

Nutritional Icons

IDENTIFICATION GUIDE

Students with special dietary needs should look for these labels. We are committed to providing balanced selections for all customers.



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



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



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



These items have been prepared with products containing soy.



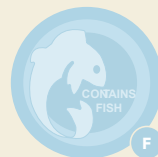
Items with this label contain tree nuts.



Items with this label contain peanuts.



Items with this label contain ingredients made with shellfish.



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



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



These items have been prepared with products containing sesame seed.



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



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



Identifies foods that are grown, raised and processed within 250 miles of Ohio University.

Please contact a Culinary Services manager or email culinarydietitian@ohio.edu with questions.