



## **Wheat Allergy**

Dining Services at Pennsylvania College of Technology is happy to assist those individuals who need to avoid wheat. 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 wheat:

- The proteins found in wheat are collectively referred to as gluten.
- Many processed foods , including catsup and ice cream may contain wheat flour.
- Avoid fried foods due to the potential of cross contamination. Fried foods such as french fries may be fried in the same oil as a food containing wheat (such as chicken fingers).
- Avoid all bread and breaded foods (such as chicken fingers, breaded fish, onion rings, veal parmesan).
- Chicken salad, egg salad, and tuna salad are gluten free.
- Plain white or brown rice is gluten free.
- Grilled hamburgers and grilled chicken are available in the Susquehanna Room. You may ask for the hamburger or chicken without a bun/bread.
- Hot, steamed vegetables are gluten free as they are steamed without added fat.
- Fresh fruit is gluten free.
- White rice and rice pecan gluten free bread is available in the Susquehanna Room at all meals. You may ask a server to obtain either at any meal.
- Chicken, beef, ham, and turkey base used in campus recipes contain gluten.
- Vegetable and fish base used in campus recipes are gluten free.

- Sausage gravy, spinach pasta, Cinnamon Toast Crunch and Apple Jacks cereal, pizza sauce, Kellogg's corn flake crumbs, tomato soup, tartar sauce packets, Cattlemen's gold barbecue sauce, and Texas Pete honey mustard sauce on campus contain gluten.

The following is a list of foods/ingredients (keep in mind this is not a complete list) to avoid with a wheat allergy:

All-purpose flour, enriched flour, cake/pastry flour	High gluten flour, high protein flour,
Bran	Hydrolyzed wheat protein, hydrolyzed vegetable protein
Bread, bread crumbs	Modified food starch
Bulgur and durum wheat	MSG (monosodium glutamate)
Cake and pastry flour	Starch
Cream of wheat	Soy sauce
Farina	Semolina
Gelatinized starch	Wheat malt, wheat starch
Gluten	Vegetable starch, vegetable gum
Graham flour	

\*\*\*Note, oats, rye, and barley may not be tolerated for individuals with a wheat allergy.

*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.*