



UMass Dining web site www.umassdining.com/nutrition/ offers these features:

- Guidelines for students with food allergies/special dietary needs
- Ingredient and allergens of dining commons recipes
- Nutrient analysis of dining commons recipes
- Interactive games
- Healthy eating in the dining commons (newsletters)
- Links to RELIABLE nutrition information (and it's fad free!)

If you have questions or concerns, contact:

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**UMASS
DINING**
UMassAmherst

Eating Healthy at UMass Dining

UMass Dining welcomes new and returning students! We are proud to provide a wide variety of food choices to keep you healthy away from home. Your health and well-being are very important to us. We are continuously enhancing our menus to be very flavorful and healthy. Over the past several years, we have:

- Decreased portion size of meat and desserts
- Replaced all oils with olive and canola oils in all recipes
- Eliminated trans fats wherever possible
- Increased fruit/vegetable options
- Increased whole grain options
- Increased seafood options
- Lowering sodium in recipes



Menu icons can also assist you. Look for the icons on the web menu (under nutrient analysis) and in the dining commons.



Sustainable



Whole Grain



Local



Antibiotic Free



Vegan



Halal *(No pork, deep fried foods, alcohol
[except dessert flavorings])*



Vegetarian

Allergens of recipes are listed on the web as well as the menu identifiers (signs on the service lines for each menu item) include: Corn, Eggs, Fish, Gluten, Milk, Peanuts, Tree Nuts, Sesame, Shellfish, Soy.

Eat well and exercise to maintain a healthy lifestyle!

- Eat breakfast
- Eat more fruits and vegetables, whole grains, and lean protein
- Limit saturated and trans fats, sodium and sugar
- Eat smaller portions
- Exercise daily



Remember: Good nutrition improves your learning! Get the most out of UMass Award Winning Dining experience! Have a great year!