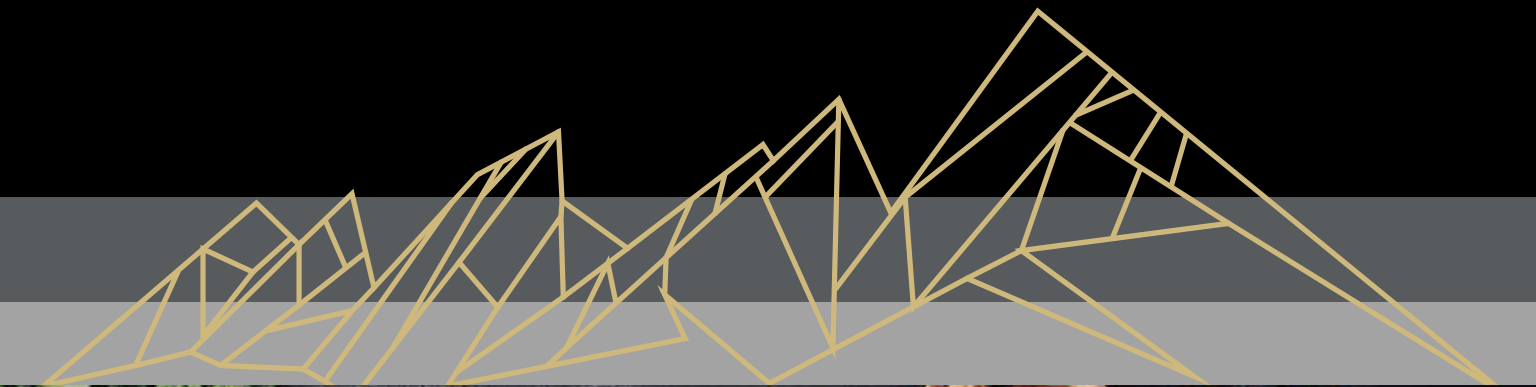


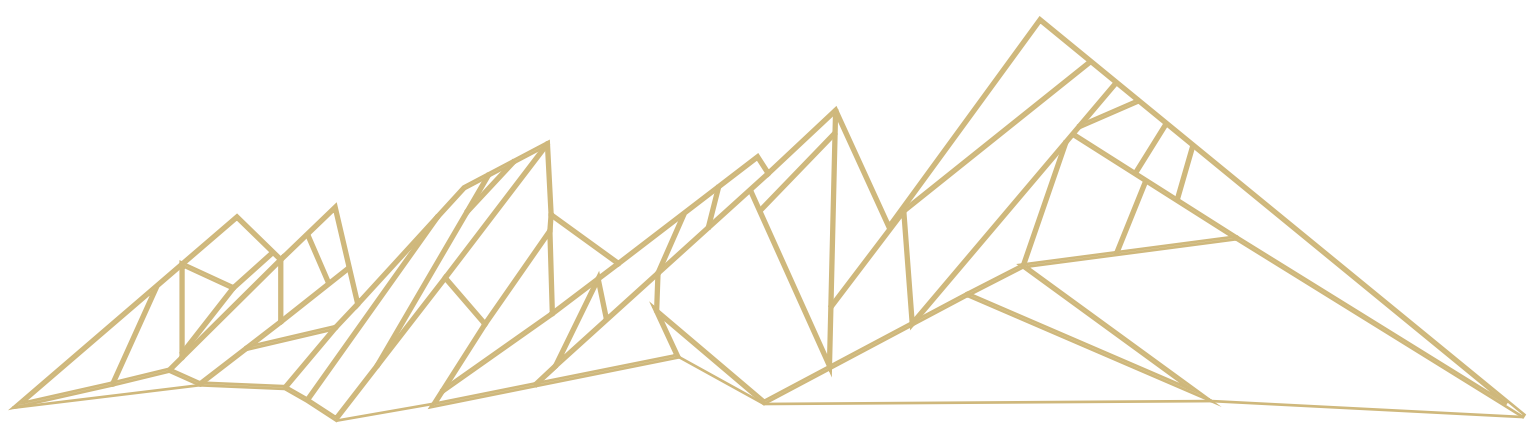
Nutrition and Allergen

STUDENT GUIDE



Be Boulder.

