

Frequently Asked Questions (cont.)

What if I am unsure if a food is gluten-free or not?

Our staff has been trained to assist customers with gluten-free needs. If you need to know the ingredients of any menu items served to you on campus, please speak to a chef, manager or supervisor.

What about cross-contamination with other gluten-containing foods?

Please keep in mind that there are no gluten-free facilities on campus. Dining Services attempts to maintain optimal food safety standards to prevent cross-contamination. Should you be concerned with this, please contact a Dining Services Manager.

What if I have lactose intolerance as well?

Some people with Celiac Disease have an inability to digest lactose, the sugar found in milk. We offer low-lactose and lactose-free alternatives such as Lactaid, soy and rice milks for your convenience.



Contact Information

Muhlenberg Dining | 484.664.3488

John Pasquarello, General Manager
johnpasquarello@muhlenberg.edu

Disability Services | 484.664.3825

Pamela Moschini, MA, MS, Director
pamelamoschini@muhlenberg.edu

Health Services | 484.664.3199

Brynnmarie Dorsey, Director
brynnmariedorsey@muhlenberg.edu

For more information, please visit:
dining.muhlenberg.edu

Additional Resources

Academy of Nutrition and Dietetics
www.eatright.org

Celiac Sprue Association
www.csaceliacs.org

Celiac Disease Foundation
www.celiac.org

Gluten Intolerance Group of North America
www.gluten.net

Who's Here to Help?

Pamela Moschini, Director *Disability Services*

Do you have a medical need that may need additional food and nutrition attention? If so, please contact Pamela Moschini in Disability Services. She will work with you and Dining Services to ensure your dietary needs are met on campus.

Susan Hurd, RDN, LDN

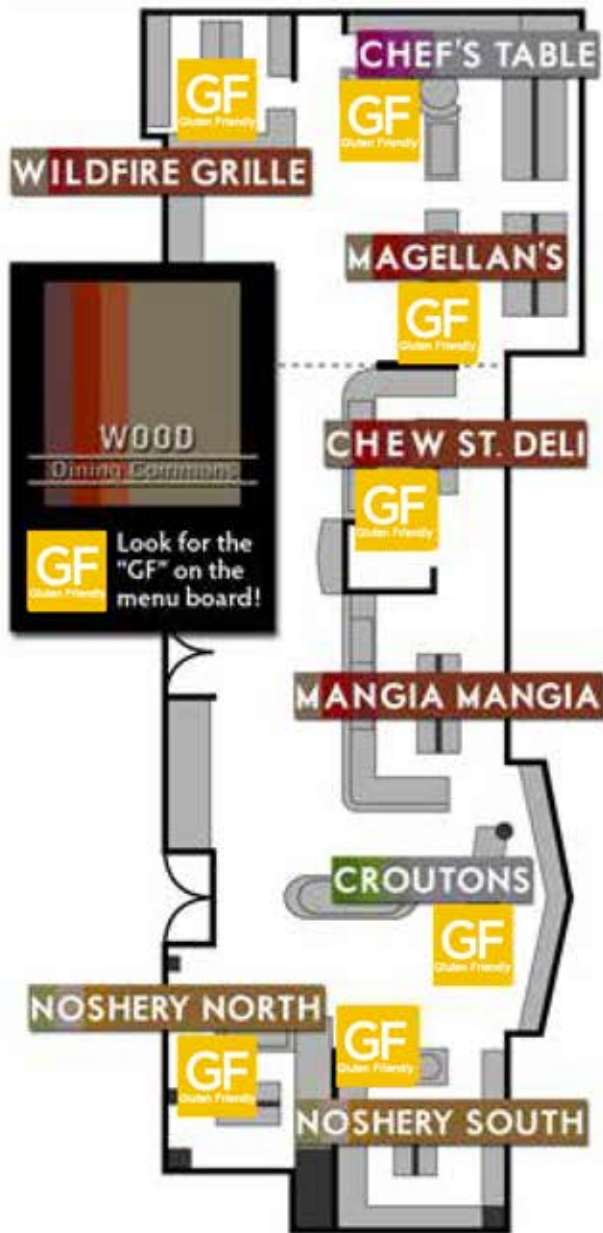
Sue is a Registered Dietitian with more than 30 years of experience in the field. As part of the Muhlenberg Dining team, Sue is well-versed in nutritional therapy of medical conditions and how it relates to students' ability to eat on campus.

To meet with our dietitian, please contact us at:
diningcomments@muhlenberg.edu

You Have Choices!

Muhlenberg Dining is committed to offering a wide selection of menu items that are prepared without gluten.





Our Registered Dietitian is also available to assist you with your food choices. Please contact us if you wish to speak with this health care professional.

Gluten Sensitivity vs. Celiac Disease

Intolerance to the protein gluten presents differently in the body. In Celiac Disease, gluten triggers an autoimmune response that causes damage to the lining of the small intestine. This reaction reduces the body's ability to absorb nutrients which can lead to malnutrition and other complications. Celiac Disease is not a food allergy or simple food intolerance. It affects individuals of any age and has been associated with a skin condition known as dermatitis herpetiformis. Consequently, gluten sensitivity can lead to digestive symptoms similar to Celiac, but without intestinal damage.

Life-long avoidance of gluten in food is only treatment for a person with Celiac Disease. A gluten-free diet enables the small intestine to heal and prevents long-term complications associated with the disease. The gluten-sensitive individual may also find relief from a gluten-free diet.



Gluten is found in barley, rye, wheat and their derivatives. Related proteins are also found in triticale, kamut, spelt, graham, faro, einkorn and malt. Some safe grains are buckwheat, rice, corn, millet, quinoa, sorghum, arrowroot, flax, teff and amaranth.

Because many foods contain gluten and/or its derivatives, your health and dining services teams is available to assist you in maintain a gluten-free diet while you are on campus.

Do I need a special meal plan on campus?

You shouldn't have any issues eating healthy and gluten-free on campus. Our team, from Dining Services and Disability Services, has experience with students who have food-related concerns such as Celiac Disease, so there is no need for a special request. Plus, as a gluten-free diet does not restrict foods from other major food groups, a variety of food selections are available for you.

Will I find enough to eat on campus?

Certainly. The gluten-free diet does not restrict food from the fruit, vegetable, meat or dairy food groups. You can even eat certain foods from the grain group such as rice and quinoa. Therefore, you should not have any issue eating a balanced diet on campus. A variety of gluten-free options are available every day, every meal, in The Wood Dining Commons. Gluten-free menus are rotated between Chef's Table and Magellan's. At Chew Street Deli, you can have a sandwich made on gluten-free bread. We also offer a selection of gluten-free convenience items in the GQ. Ask a supervisor or manager if you have questions.

What about breads, rolls and baked goods?

A designated gluten-free area is located behind Chef's Table. Students who eat gluten-free can find a variety of gluten-free breads, rolls, and other baked goods along with a designated gluten-free toaster and condiments here. You can even grill your sandwich on the gluten-free designated Foreman Grill. Gluten-free items can also be found in the nearby refrigerator.

Can my own gluten-free products be acquired and stored by Dining Services?

Dining Services does not offer this service. However, if you know about a great product, we gladly welcome your input. It will help us to increase the variety of gluten-free options.

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