



2020-21

FOOD ALLERGY & SPECIAL DIETS



OHIO UNIVERSITY
CULINARY SERVICES

OHIO.EDU/FOOD



OUR COMMITMENT

Culinary Services provides exceptional service to the Ohio University community in support of its academic mission and vision.

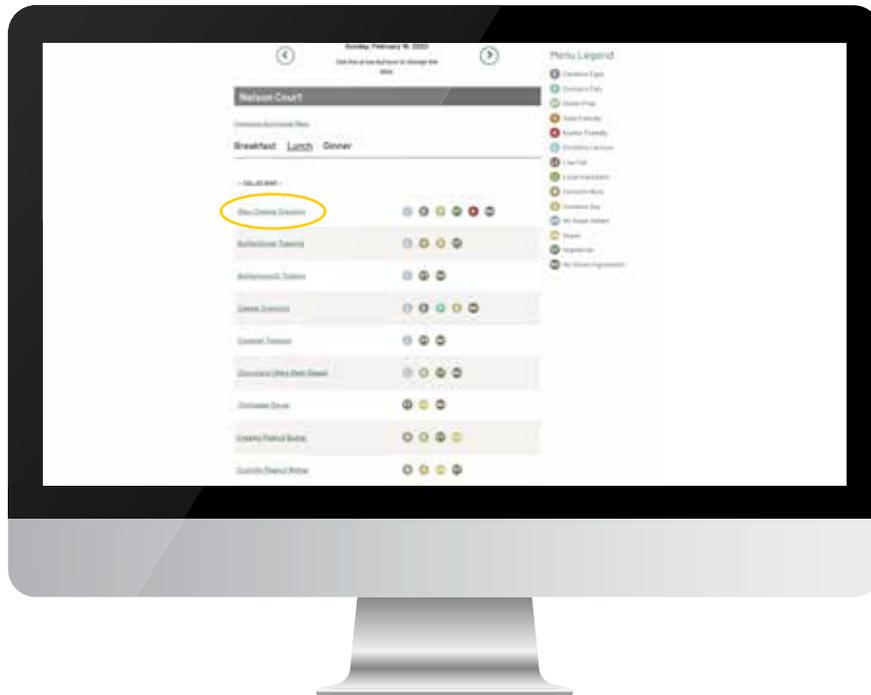
Culinary Services is committed to providing exceptional service in an inclusive and caring environment.

We recognize that some individuals have food allergies and special dietary needs. Be assured that our staff members are trained to help our community get the most out of their dining experience.



FOOD LABELING

Navigate to the online menu at ohio.edu/food/menus and select an item to see its nutritional information.



Nutrition Tip: The Food and Nutrition Board Recommends That the Fat Content of the Diet Not Exceed 30% of Caloric Intake, That Less than 10% of Calories Should Be Provided from Saturated Fatty Acids, and That Dietary Cholesterol Should Be Less than 300mg/Day.

Bleu Cheese Dressing Nutrition Information

Bleu Cheese Dressing

Nutritional Information	Amount Per Serving	% Daily Value *
Serving Size: 1 OZV		
Calories 90		
Calories from Fat 83		
* Percent Daily Values (% Daily Value) are based on a 2,000 calorie diet.		
	Total Fat 9.2g	14%
	Saturated Fat 2.1g	10%
	Trans Fat 0g	%
	Cholesterol 8mg	3%
	Sodium 155.3mg	6%
	Carbohydrates 0.8g	0%
	Dietary Fiber 0g	0%
	Total Sugars 0.7g	
	Protein 1g	2%
% Daily Value: Calories 4% Protein 2% Carbohydrates 0% Total Fat 14% Calcium 3% Iron 0% Sodium 6% Cholesterol 3% Dietary Fiber 0% Potassium 0%		

INGREDIENTS: Bleu Cheese Dressing (Extra Heavy Mayonnaise (Vegetable Oil, (Soybean, Canola), Vinegar, Egg Yolk, Water, Corn Syrup, Contains Less Than 2% Of: Salt, Spice, Calcium Disodium EDTA To Protect Flavor), 1/2Gal Buttermilk, Sour Cream (Cultured Milk, Cream, Whey, Food Starch-Modified (Corn), Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate (To Protect Flavor)), Blue Cheese Crumbles (Blue Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose, Natamycin (To Protect Flavor)), Dressing Mix Blue Cheese (Salt, Blue Cheese Blend [Blue Cheese (Pasteurized Milk, Salt, Cheese Culture, Enzyme), Whey, Partially Hydrogenated Soybean And/Or Cottonseed Oil, Citric Acid, Sodium Citrate], Maltodextrin, Monosodium Glutamate, Cellulose Gum, Onion, Artificial Flavor, Garlic, Spice, Parsley.))

ALLERGENS: Milk, Eggs, Soybeans

ALLERGEN & SPECIAL DIET PROGRAM

How do I get help for a food allergy or special diet need?

Contact our Registered Dietitian Angie Bohyer at culinarydietitian@ohio.edu. She will set up a meeting within 48 business hours and help you take charge of your own food choices.



West Green's Dining Court, The District on West Green, offers "Margaret's Made for You" concept where students with a special dietary need can go to receive a fresh meal made to meet your needs. This concept contains no gluten ingredients and all food server contains no gluten. In addition, The District offers a nut-free menu in the entire Dining Court to support individuals with nut allergies. Please note that some menu items may be made in facilities that process nuts and if you have questions, please contact one of our team members. Students can also set up a special diet and eat at Nelson Court.

The majority of the food products served in our residential Dining Courts are prepared on campus in our Central Food Facility. This location has a gluten-free kitchen where a trained member of our team produces a variety of gluten-free baked goods which are sealed and sent to all of our facilities. To avoid cross-contact these items are kept behind the serving area at Nelson Court and are available upon request.



THE BIG 8

The big 8 food allergens include:



The majority of all food allergies are caused by the 8 foods known collectively as the big 8. These are always bolded at the bottom of an ingredients label following the words “Contains” and “May Contain.”

Signs and symptoms of an allergic reaction to food: itching, redness, hives, vomiting, stomach pain, diarrhea, wheezing, difficulty breathing, throat tightness, tingling in limbs, lips, or scalp.

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.

Want more information?

American Academy of Allergy, Asthma, and Immunology (AAAAI) aaaai.org
Food Allergy Research & Education (FAR) foodallergy.org