 University of Colorado Boulder



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Introduction

Campus Dining Services (CDS) is proud to offer state-of-the-art dining in award-winning facilities.

Our dining venues are backed by dedicated staff who strive to make each student's experience the best it can be. We are committed to serving delicious, innovative, sustainable and healthy food options to the CU Community.

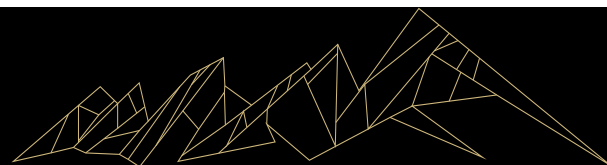
Our staff engages with students to create life-long habits that contribute to healthy bodies and healthy minds. Our team is dedicated to safely serving those with dietary restrictions.

CU's dietitian is here to help students safely navigate dining options and is available to meet with students to discuss dietary needs one-on-one. Our menus are posted online via Nutrislice to provide dietary and allergen information. A9 Allergens are labeled throughout food stations to help students safely navigate the dining halls.

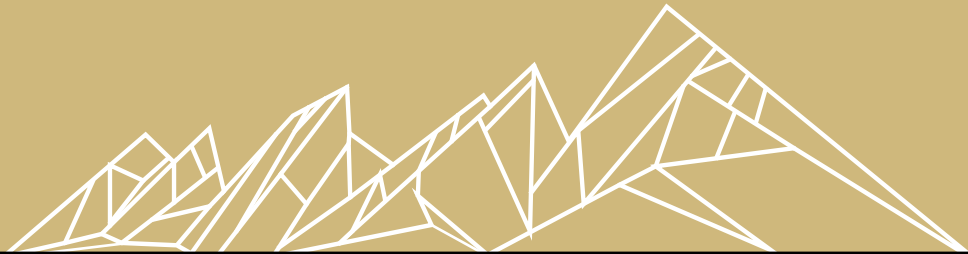


Award-winning food and facilities

**2018 Good Good 100 Restaurants List
Tech Accelerator Award 2017
ACF Culinary Competitions
C4C LEED Platinum certified
Loyal E. Horton Dining Award**



Meal Plans



Residence Hall Student Meal Plans



All students living in the residence halls are required to hold a meal plan. The Residence Hall Student Meal Plan or a Student Block Meal Plan are available to students based on their status and room type.

Block Meal Plans



Block meal plans will be available to all students in Bear Creek, Graduate and Family Housing and for those living off-campus.

Campus Cash



Campus Cash is available to students living on campus, off-campus and faculty and staff.

Faculty, staff and guests



We have options available for faculty, staff and guests to eat on-campus at any of our dining venues.

WHERE TO EAT ON CAMPUS



LOCATIONS

- ★ SEWALL DINING CENTER
- ▲ \$ ★ SEWALL MARKET
- ▲ \$ ★ ALFERD PACKER GRILL (UMC)
- \$ ★ STARBUCKS (UMC)
- ▲ \$ ★ UMC MARKET
- ★ LIBBY ON THE RUN
- ★ THE ALLEY (FARRAND)
- ▲ ★ FARRAND MARKET
- ★ C4C DINING CENTER
- ★ CU ON THE RUN (C4C)
- ▲ \$ ★ WEATHERTECH CAFÉ / THE BAKERY (C4C)
- \$ ★ THE EMPORIUM (C4C)
- ▲ ★ KITTREDGE MARKET
- ▲ ★ SEEC CAFÉ (East Campus)
- ★ VILLAGE CENTER DINING
- ▲ \$ ★ VILLAGE MARKET (VC)

KEY

★ Meal Plans ▲ Flatiron Meal Plan

☒ Credit/Debit \$ Cash

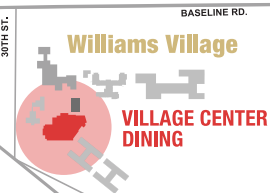
All locations accept Campus Cash

All but Starbucks accept Munch Money

Meal Cards can be purchased with cash in retail market locations to use at locations that do not accept cash



colorado.edu/living/dining



MAIN CAMPUS

Dining Halls

Sewall Dining Center

Libby on the Run

Center for Community (C4C)

The Alley (Farrand)

Grab-and-Gos

CU ON THE RUN

Libby on the Run

Farrand Market

Retail

Alferd Packer Grill (UMC)

Starbucks (UMC)

WeatherTech Cafe/
The Bakery (C4C)

Markets

Sewall Market

UMC Market

Farrand Market

Kittredge Market

WILLIAMS VILLAGE

Dining Halls

Village Center Dining

Markets

Village Market (VC)

EAST CAMPUS

Retail

SEEC Cafe



Campus Dining Services has partnered with Nutrislice to provide menu information for all of our dining locations on campus.

