

Meet your **REGISTERED DIETITIANS**



Madison Jordan

Madison is your Registered Dietitian and Health and Wellness Manager for Dining Services. Madison is a proud Kent State alumna with a Bachelor of Science in nutrition and dietetics.

Emily Reynolds

Emily is your Registered Dietitian and Nutrition Coordinator for Dining Services. Emily graduated from the University of Akron's Nutrition Coordinated Program with a Bachelor of Science in nutrition and dietetics.



Do you have a special dietary need, food allergy or questions about your own diet? Contact Madison or Emily to schedule a consultation!

ASKTHEDIETITIAN@KENT.EDU

Food that fits your life[®]

For more information about any of our menu selections, including complete nutrition information, just ask your dining manager.

Nutrition information is for one individual serving. Our menu selections are developed and evaluated by our culinary experts. While adherence to recipes and serving sizes is our goal, actual nutrition content can vary from information provided due to variations in serving sizes or product substitutions. This variation is part of the process of custom preparing and serving high-quality food.

Since everyone's health history and nutritional needs are different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you!

UNIVERSITY DINING SERVICES
www.kent.edu/dining | (330) 672-2541

   @KSUDining



On-Campus **GLUTEN FREE OPTIONS**



EASTWAY FRESH FOOD CO.

- True Balance Station - Free from 7 of the top 8 major allergens, including wheat. The station provides a great option for fresh, wholesome meals and is also gluten free. This station is open for lunch and dinner.
- "Always Available" menu at True Balance Stations for safe made-to-order items such as hamburgers, turkey burgers, shredded chicken sandwiches, deli meats, french fries and side salads. Gluten-free, allergen friendly bread and hamburger buns.
- Large salad bar that provides an array of fresh fruits and vegetables

EASTWAY DELI AND MARKET

- Boar's Head Deli meats - All gluten free. Gluten-free bread is also available upon request.
- Fresh produce section offering various seasonal fruits and vegetables such as bananas, apples, oranges, asparagus, carrots and many more
- Look for various prepackaged items such as:
 - ▶ Packaged frozen fruit and vegetables
 - ▶ Amy's brand rice bowls
 - ▶ Udi's items (muffins, breads, etc.)
 - ▶ Canyon Bakehouse Breads
 - ▶ Granola bars
 - ▶ Oatmeal and cold cereals
 - ▶ Snacks
- Gluten-friendly grab and go options

GLUTEN FREE

A Gluten Free diet excludes the protein gluten. Gluten can be found in wheat, barley, rye and other derivatives. The gluten-free diet is primarily used to treat Celiac Disease. University Dining Services provides gluten-free options at many of our locations, including the True Balance station in Eastway Dining Hall and Gluten Solutions Station in the DI HUB Dining Hall.

You can exclude wheat and gluten from menus with the filter feature on Campus Dish:

WWW.KENT.CAMPUSDISH.COM

DI DINING EAT-IN

- Gluten Solutions Station open for breakfast (muffins, pancakes, eggs, potatoes, breakfast meats), lunch and dinner (comfort food favorites, specialty gluten free desserts).
- Gelato Station serving varieties of gluten-free desserts

ROSIE'S DINER AND RATIIONS

- Gluten-free bread available upon request at deli station
- Gluten-free Cauliflower pizza crust when ordering pizza made in a dedicated gluten free pizza oven
- Smoothie options now available
- Look for various prepackaged items such as:
 - ▶ Granola bars
 - ▶ Cereals such as oatmeal
 - ▶ Dry grains and noodles
 - ▶ Snacks
 - ▶ Gluten-friendly grab and go options