“NUTRITION FACTS FROM THE EXPERTS”
Did you know that the Division of Housing and Food Service has a Registered Dietitian on staff? Students can schedule personal appointments with the RD on numerous nutrition related topics. The Dietitian can also prepare personalized meal plans for specific caloric needs. For more information contact the RD at 512.232.5636 or lgaydos@austin.utexas.edu.

FOOD IDENTIFICATION ICONS
The Division of Housing and Food Service has a new icon labeling system that identifies the top 8 food allergens, along with food items that are avoided for religious and personal reasons. These icons can be found on the DHFS online menu, via nutrition information centers, and on pre-packaged DHFS foods.

- Contains Eggs
- Contains Fish/Shellfish
- Contains Milk
- Contains Soy
- Contains Nuts (peanuts & tree nuts)
- Gluten Free
- Contains Pork
- Contains Beef
- Vegetarian
- Vegan

ONLINE MENU & INFO CENTERS
Also, complete nutrition and ingredient information is available on our website under “Dine Here” and “Weekly Menus”. By clicking on the apple above each menu category, the menu items will turn into hyperlinks, which can be selected to obtain a full ingredient listing and nutrition facts. This same information is also available via "nutrition information centers" in all dining facilities. These “kiosks” are large, touch screen monitors that allow you to view the menus from within our dining locations. The menu also contains an allergen filter, allowing you to filter any of the top 8 food allergens from the current day’s menu and therefore only showing safe food options.

DHFS HEALTHY SUGGESTIONS
Healthy Suggestions are provided daily for all DHFS dining locations and can be accessed via the online menu or nutrition information centers. Look for our green “HS” icon coming soon!

The Healthy Suggestions depict healthy choices that meet the following criteria:
- Entrées: ≤ 350 calories, ≤ 3g fat and ≤ 500mg sodium.
- Sides: ≤ 120 calories, ≤ 2g fat and ≤ 350mg sodium.
- Combination Meals: ≤ 500 calories, ≤ 4 g fat and ≤ 750 mg sodium.

For more information, connect with us on Facebook & Twitter

[link to twitter.com/UTexasDining]
[link to facebook.com/UTHousingandFood]

Or visit DHFS Nutrition Services at: http://www.utexas.edu/student/housing/