Each menu item in Nutrislice lists ingredients and nutritional information, including carbohydrate counts, and labels all A9 allergens.

Nutrislice also allows you to filter our menus by allergens or dietary preference so you can easily find meals to fit your needs at any of our dining centers, grab-n-gos and cafes.

You can also check out the campus dietitian's recommendation for the C4C and Village Center dining centers under "Dietitian's Meal of the Day"



Filters and Highlights



Clear all

Allergens

Select items below to identify specific foods.

Milk	Egg	Wheat	Soy
Peanuts	Tree Nuts	Fish	Shellfish
Alcohol	Pork	Gluten	Sesame

Dietary Preferences

Special Diet Preferences

Smart Pick	Vegan	Vegetarian
------------	-------	------------

Smoke n' Grill	Latin: B, Y, O Burrito, Bowl, or Taco	Wholesome Field	Kosher	Italian	Persia	Asia
Hamburger Bun 230 Cal 	Tofu Tinga 48 Cal 	Vegan Jambalaya 157 Cal 	Honey Sriracha Salmon 146 Cal 	Brown Butter Polenta 136 Cal 	Chicken Shawarma 188 Cal 	Chicken Chow Mein 186 Cal
Jack and arnie's® Jackfruit ... 210 Cal 	Cilantro Lime Rice 219 Cal 	Hummus 140 Cal 	Ginger Rice 326 Cal 	Gluten Friendly Red Lentil R... 186 Cal 	Eggplant and Split Pea Stew 91 Cal 	Quinoa Stir Fry 117 Cal
Grilled Onions 9 Cal 	Beans - Pinto 62 Cal 	Baby Carrots 20 Cal 	Creamy Coleslaw 70 Cal 	Spicy Pomoodoro Sauce 44 Cal 	Basmati Rice with Fava Bean... 464 Cal 	Wholesome Field Fruit Orange Wedges 85 Cal
Grilled Mushroom Slices 8 Cal 	Roasted Cut Corn 34 Cal 	Broccoli Florets 8 Cal 	Fruit Salad Mix 53 Cal 	Roasted Cauliflower 96 Cal 	Feta Cheese 19 Cal 	
Memphis BBQ Sauce 13 Cal 	Avocado 33 Cal 	Sliced Cucumber 4 Cal 		Wholesome Field Fruit Fresh Mixed Grapes 117 Cal 	Gala Apple 85 Cal 	
Dessert Station: Fruit Fresh Banana 101 Cal 	Shredded Lettuce 2 Cal 	Wholesome Field Fruit Strawberries 60 Cal 				
	Tomatillo Salsa Verde 4 Cal 					
	Latin Fresh Fruit Tajin Pineapple 70 Cal 					



Menus are available for all dining halls, markets, grab-and-go, and retail.

"Dietitian's Meal of the Day" available for the C4C and Village Center.

Smart Pick Guidelines



Smart Pick guidelines have been created as a guide for our guests to easily identify the many healthy options that are available throughout our campus dining locations.

Recommendations are guided by the USDA Dietary Guidelines for Americans 2020-2025, which recommends focusing on choosing healthy foods and beverages rich in nutrients and staying within calorie limits.

There are some exceptions to the listed nutrition guidelines below. A food item or dish may exceed dietary requirements, but approval is based on ingredients. For example, a dish may have a higher total fat content, but it would still be considered a Smart Pick if the fat comes from a healthy source such as avocados, nuts, seeds or olive oil.



