

Wheat Intolerance/Allergies

UNI Dining Services is happy to assist you in avoiding wheat.

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 protein products** (chicken sandwiches, breaded-fish sandwich, chicken nuggets, pork fritter, etc.) as they contain wheat.
- **Plain chicken breasts, hamburgers and eggs** are available daily – please ask to have the burger without the roll and double check with the cook/manager about the potential of cross contamination in the cooking process and the serving utensil. You can always ask them to get a cooked meat item from a new pan using a clean utensil and pan.
- **Plain white, jasmine or brown rice** is gluten-free. Please verify with the cook to make sure the item does not contain soup base (contains wheat by-product).
- **Avoid fried foods.** Depending on the severity of the intolerance, fried foods including French fries may have to be avoided because they may be fried in the same oil as breaded products. One type of French fries contains a wheat batter. It is up to the student who has the intolerance or allergy if they want to try to see if there is a reaction or to avoid it completely.
- **Vegetables** are steamed with no added seasonings. Speak to the cook to verify no other ingredients are added if you question this.
- **Avoid sauces** as they may contain modified food starch or spices, which are not further defined.
- **Avoid all desserts** as they are made with flour and baked in large convection ovens, which increase the chance of cross contamination.
- **Fresh fruit** is wheat-free. If you are concerned with the possibility of cross contamination, speak to the manger or supervisor. They can always get you a piece of fruit from the back of the house.

- **Avoid the breads** made in the bakery as they are made with wheat products.

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

Look at ingredient lists* for foods containing wheat or gluten. If you have a wheat allergy, please keep in mind that the following is not a complete list.

<ul style="list-style-type: none"> • Bleached all-purpose flour • Bran • Bread, bread crumbs • Buckwheat** • Bulgur wheat, Durum wheat • Cake and pastry flour • Cereal extracts, cereal binder, cereal filler, cereal protein • Cracker meal • Cream of Wheat ® • Malt-O-Meal ® • Couscous • Durum 	<ul style="list-style-type: none"> • Enriched flour, break flour (white or wheat) • Farina • Flour, granary flour • Gliadin • Gluten • Grain-based coffee substitutes • Graham cracker, graham flour • Hydrolyzed protein • Hydrolyzed vegetable protein • Instant soup stock • Modified food starch • MSG (Monosodium glutamate) 	<ul style="list-style-type: none"> • Pasta, noodles • Puddings, wheat thickeners • Soy sauce • Spelt, Triticale • Vegetable starch • Vitamin E pills (some) • Wheat flour and wheat bran • Wheat germ, wheat starch • Wheat gluten, gluten flour • Wheat semolina, semolina flour • White (grain) vinegar 	<ul style="list-style-type: none"> • Oats, barley, rye, triticale, and spelt may also cause problems for people with gluten sensitivity. <p>PLEASE NOTE:</p> <ul style="list-style-type: none"> • Stabilizers, spices and emulsifiers can also indicate the presence of wheat • Some alcoholic beverages (beer, whisky, and gin) may cause allergic reactions in individuals with wheat allergies.
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Substitutions for Wheat Products*

<ul style="list-style-type: none"> • Rice flour • Tapioca flour • Cornstarch • Potato starch 	<ul style="list-style-type: none"> • Soy bean flour • Arrowroot • Cornmeal • Corn flour 	<p style="text-align: center;"><u>Gluten Free Mix</u></p> <p>6 cups or rice flour, 2 cups of potato starch flour, 1 cup of tapioca flour Combine, store in a cool, dry place for use as needed. Makes 9 cups.</p>
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*A special thanks to Julia Salmon, MS, RD for giving permission to reprint this material

****Note:** check ingredients to Buckwheat Flour as wheat flour may be added. Make sure it states “gluten free”.

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 must **avoid wheat and wheat by-products, including flour, vinegar, rye, barley, oats, MSG, noodles.** Please inform me if any food I ordered contains any of these allergens. Cross contamination of utensils, gloves and equipment can cause me to become ill for several days. 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.

Celiac Support Group

Waterloo/Cedar Falls Branch

Please contact:

- Diana Hartman at 319.266.7167, Cedar Falls
diana@GLUTENFREEDELIGHTS.COM
- Or
- Anna Mary Cobie at 319.235.7952, Waterloo
AnnaMary@pitnet.net

Menu Options for Gluten Free Menu

Students follow a gluten/wheat free diet due to a medical condition or allergy. 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.

Items that are available:

- Plain grilled chicken (no seasoning except salt, pepper and other spices if student can consume).
- Plain hamburger
- Grilled Cheese on Gluten Free Bread (need to use a separate pan & utensil)
- Chicken Caesar Salad if on the regular menu (no croutons, use the CAINS PC Caesar Dressing packet – gluten free).
- Bean Tacos – using the corn hard taco shell and refried beans.
- Gluten free bread, cereals, and pastas available upon request.
- Daily Gluten free menus are available upon contacting a manager.

Seasonings: If more than one spice and the ingredients state: Natural or artificial flavorings or spices, then do not use as it may contain a by product of wheat.

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.

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