



## **Milk Allergy/Lactose Intolerance**

Dining Services at Pennsylvania College of Technology is happy to assist those individuals who need to avoid dairy products due to a milk allergy or are lactose intolerant. A manager at each of our dining units is available to answer any questions you may have. Our Recipe/Ingredient Guide is also available on line at [www.pct.edu/dining/ingredients](http://www.pct.edu/dining/ingredients), to assist you by listing the ingredients in our recipes. You may search for foods by name, category they are in (for example, soups, desserts, salads, etc.), the ingredient they contain, or any combination of these.

It is possible formulations change from our manufacturers, so if you are in doubt about a food, please do not hesitate to ask a manager.

Our department also offers nutrition counseling with a Registered Dietitian by appointment. If you would like to set up an appointment with the campus dietitian, Sharon Berger, RD LDN, please call (570) 327-4767 option 8.

If you have a medical condition linked with a food allergy or intolerance, it is recommended you set up an appointment with Student Health Services at (570) 327-7224.

Below are some helpful guidelines to keep in mind about avoiding dairy products:

- Soy milk and Lactaid milk are available by request at the Susquehanna Room, CC Commons and Bookmarks.
- Breads and bread products can contain milk. This includes fried foods such as French fries, chicken fingers, etc. as they may have been fried in a fryer that was exposed to a food with a dairy product in it. You may ask a manager to check a bread or bread product label to ensure it is dairy free.
- Many desserts contain milk. Pudding and cheesecake, as well as commercial cookies and dessert mixes, can contain milk.
- Pancakes, waffles, biscuits, muffins, cereals, and sweet rolls can contain milk.
- Mashed potatoes on campus are made with milk.
- Some frostings contain milk.
- Our homemade gravy is milk free.

The following is a list of some foods/ ingredients containing dairy products. (Please be aware this is not a complete list.)

Any kind milk

Malted milk

Butter

Margarine

Buttermilk

Milk protein

Dry milk solids (including nonfat milk solids)

Non-fat dry milk

Buttermilk

Nougat

Casein

Pudding

Caseinates

Sour Cream

Cheese (any kind)

Whey/Whey Protein Concentrate

Cottage cheese

Yogurt

Ice cream

Lactose

*Food manufacturers may change their product ingredients without Pennsylvania College of Technology's knowledge. The College will assume no liability for any adverse reactions that may occur in any of the dining units.*