Dietary Accommodations

Kosher

- Kosher restaurant located in the Center for Community Dining Center
- Features traditional dishes and modern favorites
- Food items are 100% Glatt Kosher, following the laws of Kashrut
- Operations supervised by a full-time Mashgiach
- All food items are dairy-free and served on compostable dishes



Kosher Station at the C4C

Halal

- Persian restaurant located in the Center for Community Dining Center
- Features a variety of Halal foods
- Supervised by Chef Hadi Montazeri
- All food items containing pork and/or alcohol are noted on the dining center menu tags



Persia Station at the C4C

Preferences & Allergens

A⁹ Identified[®]

Dietary Preferences

A

alcohol

P

pork

V

vegan

LO

vegetarian

Allergens



eggs



fish



gluten



milk



peanuts



sesame



shellfish



soy



tree nuts



wheat



ALLERGENS



A9 Allergens

Top nine food allergens (eggs, milk, shellfish, fish, tree nuts, peanuts, soy, wheat and sesame) and gluten identified and labeled in the dining centers

Gluten-free breads, bagels and cereals are available in the dining centers

Retail and grab-n-go outlets offer gluten-free items and also label all prepared food for allergens



How to Read a Menu Tag

A⁹ Identified[®]
Standard Item

A9: Gluten, Peanuts, Sesame, Soy, Tree Nuts, Wheat.
Also Contains: Alcohol, Pork

- fish
- milk
- peanuts
- shellfish
- wheat + gluten
- sesame
- soy
- tree nuts

- AVOIDANCES**
- pork
 - alcohol

Vegan & Vegetarian



Vegan



Vegetarian



SMART PICK

Vegan: categorized as a diet containing no animal products at all

Lacto-ovo vegetarian: categorized as a lacto-ovo diet that may contain milk, eggs or other animal non-meat products such as honey

Smart Pick: a healthy food or beverage that meets certain criteria and is approved by the Campus Dining Services' Registered Dietitian Nutritionist

Libby on the Run

Free of peanuts, tree nuts, gluten and wheat



Key Points

- A safe place to eat for those with peanut, tree nut, gluten and wheat allergies
- Full-Service grab-and-go
- Made-to-order, ready-made and hot food options for breakfast and lunch
- Menus were written and reviewed to ensure safety.



Note about allergens

Cross-Contact

Please be aware that due to the nature of a self-serve atmosphere, and the preparation of food items in a shared kitchen, there is a chance for cross-contact of gluten, eggs, fish, milk, peanuts, sesame, shellfish, soy, tree nuts and wheat.

CU Boulder Campus Dining Services (CDS) makes every effort to thoroughly train our staff on the importance of avoiding cross-contact with allergenic foods and accurately labeling food allergens in each dining hall and retail food venue. CDS strives to provide customers with the most accurate and up-to-date allergen, ingredient and nutritional information. However, this information is based entirely on the information provided by our ingredient manufacturers and suppliers. Manufacturers may change their product formulation or consistency without our knowledge and product availability may fluctuate.

While we make every reasonable effort to identify ingredients and prevent cross-contact, we cannot guarantee the information for all menu items. Those with food allergies need to be aware of these risks. If you have allergies or specific ingredient concerns or require information on a menu item not listed on Nutrislice, please consult with our registered dietitian nutritionist at dining@colorado.edu. Our chefs and dining managers are available during service to answer your questions or address your needs.



Meet Our Registered Dietitian



Lisa Whalen, RDN, earned her bachelor's degree in dietetics from the University of Northern Colorado. She went on to complete a comprehensive postgraduate dietetic internship through Bowling Green State University where she ultimately earned her RDN and a master's certificate in food and nutrition. Post-degree, Lisa spent several years working in clinical nutrition and nutrition therapy. She wholeheartedly believes that healthier choices play a vast role in disease prevention, physical performance, and a student's academic success, and uses an approach that encourages people to strive for progress and not perfection.

Lisa is available on campus as well as online to help take the mystery out of healthy eating and address questions and concerns regarding your nutrition and dietary needs. She can provide:

Individual consultation to discuss and assist with issues including, but not limited to, food allergies and intolerances, vegetarian and vegan diets, weight management and modified diets.

Education on ingredients, sourcing of foods served in CU dining centers, dining center tours, including help with locating healthy and food allergy specific items.

Educational materials related to eating healthy on and off campus as well as portion control.

To contact Lisa, email dining@colorado.edu.





Be Boulder.

