
Nutrition & Allergen

GUIDE



CAMPUS
dining & shops

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University at Buffalo

CAMPUS
dining & shops

Guide

TO EATING WELL

AT UB & FOOD ALLERGY MANAGEMENT



Making a difference, one plate at a time.

Our Mission

The mission of UB Campus Dining and Shops is to enhance the campus life experience by providing a variety of dining options designed to fit the lifestyles and nutritional needs of the University community. Serving foods from local growers, striving to achieve sustainability, and expanding the availability of dining choices are ways that we enrich the dining experience.



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Healthy EATING HOTSPOTS



There are so many places to eat at the University at Buffalo! While it may seem overwhelming at first, you can find several locations on campus that offer healthful and satisfying options.

Try these locations on campus to meet your daily nutritional requirements!

SEASONS

FRESH CAFE & ORGANIC JUICE BAR

Featuring a seasonal menu with organic & local produce and cold pressed juices. Located in the Center for the Arts.



Load up on veggies by building your own salad or wrap. Located in the Student Union and Bert's.



Popular hot spot for fresh Mexican cuisine made with clean ingredients such as housemade guacamole, brown rice, mango and black bean salsa, and marinated vegan tofu! Located at the Ellicott Food Court.



Find a selection of vegetarian soups, fruit cups and protein packs. Located in Greiner Hall - Ellicott Complex.



Jamba Juice.

Great spot for smoothies and hearty steel cut oatmeal. Located in the Student Union.



Sushi made fresh daily with a brown rice option. Located in the Student Union, Harriman Café and Grab-N-Go coolers across campus.



Find fruit & vegetable cups, Greek yogurt, freshly made hummus and prepared salads in coolers across campus.

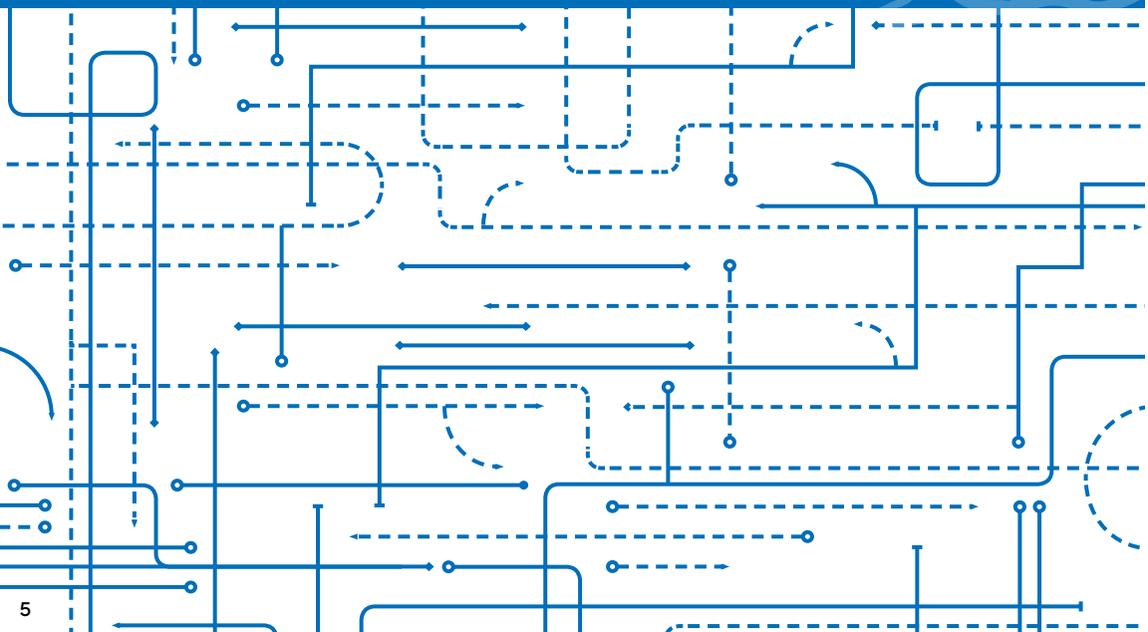


Stop in for a grilled chicken sandwich, veggie burger or build-your-own salad. Located on South Campus in Harriman Hall.



