding • Rennet • Sodium casein • Sour or whipping cream • Whey • Yogurt (any kind, except soy)
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*A special thanks to Julia Salmon, MS, RD for giving permission to reprint this material

Eating out at a Restaurant

If you are dining out at a restaurant, you may want to make a card (adjust accordingly to your allergies/reactions) on your computer that states:

I have a **life threatening food allergy to milk** (butter, milk products, cheese, whey casein, etc.). Please inform me if any food I ordered contains any of these allergens. Cross contamination of utensils, gloves and equipment can cause me to have a **fatal reaction**. Thank you very much.
Name (gives reference to cook/manager)

- This gives the wait staff a quick education especially if there has been no food allergy/food intolerance training in that restaurant.

Menu Options for Lactose Intolerance Menu

UNI Dining Services is more than happy to assist you but you do need to communicate with our staff so you will have options available.

Disclaimer

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