

# A HEALTHIER



A COMPLETE GUIDE TO EATING ON CAMPUS  
WITH ALLERGIES, INTOLERANCES, AND  
SPECIAL DIETARY NEEDS.

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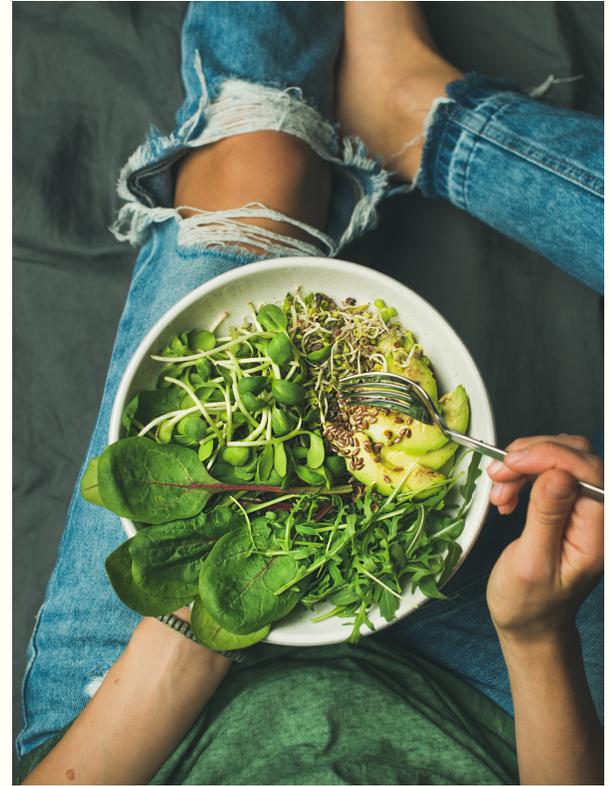
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# Handling Food Allergies

UM Dining aims to provide our students and guests with the support they deserve by accommodating those with food allergies and intolerances and providing a safe place to eat. From following standardized recipes to avoiding cross contact in all facets of production and service, we do our best to provide safe and balanced options for those with dietary food allergies and intolerances.

Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut, tree nut and other potential allergens in the food production areas in all of our facilities. We work to provide nutritional and ingredient information that is as complete and up-to-date as possible. To view, please visit Dine On Campus website at [www.dineoncampus.com/miami](http://www.dineoncampus.com/miami) and download our Dine on Campus app for convenience. Products may change without our knowledge and menu items are prepared in close proximity to other ingredients that may result in cross contact with ingredients not listed, including allergens. Guests with food allergies or specific dietary concerns should speak with the onsite Registered Dietitian or manager for individualized assistance.



## AllerTrain™

### Avoiding Cross Contact

Every year our staff is trained on proper food handling procedures to minimize the risk of cross contact. Associates and staff are also trained on allergies, including the top 8 most common food allergies: **milk, eggs, fish, crustacean, shellfish, tree nuts, peanuts, wheat, and soybeans.** Our Registered Dietitian, Alyson Marquez, is a certified Master Trainer by the program AllerTrain, and can answer any questions students or associates may have.

#### Cross Contact :

is when a food allergen is transferred from an allergen containing food to a non-allergen containing food.

## BALANCED U



Foods that do not contain any animal-derived products at all including honey, dairy or eggs. A variety of vegan options are offered throughout campus.



Foods that do not contain any animal products except dairy or eggs. We celebrate the environmental and wellness benefits of a vegetarian diet by offering multiple options in each venue.



Foods that do not include gluten containing ingredients. We avoid cross contact but cannot guarantee they are gluten-free.



These foods are limited in calories, fat, saturated fat, cholesterol, and sodium. Eating these foods more often will help you feel energetic and healthy.