Vegetarian dedicated stations are available at each residential dining center! Look for daily vegan and vegetarian options. Located on North & South Campus.

NUTRITION ICONS TO KNOW



Vegan items contain no obvious sources of animal products or byproducts, including honey.



Vegetarian items meet the definition of lacto-ovo vegetarianism, and contain no meat, poultry, fish or shellfish.



Smart choice : Marking selected items "A+" is our way of helping students identify the healthier options on campus. Items marked A+ must fit certain nutritional criteria and have one of the following nutritional redeeming qualities that benefits you!

- Contains a serving of fruit or vegetable
- Is an excellent source of whole grains
- Meets $\geq 10\%$ daily value for one or more nutrients: Calcium, Iron and Vitamins A & C
- Good source of fiber
- Fits into many diets including gluten-free, vegan, vegetarian and kosher



For more information on certified gluten-free products, see page 17.

SUSTAINABILITY

& Local



LOOK FOR OUR NEW YORK SYMBOL



Products with this label have been grown, produced or processed in New York State. Currently 39% of our total purchases are from growers, food artisans and manufacturers in Western New York area. Some of our New York vendors that supply our dining centers and retail dining locations include:

General Mills (Buffalo) | **Galbani/Sorrento Cheese** (Buffalo) | **Upstate Farms** (Buffalo) | **Rosina** (Buffalo) | **Rich Products** (Buffalo) | **Costanzo's Bakery** (Cheektowaga) & Over 15 family Fruit/Vegetable farms

SUSTAINABILITY IN DINING AT UB:

- Composting of pre-consumer and post-consumer food waste into a soil amendment
- Napkins made from recycled material
- Reusable mugs, biodegradable to-go containers and china
- 12 Reverse vending machines for plastic bottle redemption
- Cooking oil recycled into biodiesel
- Use environmentally friendly dish soaps and cleaning sanitizer
- 4 local New York vending machines that feature all healthy and local New York state products

NetNutrition

NetNutrition is an interactive nutrition website that filters menu items by specific allergens and dietary preferences. This online tool also allows you to view menus, look up ingredients and track your food intake using Meal Nutrition!

Please visit:
nutrition.myubcard.com/NetNutrition/1
or the nutrition kiosk in your dining center.

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Home > Dining Services > Nutrition Information

Dining Facilities

- Bert's
- Harriman
- Greenery
- Ellicott Food Court
- Pistachios
- Tiffin Room
- Putnam's
- Goodyear Dining Center
- Main Street Market
- Governors Dining Center
- The Cellar
- Crossroads Culinary Center
- Seasons
- Grab N' Go
- My Meal
- Meal Nutrition
- Clear My Meal

Check the items you want, pick the number of servings, and click **Item Nutrition**; to see the nutrition for the items selected below, or click **Back** to select another Category or Menu.

Back Item Nutrition Add Items

Menu For - Seasons - Lunch

Item Name	Serving Size	# of Servings
Seasons Flatbread Pizza		
<input type="checkbox"/> Spring into Summer Pesto Flatbread	Flatbread	1
<input type="checkbox"/> Kale Pesto Flatbread	Flatbread	1
<input type="checkbox"/> Chicken Kale Pesto Flatbread	Flatbread	1
<input type="checkbox"/> Classic Flatbread	Flatbread	1
<input type="checkbox"/> Kale Turkey Bacon Flatbread	Flatbread	1
Seasons Juice Bar		
<input type="checkbox"/> Cucumber Nojito Organic Juice	12 Fl Oz Cup	1
<input type="checkbox"/> Skinny Hot Lemonade	12 Fl Oz Cup	1
<input type="checkbox"/> Vegetable Seven Organic Juice	12 Fl Oz Cup	1
Seasons Salads		
<input type="checkbox"/> Quinoa & Chickpea Salad	Salad	1
<input type="checkbox"/> Chicken Kale Pecan Salad	Salad	1
Seasons Sandwiches		
<input type="checkbox"/> Chicken BBQ Pineapple Sandwich	Sandwich	1
<input type="checkbox"/> Chicken Gyro Sandwich	Sandwich	1

