



DIETITIAN'S DISH



Many of us want to make healthy food choices but do not know where to begin. With all of the options available, it can be hard to navigate!

The Dietitian's Dish offers an easy solution to those who want to eat healthy without sacrificing taste. Look for the Dietitian's Dish at our dining hall locations or online at go.ncsu.edu/dietitians-dish.



NUTRITION PROMOTIONS

Be sure to follow @ncstatedining for health and wellness tips, upcoming nutrition promotions, recipes, prizes, and more!

NC STATE

NUTRITION RESOURCES

WE'RE HERE FOR YOU!



Lauren Smith
M.Ed, RD, LDN
Director of Nutrition
+ Wellness

Lauren is NC State Dining's Registered Dietitian and is available to meet with you to discuss personal nutrition goals and dietary needs. Contact Lauren with questions about nutrition or to set up a consultation.

Contact Lauren at:
lauren_smith@ncsu.edu or 919.513.5310

FOLLOW US!



NC State Dining



@ncstatedining



dining.ncsu.edu

NC STATE DINING NUTRITION GUIDE



HEALTH — AND — WELLNESS

Our award-winning nutrition team is here to make sure you have a fresh and healthy experience when you eat with the Pack.

We place a special emphasis on health and wellness to help you pursue a lifestyle that is healthy and sustainable. Our approach includes nutrition education, offering healthy food choices, providing effective and informative food labeling, and encouraging wellness activities.



MENUS OF CHANGE

NC State Dining is proud to be a member of *The Menus of Change University Research Collaborative*, a national initiative promoting healthy and sustainable menus. Each month, we focus on one of the 24 *Menus of Change* principles in an effort to promote positive life-long food choices to the campus community. These principles include, reducing sugary beverages, cutting the salt, thinking produce first, and choosing healthier oils, to name a few. Visit go.ncsu.edu/menus-of-change to learn more about this initiative.

SPECIAL DIETARY NEEDS

A growing number of students have special dietary needs, such as allergies, intolerances and dietary preferences. Our team is dedicated to meeting those nutritional needs by providing nutrition resources, education and awareness across campus.

ALLERGIES AND INTOLERANCES

NC State Dining is recognized nationally for our work to ensure students with food allergies and intolerances can confidently dine on campus. We mark the eight major food allergens (gluten/wheat, dairy, eggs, fish, shellfish, tree nuts, peanuts, and soy) in all of our dining locations.



Dairy



Eggs



Soy



Sesame



Fish +
Shellfish



Peanuts +
Tree Nuts



Gluten/
Wheat



Not Analyzed

If you have food allergies or intolerances, be sure to view the Food Allergy Guide at go.ncsu.edu/allergy-guide, connect with the Safe Eats Group at go.ncsu.edu/allergy-support-group, and schedule a free consultation with our registered dietitian, Lauren Smith, at 919.513.5310 or lauren_smith@ncsu.edu.

VEGAN AND VEGETARIAN



Vegetarian



Vegan

We offer a wide array of tasty vegan and vegetarian options during each meal at the dining halls and at many of the campus restaurants. These options are marked with a vegan or vegetarian icon.



PORK-FREE DIET

For students with a pork-free diet, we have identified recipes that contain any pork products and mark them with the pink pork icon. We also have special red handle pans at the dining halls we use for non-pork products to avoid cross-contamination.



WOLF APPROVED

Choosing healthy food on campus is easier than ever. Look for the Wolf Approved paw print icon across campus to help you identify healthy menu items and snacks.



NUTRITION KIOSKS

Dining halls and many restaurants on campus provide nutrition kiosks. Here you can find calories, ingredient lists, sort current menus by specific allergens, and easily find vegan and vegetarian options.

ON CAMPUS APP

The On Campus App is your guide to life on campus and also includes the hours of operation, menus and nutrition information for our NC State Dining locations. It's a must-download as soon as you arrive on campus.

MYFITNESSPAL

Most of our menu items can be found on the MyFitnessPal.com database, allowing students to track their food intake and activity on a daily basis to become more knowledgeable about the foods they eat.