**Allergies**

Pomona College Dining Services is committed to helping our students with their dietary needs. Whether you have or simply need particular guidance or assistance with your food selections, Pomona College Dining Services can provide the resources to help you make delicious choices, safely and easily.

Students can set up a meeting with a nutrition consultant by emailing nutritionist@pomona.edu. Although we do our best to meet the needs of food allergic students, we are not a gluten or allergen free facility. All items prepared in our facilities are at risk of coming in contact with these ingredients, as well as all other highly allergenic foods.

Students with life-threatening allergies are urged to contact dining services management to discuss appropriate emergency responses and. These students should also submit an Allergy Action Plan in order to alert management and staff of their particular allergies.

**Allergies or Restrictions**

- Milk
- Eggs
- Soy
- Peanuts
- Tree Nuts
- Fish
- Shellfish
- Wheat

**Food Allergies**

A food allergy is defined as a disorder of the body's immune system in response to specific food proteins. Food allergy symptoms can range in severity from the discomfort associated with mild lactose intolerance to the occasionally fatal anaphylaxis associated with some extreme nut allergies.

The most common food allergies among adults are milk, eggs, soy, peanuts, tree nuts, fish, shellfish, wheat. Often, these items are hidden ingredients in food recipes and special care must be taken to avoid them.

To address further questions about special dietary needs, students should contact the manager on duty to set up a meeting with the general manager, the chef or the nutritionist. Appointments can also be made to discuss individualized diets by contacting Liz Ryan, Staff Nutritionist, at nutritionist@pomona.edu.