

gluten-free dining & celiac disease



BC DINING
FEED YOUR MIND.

Celiac Disease affects one in 133 people in the United States. It is characterized by an immune system reaction to gluten, a protein found in wheat, barley, rye, and contaminated oats. Gluten destroys parts of the small intestine important for absorbing nutrients, and the only treatment is a gluten-free diet for life.

Some individuals are intolerant to gluten or wheat, which can cause symptoms ranging from mild stomach aches to more severe reactions like nausea, diarrhea, and vomiting. While an intolerance does not damage the small intestine, quality of life and overall health can be impacted.

Where can I eat gluten-free?

Lower Live, Carney and Stuart Dining Halls

All dining halls offer gluten-free foods, and visiting different locations allows for greater dietary variety.

The **Plain and Simple** dinner station at Lower Live, Carney and Stuart are always free of gluten, sesame, and the Top 8 Allergens: wheat, milk, eggs, soy, fish, shellfish, peanuts and tree nuts.

Lower Live, Carney and Stuart also have **dedicated gluten-free spaces** equipped with:

- freezer
- pantry
- toaster
- microwave
- and MORE!

Lower Live prepares:

- Naturally gluten-free Thai Crunch Bowl with Peanuts and Salmon
- Holy Grain Bowl with quinoa only - just ask!

Loft at Addie's sells Acai Bowls with gluten-free toppings.

Stuart Hall offers a gluten-free sandwich line - just ask!

Campus Mini Marts are stocked with gluten-free snacks like beef jerky, yogurts, nuts, chips and more.



Eagle's Nest

Eagle's Nest dining hall in the McElroy building offers:

- Gluten-free bread in the sandwich line - just ask a server
- Green It Salad Line: request no popcorn chicken or croutons
- Bowl Station: just skip the Mac and Cheese and all dressings except the Cilantro Citrus

Pitaya and Acai Bowls with gluten-free toppings are available in McElroy's **Carney Hall** for lunch and dinner.



Find us on
Social!

@bc_dining



BC DINING
FEED YOUR MIND.

Where can I eat gluten-free?

Across Campus

Hillside offers:

- Gluten-free fryolater
 - Gluten-free panini of the day
 - All-natural beef burgers
 - Mediterranean Quinoa Veggie Burger
- **Just ask for a manager to request a gluten-free bun**

Lyons (The Ratt) is a popular eatery for both freshly made and grab n' go items during the day.

Gluten-free offerings are available, such as:

- Cottage cheese
- Edamame
- Three Bean Chilli
- Shake It Up Salad - create your own!

The Chocolate Bar and **Bean Counter** offer several gluten-free grab n' go items, like:

- Gluten-free sandwiches
- Assorted yogurts
- Fresh fruit salad

Stay One Step Ahead

Easily find daily gluten-free offerings at each dining location by looking at the [online menu](#), and filtering "Does not Contain Gluten"

Did You Know?

All granola offered on campus is gluten-free.

When preparing meals in-house, BC uses gluten-free soy sauce.

Treats and baked goods are sourced from dedicated gluten-free facilities like Something Sweet Without Wheat and Rich's. Find them in the gluten-free freezers.

You can use [the GET Mobile Ordering App](#) to request gluten-free meals in advance.

The yogurt bar, not including the toppings section, is entirely gluten-free.



Top Tips: Gluten-Free Dining

Find Your Favorites

Grab n' Go

- **Premade Sandwiches and Salads**, like the Turkey & Swiss Sandwich or Apple Walnut Salad
- **Treats & Baked Goods** like muffins, cookies & pies
- **Snacks** like chips, yogurt, fruit, & Kind Bars

Gluten-Free Areas

- **Frozen meals** like Nu Life and Amy's Entrees, chicken nuggets, & pizza
- **Bread products** like Little Northern Bakehouse sandwich bread, bagels, & English muffins
- **Desserts** like Something Sweet Without Wheat brownies and cookies

Self-Serve Areas

- **Proteins** like cage-free eggs, chicken, salmon, all veggie burgers, tofu, beans & edamame
- **Cereals** like Rice Chex, Grandy Oats, & Cheerios
- **Soups** like Tomato Basil, Chicken Tortilla, & more
- **Grains** like brown rice, quinoa & millet

Avoiding Cross-Contact

Cross-contact occurs when gluten is inadvertently transferred from a food containing gluten to a food that does not contain gluten.

