

OHIO
UNIVERSITY

OHIO UNIVERSITY
Culinary
SERVICES

Food Allergens AND Nutrition Guide

2024-25

OHIO.EDU/FOOD
UPDATED: MAY 2024



Our Commitment

Some individuals have food allergies and other special dietary concerns. We are committed to serving every member of the Ohio University community, and that means making sure we offer food choices that meet everybody's needs.

On top of exceptional service, our staff members are trained to provide an inclusive and caring environment for everyone who chooses to eat with us. If you have specific dietary needs, this booklet includes everything you need to know about how we are working to accommodate you.



A Personal Touch

Every Ohio University student can set up a meeting with Angie to discuss available food choices that can meet any student's needs. She offers a personal touch by helping students take charge of their own diets.



Angie Bohyer

Registered Dietitian
& Nutritional Educator

CulinaryDietitian@OHIO.edu

Keeping You Informed

It's important to know what you're putting in your body when you eat. We provide detailed nutritional information for everything we serve. This information can be found online at:

OHIO.edu/Food/Menus

1. Pick your Venue
2. Select the Item
3. Find Nutritional Info & Allergens

Menu Legend

- L Contains Lactose
- VT Vegetarian
- VN Vegan
- E Contains Eggs
- F Contains Fish
- GF Gluten Free
- LI Local Ingredient
- P Contains Peanuts
- S Contains Soy
- NG No Gluten Ingredients
- S Contains Sesame
- SH Contains Shellfish
- TN Contains Tree Nuts

Seasoned Curly French Fries VT S

Vegan Chickenless Breast VT VN S NG

— OUCOOKING —

Blackened Pork Loin NG

Breaded Catfish E F S

Brown Rice VT VN S NG

Corn Dog E S

Deli Ham NG

Deli Turkey NG

Roasted Cauliflower VT VN NG

Sliced Salami NG

Breaded Catfish Nutrition Information

Breaded Catfish

Nutritional Information

Serving Size: 4 OZW

Calories 140

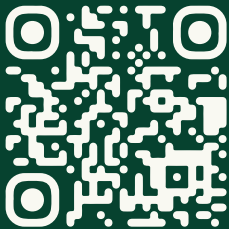
* Percent Daily Values (% Daily Value) are based on a 2,000 calorie diet.

Amount Per Serving	% Daily Value *
Fat 6.7g	5%
Saturated Fat 2.6g	13%
Trans Fatty Acid 0g	0%
Cholesterol 22.6mg	8%
Sodium 596.1mg	25%
Carbohydrates 14.5g	5%
Dietary Fiber 0.9g	4%
Total Sugars 0.9g	
Added Sugar 0g	0%
Protein 11.7g	21%

% Daily Value: Protein 21% Fat 5% Carbohydrates 5% Dietary Fiber 4% Cholesterol 8% Trans Fatty Acid 0%
Vitamin A - IU 0% Calories 7% Saturated Fat 13%

INGREDIENTS: 4oz Breaded Catfish Fillet (Catfish, Water, Yellow Corn Meal, Bleached Wheat Flour, Salt, Modified Food Starch, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Sodium Tripolyphosphate, Dehydrated Onion, Paprika, Partially Hydrogenated Soybean Oil, Spices, Dried Egg Whites, Wheat Gluten, Silicon Dioxide (Added to Prevent Caking), Sodium Hexametaphosphate, Sodium Alginate, Xanthan Gum.), Optimax Canola (High Oleic Canola Oil And Hydrogenated Soybean Oil With Dimethylpolysiloxane)

ALLERGENS: Eggs, Fish, Wheat, Soybeans



SCAN ME!

The Big 9 Allergens



WHEAT



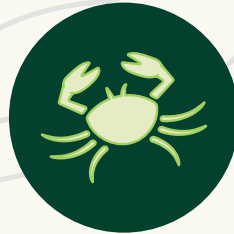
FISH



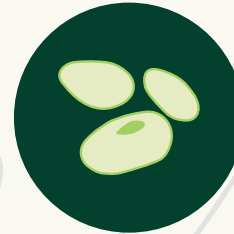
MILK



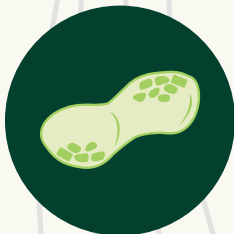
EGGS



SHELLFISH



SOY



PEANUTS



TREE NUTS



SESAME

The majority of all food allergies are caused by the 9 foods known collectively as the Big 9. These are always bolded at the bottom of an ingredients label following the words: "Allergens," "Contains," or "May Contain."

