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Listings of the amounts of calories, fat, protein and carbohydrate (CHO) are included for foods available online. Click on Today's Menu to access the menus and nutrition information. **Click on the apple at the top of the menu to view nutritional information.**

If looking for vegan items, vegetarian foods, or any foods containing one of the top allergens, the menu page contains a filter to help you determine foods that "contain" or "do not contain" these food items. This link is named "Set Filters" and can be found on the upper right corner of the menu page. Please contact a dining center manager if more information is needed.

The nutrient composition and ingredients of food may vary due to genetic, environmental and processing variables; changes in product formulation, manufacturer's data, cooking and preparation techniques. The information provided in these labels should be considered as approximations of the nutritional analysis of the food and ingredients. Should you ever question the accuracy of a label, please contact Lisa Krausman at lisa.krausman@uni.edu.

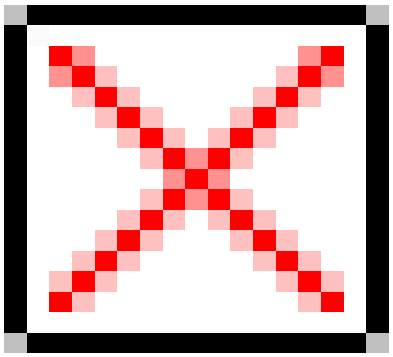
For a quick tour on how to read and interpret the facts on a nutrition label, click on: www.cfsan.fda.gov/~dms/foodlab.html.

Special Dietary Needs

UNI Dining Services is happy to assist you in avoiding certain allergens or with other special dietary assistance. A note from your medical provider will be required.

Please ask a manager in the dining center you eat for assistance with your allergies or any other special dietary needs. If you would like to set up an appointment with the Dietitian at UNI Dining Services, please call (319) 273-6937 or email Lisa Krausman at lisa.krausman@uni.edu.

What foods should I eat?



Do you need help deciding what foods and amounts are right for your body? Visit www.choosemyplate.gov for an estimate of what and how much you need to eat.

The most important thing to remember is Moderation, Balance, & Variety.

Dining
Menu

Source URL: https://www.uni.edu/dor/dining/nutritional-information