

Common Diets & Food Allergies

Below you will find a chart with common diets & food allergies, what they are, foods to avoid and accommodations made on campus by USF Dining.



Diet Name	What It Is	Foods to Avoid	What We Offer
<p>Vegan</p>	<p>A diet that contains no animal products, only plant-derived foods</p>	<p>Excludes any foods from animals and animal derivatives. Avoidance includes: Meat, fish, poultry, eggs, dairy products (including butter and honey)</p>	<ul style="list-style-type: none"> · Vegan station available at all 3 residential dining locations: <ul style="list-style-type: none"> - <i>The Hub</i>: Peace of Mind station - <i>Juniper</i>: Green Zone - <i>Champion's Choice</i>: Green & Fresh Zone · All vegan items on residential menus will be labeled with the following identifier:  · Most retail locations offer vegan items <ul style="list-style-type: none"> - See Vegetarian & Vegan Guide for available options
<p>Vegetarian</p>	<p>A diet that avoids meat and sometimes other animal products</p>	<p>Typically excludes meat, fish and poultry. Most vegetarians will consume dairy, eggs, butter and honey.</p> <p><i>A Pescatarian</i> does not eat meat, but consumes fish and seafood.</p>	<ul style="list-style-type: none"> · There are many other vegetarian and plant-forward options available at residential dining locations. · Vegetarian options can include dairy products, eggs and honey · Plant-forward options include recipes with plants at the center of the plate, but may contain a proportionally small amount of animal protein. · All vegetarian and plant-forward items on residential menus will be labeled with the following identifiers:   · Most retail locations offer vegetarian items <ul style="list-style-type: none"> - See Vegetarian & Vegan Guide for available options

<p>Gluten Free</p>	<p>Gluten is the name of a protein found in wheat, barley, and rye</p> <p>Gluten free diets are most commonly followed by individuals with <i>Celiac Disease</i>, who are allergic to gluten and must strictly avoid foods that contain it</p>	<p>Wheat – commonly found in breads, pasta, cereal, baked goods, soups, sauces/gravies, salad dressings</p> <p>Rye – commonly found in rye bread, crackers, some alcohol</p> <p>Barely – commonly found in malt, food colorings, soups, stews, cereals</p> <p>Oats – unless labeled <i>gluten-free</i>, often processed in the same facility as wheat (cross contact)</p>	<ul style="list-style-type: none"> · Made without Gluten items available at all 3 residential dining locations: <ul style="list-style-type: none"> – <i>The Hub</i>: Grab n’ Go area and allergen solutions station called True Balance (free of wheat) – <i>Juniper</i>: Gluten Solutions station (protein, vegetable, and starch offered at each meal). Grab n’ Go breads and desserts available. – <i>Champion’s Choice</i>: Made without Gluten items available upon request, including pasta, pizza dough, bread and buns · See Gluten Solutions Guide for retail options on campus <p><i>* Designated equipment and utensils available for items made without gluten</i></p>
<p>Halal</p>	<p>Halal is the dietary standard for Muslim religion. It means “permissible” or “lawful” in English, relating to meat preparation according to Muslim law.</p>	<p>Foods <i>not</i> considered halal include: Any meat not prepared according to Islamic law, as well as blood, alcohol, and foods contaminated with anything not considered halal. All seafood is halal.</p> <p>Many Muslims choose to eat halal-certified products only.</p>	<ul style="list-style-type: none"> · All residential dining locations have Halal options at their <i>Grill station</i>. Halal options can be found wherever the sign below is displayed. · Plant-based protein sources can also be found at many locations on campus 
<p>Common Food Allergies</p>	<p>A food allergy occurs when an individual’s immune system overreacts to a harmless protein in a food</p>	<p>The top 8 food allergens:</p> <ol style="list-style-type: none"> 1. Peanuts 2. Tree nuts 3. Wheat 4. Soy 5. Eggs 6. Milk 7. Shellfish 8. Fin fish 	<ul style="list-style-type: none"> · True Balance station at the Hub is free of 7 of the top 8 allergens (excludes fin fish) · Employees working at this station receive specific training · Strict labeling of items containing nuts on menus and display signs (outside of True Balance) · See USF Dining website for allergen and ingredient information

			<ul style="list-style-type: none"> · Ingredient transparency: ability of students to ask employees to see recipe ingredients for any menu item
Lactose Intolerance	Lack of enzyme leading to inability to digest sugar in milk (lactose)	<p>Lactose is commonly found in dairy products.</p> <p>Tolerance of products consuming lactose depends of the individual.</p>	<ul style="list-style-type: none"> · Soy and almond milks both available at residential dining locations · Dairy free vegan items often served, including mac and cheese and pizza · Some POD markets and convenience stores offer dairy alternatives
Healthy for Life	<p>Our residential dining program aiming to include a broad selection of great tasting healthy foods while making healthy choices easy to find (as seen by the nutrition identifiers)</p> <p>Nutrition information available on USF Dining website for daily menus at residential locations.</p>	<p>No foods avoided, but rather focuses on more nutrient-dense and plant-based foods to include in the diet.</p> <p>Includes a variety of foods and food groups at each meal and snack.</p>	<ul style="list-style-type: none"> · Eat Well options at residential dining locations will include at least a full serving of nutritionally dense whole foods, are lower in calories, saturated fat and sodium. They will be labeled with the following identifier:  · Made with Whole Grain options at residential dining locations will focus on whole grains as the leading ingredient in the recipe. They will be labeled with the following identifier: 

For more information on dietary restrictions or preferences, please contact USF Dining’s registered dietitian.

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