

# A GUIDE FOR GLUTEN-FREE DINING AT TUFTS

# celiac disease

Celiac disease affects 1 out of 133 people nationally. It is an inherited disorder in which the immune system attacks and damages the intestine in reaction to gluten, leading to poor absorption of nutrients. Symptoms include weight loss, diarrhea, fatigue, gas, bloating, skin rashes, vitamin and mineral deficiencies, anxiety, and depression.

People with non-celiac gluten sensitivity (NCGS) cannot tolerate gluten. Symptoms are similar to celiac but without the intestinal damage. Individuals with NCGS may experience more non-GI effects, such as headaches, joint pain, numbness in extremities, and “foggy mind.”

# celiac & gluten sensitivity

## Gluten-Free Dining at Carmichael and Dewick-MacPhie

Many food choices at Tufts are naturally gluten-free. For products that do contain gluten, we offer several gluten-free alternatives at both Carmichael and Dewick-MacPhie Dining Centers.

### Dewick-MacPhie Dining Center

Dewick has a dedicated food pantry for students with a wheat allergy, celiac disease, and non-celiac gluten sensitivity (NCGS), and those with peanut and tree nut allergies. In addition to stocking appropriate foods, the pantry has dedicated toasters and panini presses to minimize cross-contact.

For access to the gluten-free and nut-free pantry, please meet with Julie Lampie, our Tufts Dining registered dietitian. She will explain how best to follow a gluten-free diet in both dining centers.

### Carmichael Dining Center

In Carmichael, a refrigerator/freezer and a dry storage area are used for gluten-free foods and equipment. As in Dewick, you must first meet with Julie Lampie to obtain access to the allergen refrigerator/freezer.

We ask that all students respect the dietary needs of everyone who uses the dedicated gluten-free areas in both Dewick and Carmichael.

## Gluten-Free Foods Available

**Breads:** gluten-free whole-grain, chia millet and white bread, hamburger buns, bagels, waffles, and wraps

**Bakery:** cookies, muffins, scones, crumb cake, and brownies—most prepared for Tufts by Curtis Street Bakers

**Pizza:** bring gluten-free pizzas to the pizza station for heating

**Soup:** check labels for gluten-free varieties

**Pastas:** brown rice pasta and marinara sauce available Sunday and Wednesday evenings in Carmichael; microwaveable pasta available in Dewick

**Grains:** white rice, whole-grain brown rice, and quinoa

**Cereal:** Gorilla Munch, Rice Chex, Cheerios, granola, and oatmeal packets

**Deli:** sliced turkey and cheddar cheese slices

**Condiments:** individual packages of cream cheese, jelly, and Smart Balance; peanut butter is available at the deli station in Dewick and with the other items in Carmichael

**Salad Dressings:** all salad dressings are gluten-free

**Tamari:** wheat-free tamari is used in many of our Asian-inspired dishes

**Gluten-Free Pancakes:** served for Sunday brunch in Dewick

**Snacks:** pretzels, bagel chips, ice cream cones



# celiac & gluten sensitivity

## Foods with Hidden Gluten

**All deep-fried foods**, because many foods, including those with gluten, are cooked in the same oil (look for “fryolator canola oil” on the Food Fact Cards to identify deep-fried foods)

**Items thickened with flour**, such as sauces and gravies

**Couscous, bulgur, and some rice mixtures**

**Meatballs**

**Seitan** (also known as wheat gluten)

**Asian sauces** including hoisin, oyster, teriyaki, and ponzu

## Avoiding Cross-Contact

Cross-contact occurs when a food touches another food and the proteins mix. Since most of the food in the dining centers is self-serve, cross-contact is possible.

## How you can stay safe...

- Be aware of shared utensils. Although every food has a dedicated utensil, it is possible students may use one utensil for multiple items.
- You can request food from an uncontaminated source by asking a Tufts Dining staff member. If you are concerned about cross-contact by food handlers, please ask staff to wash their hands.
- Consider using the gluten-free panini presses and toasters.

- Do not eat deep-fried foods such as French fries or fried tofu as they are frequently cooked in the same fryolator oil as gluten-containing foods. Deep-fried foods are signified by the words “fryolator canola oil.”

## Tufts Dining Resources

If you're a first-year student with celiac disease, or a returning student who's been newly diagnosed, you may find it useful to speak with Julie Lampie, Tufts Dining's registered dietitian. Julie can help you gain a better understanding of what foods to eat, what foods to avoid, and how to optimize your diet for nutrients and fiber. It is especially important for people on a gluten-free diet to choose nutritionally balanced food, because most gluten-free foods are not enriched or fortified and may be low in certain nutrients such as thiamin, riboflavin, niacin, iron, and folate.

## Online Resources

To access the nutrition information, go to NUTRITION on the top navigation of the [Tufts Dining website](#). Click on Online Nutrition Interface to get to the menu screen. On the menu screen, click on the dining location. Click on the red apple next to each meal or the menu to get a list of all the menu items served that meal period or in that location. Then click on any menu item to access nutrition facts, ingredients, and allergens about that food.

We also have an allergen Filter tool you can use to print out lists of foods containing any of the eight top allergens. To access, go to the Menus page, select a dining location, and click on “Set Filters” in the upper right-hand corner.



## Food Fact Cards

Food Fact Cards are posted above all multi-ingredient items served in Carmichael and Dewick-MacPhie Dining Centers. Food Fact Cards are the most important tool to communicate what foods are safe, so please read the information provided on the cards. Because Food Fact Cards are updated periodically, we recommend you read the Food Fact Cards each time you dine.

### The Food Fact Cards make it easier to avoid:

- Foods containing wheat (noted as an allergen)
- Foods containing barley and rye (noted under the allergen statement as “contains gluten”)
- Foods containing oats, as they may be cross-contaminated with wheat, barley, or rye

## QUESTIONS?

For questions regarding food allergies or intolerances, please contact Julie Lampie, Tufts Dining’s registered dietitian. Julie is familiar with the ingredients of our menu items and is experienced with the food preparation and handling processes at Tufts Dining. She can advise you on ways you can manage your food allergy or intolerance while at Tufts.

### **Julie Lampie, Registered Dietitian**

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## Disclaimer

Tufts Dining does not have gluten-free or allergen-free kitchens. We provide annual allergen training with our dining staff to educate them on proper food handling practices to minimize cross-contact. We also stress the importance of using a recipe’s exact ingredients to maintain the integrity of the food and ensure that posted ingredient and allergen information is always accurate. Manufacturers may change product formulations without our knowledge, and although we make every effort to maintain an accurate database, students need to be aware of these risks.

The student must take ultimate responsibility for selecting foods that are safe. When in doubt, ask the manager on duty for assistance or choose a different food.