Back Item Nutrition Add Items

All nutritional information is based on the listed menu items. Any additions to ingredients or condiments will change the nutritional value. All information provided is believed to be accurate and reliable as of the date of posting. Nutritional information may vary by location due to product substitutions or product availability.



My Meal

- Meal Nutrition
- Clear My Meal

Allergies

- Allergens Unknown
- Corn
- Eggs
- Fish
- Gluten
- Milk
- Peanut
- Sesame Seed
- Shellfish
- Soy
- Tree Nuts
- Wheat

Preferences

- Alcohol
- Pork
- Smart Choice
- Vegan
- Vegetarian

Clear Filters

Fresh Orange
Apple

Greens & Beans Soups

- Buffalo Chicken Wing Soup
- Chicken and Sausage Gumbo
- Chicken & Corn Chowder
- Broccoli Cheese Soup
- Tomato Basil Bisque
- Pasta Fagioli With Bacon
- Vegan Garden Vegetable Soup
- Italian Wedding Soup
- Chicken Noodle Soup
- New England Clam Chowder
- Chicken Tortilla Soup
- Raviolini Soup With Italian Vegetables
- Minestrone Soup
- 7 Bean Soup
- Tomato Florentine Soup

N-Udi's Gluten Free

- Gluten Free Chocolate Chip Cookie
- Gluten Free Snickerdoodle Cookie

N-Salad Vegetables

- Baby Spinach
- Chopped Romaine Lettuce
- Salad Base

Quarters
Apple

Vegan Garden Vegetable Soup
Nutrition Information
Serving Size: 8 Fl Oz Serving (227g)

Amount Per Serving	% Daily Value
Calories: 70	Calories from Fat: 1%
Total Fat: 0.9 Gram	1%
Saturated Fat: 0 Gram	0%
Trans Fat: 0 Gram	0%
Cholesterol: 0 MG	0%
Sodium: 780 MG	32%
Potassium: 270 MG	8%
Total Carbohydrate: 16 Gram	5%
Dietary Fiber: 3 Gram	12%
Sugars: 8 Gram	16%
Protein: 1 Gram	1%

Vitamin A: 30% Vitamin C: 0%
Calcium: 2% Iron: 2%

Ingredients: Veggie Vegetable Garden Soup/Tomato Pesto (Water, Tomato Paste), Carrots, Potatoes, Onions, Tomatoes In Tomato Juice, Green Beans, Cabbage, Corn, Celery, Peas, Zucchini, Cauliflower, Lentils, Thai Chili Heat Peppers, Sugar, Modified Food Starch, Salt, Dehydrated Onions, Water, Vegetables (Carrots, Green, Celery), Pepper Hot Peppers, Dehydrated Garlic, Potato Flour, Corn Oil, Flaxseed, Olive Acid, Salt/Potatoes, Peas, Spice, Beans, Water/Wheat, Lettuce, Cornmeal Color, Dehydrated Carrots, Celery Extract, Spinach, Water, Contained: Corn

Note: Every effort is made to frequently update nutrition, allergen and ingredient information; however, accuracy of the information cannot be guaranteed due to substitutions, cooking methods or changes to products and/or manufactured ingredients. In addition, we use manufacturer food labels to identify allergens. Voluntary statements on labels: "produced in a facility or made on shared equipment" will be included under the ingredient list on NetNutrition.

FOLLOW THESE TIPS BELOW TO BUILD YOUR

Healthy Plate

Make half your plate fruits and vegetables! Choose brightly colored fruits and vegetables often for the most health benefits!

