

NUTRITIONAL ICONS

Ohio University Culinary Services

IDENTIFICATION GUIDE

Gluten Free

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

GF

No Gluten Ingredients

Items with this label contain no ingredients with gluten. They are free of wheat, barley, rye, malts and triticales

NG

Contains Milk

These items contain milk products, including: lactose, casein, and whey.

M

S

Contains Soy

These items have been prepared with products containing soy.

Contains Tree Nuts

Items with this label contain tree nuts. Items containing coconut do not receive this label

TN

P

Contains Peanuts

Items with this label contain peanuts.

Contains Shellfish

Items with this label contain ingredients made with shellfish.

SH

F

Contains Fish

Items with this label are a finned fish or contain an ingredient that contains fish.

Contains Eggs

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

E

SS

Contains Sesame

These items have been prepared with products containing sesame seed.

Vegetarian

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

VT

VN

Vegan

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

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 culinarydietitian@ohio.edu with questions or visit ohio.edu/food for more information.



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