



# HOW TO USE YOUR MEAL PLAN WITH DIETARY RESTRICTIONS

## MEDICAL CONDITIONS

### DIABETES

- Carbohydrate content of food is available on our website for the residential dining hall. All retail locations have nutrition information available on brand websites.
- Our Dietitian can access the database for carbohydrate/sugar content of any special recipes utilized at sampling events.
- Our Dietitian is also available for one-on-one counseling to manage or help prevent Diabetes.

### CELIAC DISEASE

- According to Aramark standards, the term “Made without Gluten” refers to recipes entirely composed of ingredients classified as “Does Not Contain Gluten”.
- Does Not Contain Gluten – Ingredients verified from the manufacturer as not containing gluten from wheat, barley, rye or any of its derivatives AND meets the [Food & Drug Administration \(FDA\) definition of Gluten- Free Labeling](#)
- There is an Allergen Friendly Station located at Crossroads called Smart Solutions. This station includes “Made without Gluten” items and designated equipment and utensils for products made without gluten.
- Pizza station has crust made without gluten and the Pasta station has pasta made without gluten
- The Grill and Sandwich station have bread/buns made without gluten
- There is an Allergen Friendly Station located at Crossroads called Smart Solutions. This station includes “Made without Gluten” items and designated equipment and utensils for products made without gluten.
- Additional items upon request (contact dietitian for more information)
- Retail POD Markets carry a variety of gluten-free snack bars and other grab n’ go items.
- Chick-Fil-A carries gluten free buns

## FOOD ALLERGIES & INTOLERANCES

- There is an allergen friendly station at Crossroads. This station contains a menu that does not include ingredients or products containing 7 of the top 8 allergens, including fin-fish, shellfish, peanuts, tree nuts, milk, eggs, or wheat.
- Use the filter located on our website to filter out your allergies/intolerances
- There are a variety of dairy alternatives available at the residential dining hall for individuals who are lactose intolerant or are allergic to dairy.
- Dining Services Employee Training is conducted by UTC Dining's registered dietitian.

## DIETARY PREFERENCES

### VEGAN & VEGETARIAN

- We also incorporate vegetarian and vegan dishes in a variety of our menus within the dining hall. See nutrition symbols on the digital menu board for those additional options.
- There is a variety of vegan and vegetarian options available at our retail locations and POD markets.

### PLANT-BASED/MEATLESS

- Plant-based protein and other meatless options are included in a variety of our menus on a daily basis at the residential dining hall. See nutrition symbols for those options.

# RESOURCES AVAILABLE

- Mocs Dining's website, where you can view residential dining menu, including nutrition information and ingredients for specific recipes

## VEGAN/VEGETARIAN AND MADE WITHOUT GLUTEN GUIDE

- Will be coming soon, but all information is available for student access by contacting our Dietitian

## NUTRITION SYMBOLS

- These can be found at Crossroads. The symbols below are listed next to menu items that fit their description. There are small decals with symbols and descriptions posted on sneeze guards at each station.



Eat Well – These recipes provide at least a full serving of nutritionally- dense whole foods, are lower in calories, saturated fat and sodium.



Plant-Forward – These recipes emphasize healthy plants at the center of the plate, including plant- based proteins. They may contain a proportionally small quantity of animal protein.



Vegetarian – These recipes do not include beef, chicken, pork, or seafood. These recipes can include cow's milk and other animal milk products (cheese, sour cream, and yogurt), honey and eggs.



Vegan – These recipes do not include beef, chicken, pork, seafood, cow's milk or other animal milk products (cheese, sour cream, and yogurt), eggs, honey, or butter.



Made with Whole Grains – These recipes have whole grains as one of the leading ingredients in the recipe.

## OUR DIETITIAN

- As a nutrition professional, our Dietitian is available to provide any guidance or recommendations for dietary restrictions or preferences. She is accessible to all students, faculty, and staff free of charge.
- Our Dietitian is also able to provide specific nutrition and ingredient information about any menu item or recipe served at our locations.

## NEED MORE INFORMATION?


### CONTACT OUR CAMPUS DIETITIAN

Jordan Yseth, RDN, LDI  
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### LOOK ON OUR WEBSITE

[www.mocsdining.campusdish.com](http://www.mocsdining.campusdish.com)

### FOLLOW OUR SOCIALS

 Mocs Dining  @mocsdining