Fruits

- All fresh, frozen, canned, dried fruit and 100% fruit juice count as a fruit serving!
- Make most of your choices whole fruit for the benefits of dietary fiber.
- 2 cups daily*

Vegetables

- All fresh, frozen, raw and cooked vegetables count towards your vegetable serving!
- Select a variety of vegetables including: dark green, red and orange, legumes (beans and peas) and starchy.
- 2 1/2 cups daily*

AT UB!



Oils

- Choose oils more often than solid fats
- 5 teaspoons daily*



Dairy

- CHOOSE Fat-free or low-fat dairy. All milk, including lactose-free, fortified soy milk, yogurt, frozen yogurt and cheeses are counted as a dairy serving. Cream, sour cream and cream cheese are not included due to low calcium content. *
- 3 cups daily*

Grains

- Make half your grains whole grains!
- Choose whole grain foods including: whole-wheat bread, whole-grain cereals and crackers, oatmeal, quinoa, un-buttered popcorn and brown rice.
- Choose refined grains less often: white breads, refined grain cereals and crackers, pasta and white rice.
- 6 servings daily*

Protein

- Choose a variety of protein foods including: seafood, lean meats and poultry, eggs, legumes (beans and peas), un-salted nuts, seeds and soy products.
- If you are vegan or vegetarian, legumes can be considered part of this group or the vegetable group.
- 5 1/2 oz daily*

*Recommendations are based on a 2,000 calorie diet and USDA's healthy eating pattern visit choosemyplate.gov for serving equivalents

Allergen GUIDE

Our Philosophy:

UB Campus Dining & Shops (CDS) is committed to making accommodations to meet the dietary needs of students with medically documented food-related allergies or intolerances. We work together to provide reasonable arrangements for students so they may participate in college dining as much as possible.

Our goal is to provide the necessary information and individualized services so students can be successful in the active management of their food allergy (ies).

Our Environment:

Be mindful of cross-contact in all dining locations. Cross-contact occurs when an allergen is inadvertently transferred from one food product to another. Due to the self-serve nature of the dining centers, cross-contact is possible. Campus Dining educates all food service staff on food allergies and best practices during preparation and service of meals to reduce these risks.

Dining Services Provides the Following:

The following services are available through UB Campus Dining to help manage your food allergy (ies):

1. An on campus Registered Dietitian is available to develop an individualized plan and help navigate menus in CDS dining locations.
2. Dining Managers and Executive Chefs are available in retail and dining centers to help answer your questions.
3. Online menus for CDS dining locations are available including ingredient and allergen information.
4. Nutrition signs are available in the dining centers alerting you of the 8 major allergens plus gluten, corn and sesame.
5. Upon request, dining staff will change gloves or use fresh cooking utensils or pans. New products can also be requested to avoid concerns of cross-contact at self-serve stations.
6. CDS educates all foodservice staff on the severity of foods allergies.

Your Management:

Student responsibilities when managing food allergies:

1. Notify CDS's Registered Dietitian of your food allergy (ies).
2. Be proficient in the self-management of your food allergy(ies) including:
 - Avoidance of foods to which you are allergic.
 - If you have been prescribed an EpiPen, carry it with you at all times.
 - If you notice something that is problematic for your allergy, please notify CDS so they can address your concern.
3. Read nutrition information provided in the dining centers and online to be better informed.
4. Review the menu before you arrive to the dining center. Please keep in mind that it may take extra time to have special menu items prepared.
5. Please speak to a Manager before ordering in all CDS dining locations.
6. Please direct all questions to the Executive Chef, Registered Dietitian and/or Manager on duty.

Additional Tips:

- Be your own advocate!
- Don't be shy to create relationships with UB Campus Dining staff. This will help make your dining experience less stressful. We are here to help and we look forward to working with you!
- Until you become familiar with CDS dining locations and menus, arriving at less busy times is optimal.

