



Lactose Intolerance

Lactose intolerance is a common food intolerance which is associated with a deficiency of the enzyme lactase which leads to an inability to digest the milk sugar lactose. People with the food intolerance can often tolerate some of the food without suffering symptoms; typically, each individual knows their limitations.

Allergic reactions frequently occur when an individual consumes a forbidden food which was hidden in a product. For this reason, Dining Services has taken important steps to inform you of the ingredients in the foods you eat. All nutritional & ingredient information for foods served in The Atrium at Eickhoff can be found by using one of two nutritional kiosks in the dining hall. Common allergens, including peanuts, tree nuts, milk, eggs, soybean, wheat, crustacean shellfish, and fish are also found on these kiosks, as many common allergens are hidden in food. Additionally, most offerings from our dining menus can be viewed using our Nutritional Calculator which is located on the Dining Services website, tcnj.sodexomyway.com. This is a tool which will help you identify the eight most common allergens, as well as nutritional information such as calorie and fiber content.

Patrons with Lactose Intolerance have plenty of foods to choose from to make a delicious meal. The Atrium at Eickhoff allows for the most customization on campus. Many of our hot entrees and vegetables, several grill items such as hamburgers, grilled chicken, veggie burgers, and French fries are lactose-free. Students can also have a sandwich made-to-order without cheese. In our retail locations, we have toss-to-order salads, grill items, and hot entrees without milk products available, as well as custom made sandwiches. Lactaid brand milk and soy milk can be found at our dining locations, and our retail convenience store also carries a variety of dairy-free frozen foods to take home.

Students, faculty & staff can join us at our bi-weekly Dining Services Committee meetings. Our meeting dates, times & locations are listed [here](#).

Any student having questions about the foods served should contact : **Anne Sugrue**, Registered Dietitian, at sdhrd@tcnj.edu, **Ronald Pritchard**, Director of Operations: Residential Dining & Catering, at ronald.pritchard@sodexo.com or **Keith Murray**, General Manager, at keith.murray@sodexo.com.



@TCNJDining
TCNJ.SODEXOMYWAY.COM