

# A Guide for Students with Food Allergies and Special Diets

What are my food options if I have a food allergy or celiac disease?



Avoiding food allergens or gluten have become a rising concern for students who have been diagnosed with food allergies and or celiac disease. Our new station Simple Servings, located in Grand Dining Hall serves food that is prepared without the FDA most common allergens of peanuts, tree nuts, shellfish, wheat, soy, milk products and eggs. All foods offered will also be made without gluten containing ingredients. To minimize cross- contact foods are protected through separate storage, preparation and service. At this station all food items will be served on a separate clean plate provided by the DineSLU staff to minimize cross-contact with the top 7 allergens and gluten.

How do I know what foods contain allergens and or gluten?

Visit our website [dineslu.sodexomyway.com/](https://dineslu.sodexomyway.com/) or download the Bite app from your app store (apple or android) for weekly menus which also highlight allergens for each food item.

This information will also be available on the menu boards above each station in addition to the identification cards located above each food item. For further information on ingredients or any other questions, please feel free to ask any of our DineSLU staff. He or she will be happy to provide you with a recipe to ensure you feel comfortable about the foods you choose.

Does Grand Dining Hall provide gluten free breads such as bagels, hamburger buns and dinner rolls?

Grand Dining Hall has a designated area dedicated for gluten free items such as sandwich bread, hamburger buns, tortillas, english muffins, dinner rolls, bagels and prepackaged spreads. This area also has its own designated toaster and microwave for gluten free items only.

What are my options if I follow a vegetarian and or vegan diet?



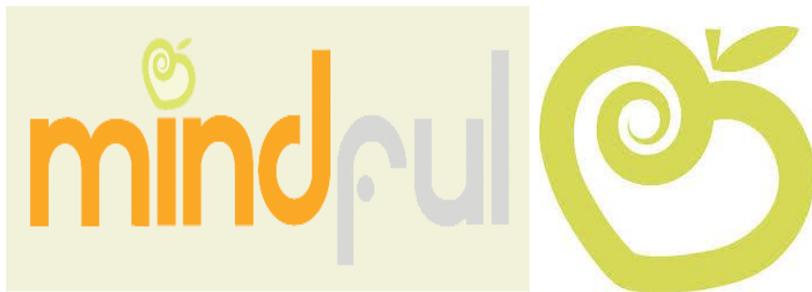
Students who choose to follow a vegetarian and or vegan diet will be accommodated as follows:

- **Gateway Deli:** Premade vegetarian and/or vegan sandwiches daily.
- **Brick Street:** Vegetarian pizza options.
- **Midtown Mongolian:** Tofu, rice noodles and steamed rice in addition to a selection of vegetables available daily.
- **Mae's Comfort Corner:** A vegan and/or vegetarian entrée prepared daily.
- **Grilliken:** Vegetarian black bean burgers available daily upon request.
- **Garden to Grand:** A wide selection of vegetables and legumes in addition to a plant based power bar available daily.
- **Simple Servings:** Vegetarian and/or vegan options.
- **Soups:** A vegetarian soup is prepared daily.

I am lactose intolerant and cannot consume dairy milk, does Grand Dining Hall provide non-dairy options?

Grand Dining Hall offers soy milk and almond milk that is available daily for students who cannot consume dairy.

What are my options if I do not need a special diet but just want to eat a healthy balanced diet?



Students who want to eat a healthy well balanced diet should look for the mindful icon located on the menu boards and the food identification cards. The nutrient criteria for these food items are located below:

## MINDFUL NUTRIENT CRITERIA

	Kcal	Total Fat	Sat. Fat	Trans. Fat	Chol.	Sodium	Other
<b>Plates</b> (contain at least 1 serving from each: protein, starch, veg/fruit)	≤ 600	≤ 35% of calories from fat OR ≤ 15g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 100mg	≤ 800mg	≥ 3g fiber
<b>Entrées</b> (i.e.: center plate protein, pizza, sandwiches, grill items, entrée salads without protein or starch)	≤ 550	≤ 35% of calories from fat OR ≤ 15g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 100mg	≤ 700mg	
<b>Sides</b>	≤ 225	≤ 35% of calories from fat OR ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 5mg	≤ 300mg	
<b>Soups</b> (8 oz.)	≤ 225	≤ 35% of calories from fat OR ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 25mg	≤ 700mg	
<b>Desserts and Snacks</b> (OR 4 of the criteria AND must have at least 10% of the Daily Value of one or more major nutrients, such as Vitamin A, C, E, Iron, Calcium, or Protein)	≤ 200	≤ 35% of calories from fat OR ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 20mg	≤ 300mg	≥ 1g fiber

What do I need to do if I have a medically restrictive diet and I am concerned with transitioning to a new campus dining program?

If your food allergy is not accommodated by the Simple Servings station or if you have been diagnosed with a chronic health disease that requires further special dietary needs. Please contact our DineSLU Nutritionist to set up an appointment to discuss the possibility for a special meal request. This process involves creating a special menu which meets the student's special dietary needs. This menu is then communicated to the Chefs'/or who prepare the meals according to the special instructions and requests from the student and nutritionist.

Please contact our DineSLU Nutritionist Richelle Pretzer at [nutrition@slu.edu](mailto:nutrition@slu.edu) to set up an appointment to discuss the dietary needs and what accommodations can be made. Medical documentation will be required for all special meal request.