

# Nutritional Icons Identification Guide

Students with special dietary needs should look for these labels. We are committed to providing balanced selections for all customers. Please contact a Culinary Services manager or email [dining@ohio.edu](mailto:dining@ohio.edu) with questions.

Items with this label do not contain ingredients that have gluten. They are free of wheat, barley, rye, malts and triticales.



These items are produced in the Gluten Free Kitchen and sealed prior to distribution, or are represented as Gluten Free from the manufacturer.



While not strictly Halal, these products are prepared following the basic principles, including no pork and no alcohol.



These items contain various lactose products, including: milk, butter, yogurt, cheese, sour cream or dairy.



These items have been prepared with no animal or dairy products, including: honey, gelatin or rennet.



While not truly Kosher, these products are prepared embracing the basic principles: no pork, no meat and dairy together and no shellfish.



These items have been prepared with products containing soy.



Items with this label contain no meat, poultry or seafood.



Items with this label have a lower fat content than other traditionally-prepared items.



Items with this label contain nuts.



You can find this icon on items that contain no added sugars.



Items with this label contain ingredients made with fish, shellfish and/or other seafoods.



Denotes items prepared using one or more ingredients from our area, or within a 350-mile radius.



Items with this label have been prepared with eggs or products containing eggs.