Transparency

Everything we serve is marked on our menu with any relevant nutritional labels so you can make informed eating decisions. Not only are the allergens marked, we also track whether an item is vegetarian, vegan, or even if it's made with local ingredients.

Cross-Contact

Cross-contact happens when one food comes into contact with another and their proteins mix. As a result, each food then contains small amounts of the other food. These amounts are so small that they usually can't be seen, though even this tiny amount of food protein can cause reactions in people with food allergies.

Symptoms of an allergic reaction include:

Itching

Redness

Hives

Vomiting

Stomach Pain

Throat Tightness

Diarrhea

Difficulty Breathing

Wheezing

Tingling in Limbs, Lips, or Scalp

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Central Food Facility

The majority of the food products we serve are prepared right here on campus in our Central Food Facility. This location features a gluten-free kitchen where a trained member of our team produces a variety of gluten-free baked foods which are sealed and distributed to our different venues.



No nuts served here!



The District on West Green

The District is supporting our Bobcats who have food allergies or who cannot consume gluten! We offer an entirely nut free menu, meaning those who are particularly sensitive to nuts always have somewhere to eat. We ask that those entering refrain from bringing any nut products into the District to maintain this safe space for all.*

The District is also proud to feature “Margaret’s Made for You,” one of our concepts where students with any special dietary need can go to receive a delicious and fresh meal made to order by one of our trained members of staff.

MARGARET’S
— unique for you —

* Menu items may be made in separate facilities that process nuts. We maintain strict standards to ensure separation of allergens

Our Philosophy

Ohio University Culinary Services is committed to offering healthy food at every meal. Our team prepares approximately 3.5 million meals per year and serve a diverse population of students, faculty, staff and university guests. Our philosophy is based on “choice dining” as we offer a wide variety of freshly-prepared foods daily. Many of these foods are healthy; however, it is ultimately up to our guests to select their preference of items and quantities.



Dining Responsibilities

Please be aware that all Ohio University culinary locations prepare items containing egg, fish, milk, peanuts, shellfish, soy, tree nuts and wheat. If you have a food allergy or other individual dietary need, please ask for a manager to assist you.

Students with severe food allergies or whose individual dietary needs require accommodation such as special menu planning or special food preparation should consult our dietitian, Angie Bohyer MAHE, RD, LD at 740.593.2970 or culinarydietitian@ohio.edu, for additional information or support.

Ohio University Culinary Services makes every attempt to deliver up to date nutrition and food-allergen information, but cannot guarantee an item that we prepare to be allergen-free. The information found on our nutrition cards and on our website is obtained from the latest USDA Standard Reference database, our vendors, or by individual packaging and is accurate to the best of our knowledge. Our staff is taught the severity of food allergies and/or individual dietary needs and is shown ways to minimize the possibility of cross-contact within our locations.

Please be advised that there are instances when certain ingredients may be substituted on the actual day of preparation. Commercial manufacturers may change their formulations without our knowledge or other factors may occur that are beyond our control. Additionally, there is always a possibility for cross-contact to occur. Due to these conditions, Ohio University Culinary Services cannot guarantee that any item prepared in our kitchen is totally free of a certain ingredient or allergen. Individuals with food-related dietary concerns should be aware of this risk and understand that Ohio University Culinary Services will not assume any liability for adverse reactions to foods consumed, or items with which one may come into contact while eating at any Ohio University Culinary Services location.

More Information

American Academy of Allergy, Asthma, and Immunology: AAAAI.org
Food Allergy Research & Education (FARE): FoodAllergy.org

**Menus & Nutritional Info
Are Available on our App!**

**OHIO
—EATS**

- Mobile Ordering
- Rewards Points
- Digital Punch Cards



Download Today!

