Tree Nut and Peanut Allergies

UNI Dining Services is more than happy to assist you with avoiding tree nut and peanut 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](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 areas.

When in the UNI residential restaurants, be aware to:

- Avoid products that have loose nuts in the sundae bars or salad bars. If there is something that is near the nuts, ask the supervisor, manager, or cook for some products that are not contaminated.
- Should nuts be near the cream cheese (for sandwiches or bagels), you can ask the supervisor for a packet of cream cheese that is available for the Grab n’ Go meals.
- Jelly is often next to peanut butter. If you would like jelly (not near the peanut butter), ask the supervisor or manager for the individual jelly packets (usually for Grab n’ Go).
- Asian foods may contain nuts. If you really want to try something, please speak to the cook. Do not ever assume it is safe.
- While the wok pans are cleaned between each meals, or sometimes more often, we recommend not consuming items that have been prepare in the wok pans. Some studies have shown that peanut/nut allergens have stayed in the crevices of these pans, even after 18 washings!
- Avoid items that have been in the fryer as the products may have been fried in the same oil as products that contain this allergen.
- Butterscotch drops (chips) may contain nuts. Avoid this product unless you are told it does not have peanuts or tree nuts.
- Some muffins, pastries, and desserts may contain nuts. Some do not contain them. However, because they are all baked in an convection oven that contains large fans, there is a potential during the baking time that cross contamination could occur. To be sure, avoid these products and all products baked at Fresh Beginnings, such as the pup buns and some other types of deli buns. Eat fruit for dessert – it is safe and free of nuts, not to mention healthier!
- Avoid areas with self service. The potential for cross contamination in these areas greatly increase.
- Avoid the pizza areas. From time to time there are pizzas that are made with ingredients that contain nuts. Because of the process of baking the pizzas, there is a chance of cross contamination in these areas. Additionally we are making all of our pizza dough in our bakery – so they are made in an area that also produced items containing nuts and tree nuts.
- Avoid the hard ice cream and toppings. If there is ice cream with nuts, there may be traces of nuts on the scoop and can pose a potential problem for student with nut allergies. Have the soft serve ice cream instead – that is nut free!
- Every venue at some point serves items with peanuts and nuts, so there could be a danger of cross contamination. For your safety, if you feel you need something made individually for you, please contact a manager to set this up.
For students with allergies, there are some options that are set up for them to be able to get more options. Please contact a manager or the dietitian if interested in exploring these options.

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 allergens.

**Peanut Allergies***:
- A peanut is neither a nut nor a pea. Peanuts grow from the ground and are actually considered legumes (beans).
- Peanuts are not the same as tree nuts (walnuts, almonds, cashews, pistachios, etc.)
- Be careful to distinguish between a peanut allergy and a tree nut allergy.
- Peanut allergies are one of the most potentially dangerous food allergies.
- Peanut proteins are often found in unexpected food sources, including Asian foods, candy, chili, soups, baked goods, marzipan, and other sweets.
- Some individuals may also develop a reaction simply by inhaling the aroma of peanuts.
- Watch out for the following when reading ingredient lists and labels on food packages (this is not a complete listing):

  | Arachis oil | Peanut butter |
  | Ground nuts, ground peanuts | Peanut butter chips |
  | Imitation walnuts or almonds | Peanut extract |
  | Mixed nuts | Peanut flavoring |
  | Mixed nut butters | Peanut flour |
  | Nut butters | Peanut oil |
  | Nut extracts | Ground nut oil |
  | Nut flavorings | Peanut syrup |
  | Peanuts | Satay sauce |

**Tree Nut Allergies***:
- Tree nuts are classified as nuts that grow on trees. These include such nuts as walnuts, almonds, cashews, chestnuts, and pistachios.
- Tree nuts are used in many foods, including barbecue sauces, cereals, crackers, salad dressing and ice cream.
- Artificial nuts can be peanuts that have been de-flavored and re-flavored with a nut, like pecan or walnut.
- Avoid natural extracts, such as pure almond extract, because they may also trigger allergic reactions. Instead, try imitation or artificial flavored extracts.
- Watch out for the following if you have a nut allergy. Keep in mind that this is not a complete list.
<table>
<thead>
<tr>
<th>Almonds</th>
<th>Macadamia nuts</th>
<th>Nut paste (almond paste)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brazil nuts</td>
<td>Marzipan/almond paste</td>
<td>Pecans (Mashuga nuts)</td>
</tr>
<tr>
<td>Cashews</td>
<td>Nougat</td>
<td>Pine nuts</td>
</tr>
<tr>
<td>Chestnuts</td>
<td>Nu-Nuts ® artificial nuts</td>
<td>Pistachios</td>
</tr>
<tr>
<td>Filberts/hazelnuts</td>
<td>Nut butters (cashew butter)</td>
<td>Pralines</td>
</tr>
<tr>
<td>Gianduja</td>
<td>Nut milks (almond milk)</td>
<td>Pure almond or other nut extract</td>
</tr>
<tr>
<td>Hickory nuts</td>
<td>Nut oil</td>
<td>Walnuts</td>
</tr>
</tbody>
</table>

*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:

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

### New Epi-Pen Holder

There is an Epi-pen holder that is available at CVS that you could put your name, doctor’s information and allergies on the holder. It also has a mailer reminder to renew your Epi-Pen a month before it expires.

### Menu Options for Tree Nut and Peanut Allergy 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.*

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