If you are concerned about cross-contact, **ask for a manager!** Inform them that you have Celiac Disease or a gluten/wheat intolerance, and they will be happy to have a chef prepare you a gluten-free meal in a separate area of the kitchen.



TIPS

Do not share utensils with others.

If your table is not clean, ask a manager to have someone wash, rinse and sanitize it for you.

Use appropriate serving utensils for each item you choose in the self-serve areas.

Avoid hidden sources of gluten like sauces and fried foods, grains like couscous and bulgur, and processed meats.

Meet with the dietitians, Kate Sweeney and Jennifer Heinen, to learn about more tips and gluten-free offerings at Boston College.

Resources and Contact

Make an Appointment

Kate Sweeney, MS, RD, LDN
Administrative Dietitian
BC Dining, Office of Health Promotion
Main Office: McElroy 302

Find Kate and Jenn's online appointment calendar on the [Office of Health Promotion](#) or [BC Dining](#) websites
OR email Kate at sweenekz@bc.edu to make an appointment.

Jennifer Heinen, MS, RD, LDN
Campus Dietitian
BC Dining Services
Main Office: McElroy 302

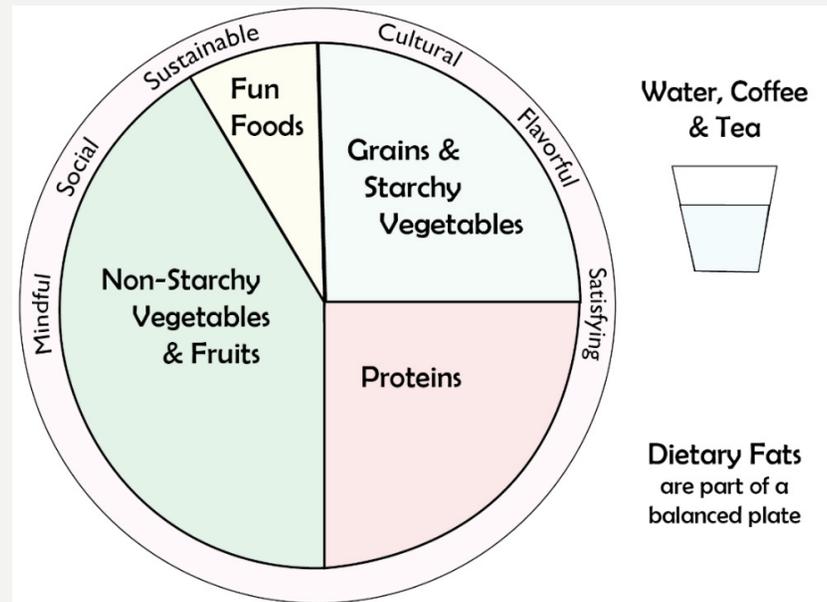
Questions? Comments?

Want to be a part of focus groups to discuss gluten-free dining?

Please email us at: BCDining@bc.edu

Balanced Eating at BC

A balanced eating pattern contains a variety of nutrients obtained by eating food from all food groups, while emphasizing adequacy by eating regularly and responding to hunger. Moderation is another part of balanced eating, accomplished through giving oneself full permission to mindfully eat any food that is satisfying.



Liability and Disclaimer Notice

Boston College Dining Services uses soy, tree nuts, peanuts, eggs, dairy, shellfish, wheat, sesame, gluten-containing foods, and other potential allergens in meal preparation. BC Dining staff are trained on and aware of the severity of food allergies and Celiac disease, and allergens are identified to the best of our ability. However, manufacturers change product formulation without notifying BC Dining and cross-contact is possible. Students need to be aware of risks and take responsibility for asking the manager on duty for assistance. BC Dining strongly encourages students with food allergies or Celiac Disease to follow the Policy for Meal Accommodations, and meet with the Administrative Dietitian.

Find us on
Social!

@bc_dining



BC DINING
FEED YOUR MIND.