## Key ways we work as a team to prevent cross contact

- Implementing standard procedures for safe product storage in the back of the kitchen.
- Enforcing proper cleaning and sanitation practices for kitchen equipment and production areas.
- Following standardized recipes.
- Utilizing separate utensils and pans for the production and serving of allergy safe foods.
- Washing hands and changing gloves regularly and upon request.

\*To further minimize the risk of cross contact, please speak to a manager to review your food allergies so we may provide tips and tricks on enjoying a safe and delicious meal.

## Student & Guest Responsibilities

It is important that as a student or guest with special dining needs that you are your own advocate. Below are some key steps to assist you while you eat on campus.

**Speak up!** Tell a manager that you have a specific food allergy so we can provide you with a safe experience.

**Review Menu** Review menu and ingredients via [www.dineoncampus.com/miami](http://www.dineoncampus.com/miami) or download the app to your smart device.

**Register** Register with the Office of Disabilities on campus about your food allergy or intolerance.

**Meet the Team** Meet the UM Dining Team to ensure an easier time navigating the dining halls and how best to stay safe while dining with us.

**Report** Report any dining issues or allergic reactions immediately to a UM Dining manager, director, or dietitian.

**Contact** Contact UM Dining early and let us know about your allergies! You can complete our UM Dining online from by scanning the QR code or send an email to our campus Registered Dietitian, Alyson, at [UMDiningRD@miami.edu](mailto:UMDiningRD@miami.edu).



### Our Commitment is to ensure your safety and satisfaction through the following ways:

- Our UM Dining Team receives annual training on safe food allergy and Celiac Disease training. Continual education provided throughout the year.
- We share all recipes, food ingredient labels, and potential risk to cross contact upon request for any and all foods being served.
- We have a team of qualified professionals to best assist you with a safe and healthy dining experience. We work on an individual basis with students with food allergies or intolerances to provide personalized support within our dining halls.
- We maintain working relationships with the Office of Disabilities, Dining Services, Residential Life, Student Health Services and UM Campus Emergency Response Team to best support our guests with food allergies and intolerances.

# Say hello to our very own Registered Dietitian

Our Registered Dietitian and Licensed Dietitian Nutritionist, Alyson Marquez, has her Bachelor's degree in Clinical Dietetics and Nutrition and her Master's of Science degree in Wellness and Human Performance from the University of Pittsburgh. She regularly works with our students to show them how to get the most out of their dining experience. From eating on an animal-product-free diet, to gluten intolerance and weight loss, Alyson is here to show you how to navigate our dining facilities and take advantage of the wide variety of dining options the University of Miami has to offer. The best part is her services are free for all students! Below are some commonly asked questions for new and returning students, from avoiding the "freshman 15" to simply leading a more balanced lifestyle.

## I want to avoid putting on weight while in college. What tips do you have?

**Weight gain occurs when one increases total caloric intake and/or decreases activity during the day. Below are some tips you can put into practice to help you have a balanced lifestyle.**

- 1 Disengage with electronics and any distractions during eating. This will allow you to listen to your body's signals of hunger and satiety. On a scale of 1-10 (1-extremely starving and 10-extremely stuffed); aim to put your fork down around a 5-6 and take a meal or snack when you're feeling 1-4 on the scale).
- 2 Be mindful of portion sizes. Unlimited trips for seconds or thirds in the dining hall or finishing a restaurant portion size will bump up the caloric intake.
- 3 Reach for balance at each meal and snack time. Work to include vegetables, complex carbs, lean protein and healthy fat during meal times. For snacks try to pick two of the above items. This will ensure you get the right nutrients and balance energy to keep you going throughout the day.
- 4 Reach for water - make sure to stay well hydrated throughout the day. Feelings of hunger may be a sign of dehydration. Reach for a glass of water and wait 10 minutes before deciding if you still need that snack.