In Case of a Reaction:

If you are exhibiting symptoms of an allergic reaction, including anaphylaxis:

1. Immediately seek help—Signal someone to call Campus Police at 645-2222.
2. Administer your EpiPen. Consider taking an anti-histamine, after epinephrine.
3. Notify CDS staff as soon as possible about your experience.

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FOOD Allergies

Students are encouraged to read allergen information and speak to a manager before selecting:

Wheat:

Menu options containing wheat and gluten will be labeled. Common items containing wheat include: bread, bagels, soy sauce, gravy and pasta. Please speak to a manager before making menu selections and for gluten-free options.

Peanut:

Students with peanut allergies are advised to refrain from bakery items that contain or may have come into contact with peanuts. Peanut butter is also served in the dining centers and certain retail locations. Please check nutrition signage and speak to a manager before making menu selections.

Milk:

Soy milk and almond milk are available for those who are dairy-free. Please read nutrition signage and ingredient information to avoid menu options that contain dairy.

Tree Nuts:

Students with tree nut allergies are advised to refrain from bakery items that contain or may have come into contact with tree nuts. Please be mindful of ice cream, salad and oatmeal topping bars that may contain tree nuts. Coconut is also identified under this category. Please check nutrition signage and speak to a manager before making menu selections.

Fish:

Fish is incorporated into our menus along with Worcestershire and fish sauce. Please read nutrition signage and speak to a manager before making menu selections.

Shellfish:

Shellfish (i.e. Lobster, shrimp) as well as mollusks (i.e. scallops, clams) are labeled under this category. These items may be found in pasta dishes and premier entrées in the dining centers. Please read nutrition signage and speak to a manager before making menu selections.

Sesame:

Sesame seeds and sesame oil may be present in bagels, hummus, Asian cuisine and sushi. Items containing sesame will be labeled.

Corn:

Corn and corn derived ingredients will be labeled. Please read ingredient information before making menu selections.

Soy:

Soy is found in menu options including: soy sauce, edamame and tofu. Soybean oil is labeled as an allergen; however, some individuals with soy allergies may be able to tolerate highly refined soybean oil.

Egg:

Eggs may be present in baked items, breakfast dishes, fried rice, ice cream and mayonnaise. Pasta and deep fried products may contain traces of eggs.

Gluten FREE



CDS is able to accommodate those with Celiac Disease or gluten sensitivities. Please keep in mind that recipes are prepared in open kitchens where cross-contact is possible and where ingredient substitutions may have been made. Please notify a manager before ordering so we can take the necessary steps to prepare your meal safely. If you need to follow a strict gluten-free diet, please contact the CDS Dietitian for guidance.

The following certified gluten-free products are available upon request:

Retail Locations:

- Bagel
- Bread
- Hamburger Roll
- Cookies
- Muffins
- Packaged gluten-free products are available at the Elli and in vending machines across campus.

Dining Centers:

- Bagel
- Bread
- Hamburger Roll
- Pizza Crust
- Cookies
- Muffins
- Cereal
- Pasta
- Meatballs
- Ravioli

Please speak to a manager to learn more about additional items that can be prepared upon request.

Gluten-free dedicated toasters are available in all dining & retail locations.

Resources

Campus Dining & Shops:

If you have food allergies, intolerances, Celiac Disease and/or other dietary needs and would like more information on dining accommodations, please contact Lori Bendersky, MS, RD, CDN at: dietitian@buffalo.edu or call 645-6445. For more nutrition information please visit: myubcard.com/dining/nutrition

Wellness Education Services:

Nutrition assessment and counseling for food allergies and other dietary concerns is available with Janice Cochran, MS, RD. For an appointment, call (716) 645-2837 x 0 or visit Wellness Education Services www.student-affairs.buffalo.edu/shs/wes

Accessibility Resources:

For special accommodations related to a food allergy or sensitivity, call (716) 645-2608 or visit the Accessibility Resources site for more information: www.buffalo.edu/accessibility