## I want to eat healthy. Which items should I select when eating in the dining hall?

Eating healthy is a great opportunity to try the many menu options that UM Dining has to support a balanced lifestyle. When eating in the dining halls look for the Balanced icon (posted on the menu options within the dining halls, and also found on [dineoncampus.com/miami](http://dineoncampus.com/miami) or the Dine On Campus app). The icon indicates that the meal or side dish meets specific nutrition criteria; specifically for total calories, fat and sodium content.

Beyond using the Balanced icon, I recommend checking each dining platform and seeing what is available. Piecing together a meal by selecting the vegetables, whole grains and lean protein you want provides great variety. Eating healthy doesn't have to happen each time we eat, but selected routinely with about an 80/20 rule can help you find great variety and balance within a healthy meal plan.

Want to learn more? Schedule a one-on-one session with Alyson!

**Email:** [UMDiningRD@miami.edu](mailto:UMDiningRD@miami.edu)  
**Phone:** (305) 563 - 4831

## I have a new fitness routine and my goal is to increase muscle mass. What should I do?

In gaining muscle, many people know that protein is important, but total energy intake in the form of calories lays a great foundation. Without extra energy provided for the exercise program and enough support an increase in muscle mass it will be tough to meet one's goal.

- 1 Increase caloric intake by 300-500 extra calories a day. This can be accomplished through additional snacks or servings at meal times.
- 2 Include sources of complex carbohydrates (at breakfast, lunch, dinner, pre- and post-training snack) so your body will have the fuel sources for sustaining the exercise program. Reach for a variety of whole grains, fresh fruits, starchy vegetables, milk and yogurt for a great source of carbohydrates.
- 3 Take protein post workout session (15-25g) within 30-45 minutes and routinely throughout the day (breakfast, lunch, dinner and before bedtime). Supplements are not needed to reach post-training and total protein intake goals. Foods rich in protein include Greek yogurt, milk, nuts, seeds, cheese, meat, poultry, fish, and beans.

## I'm interested in becoming vegetarian or vegan. What nutrition concerns should I consider?

Vegetarian and Vegan dining is a great way to improve one's health and wellness profile. However, not having a balanced vegetarian diet – like any diet – can lead to nutritional deficiencies. Some key nutrients of concerns include total energy and protein intake, iron, calcium, zinc, iodine, Vitamin B12, Vitamin D and omega 3 fatty acids.

Vegetarian eating has different subsets based on one's type and style of vegetarian eating. Therefore not all vegetarians may be at risk for all of the above nutrients of concern. Learning how to find balance and to eat a variety of plant-based foods is vital to the success of one's vegetarian diet and overall health. To learn more about being a vegetarian or vegan, check out the chart below or schedule a meeting with Alyson.

	DAIRY	EGGS	HONEY	VEGGIES	FRUIT	PULSES	LEGUMES	WHEAT
<b>LACTO-OVO-VEGETARIAN</b>	✓	✓	✓	✓	✓	✓	✓	✓
<b>OVO-VEGETARIAN</b>		✓	✓	✓	✓	✓	✓	✓
<b>LACTO-VEGETARIAN</b>	✓		✓	✓	✓	✓	✓	✓
<b>VEGAN</b>				✓	✓	✓	✓	✓



# Avoiding Gluten in the Dining Halls

Our staff is trained yearly by our Registered Dietitian and Safety Manager on proper food handling protocols to minimize the risk of cross-contamination. Our staff is trained to change gloves for the handling and serving of avoiding gluten meals when requested by the guest. Additionally, we have separate utensils for preparing and serving avoiding gluten meals when requested by the guest. The Avoiding Gluten self-serve station, located in each dining hall in the Nook, contains a separate toaster and waffle maker to be used with avoiding gluten breads and waffle mix only. It also contains individually packaged condiments to limit cross contamination as well as a refrigerator of avoiding gluten pre-packaged products.

## EVERYDAY OPTIONS

- 
**Pizza Crust** Avoiding gluten pizza crust is available every day upon request. The avoiding gluten pizza crust is cooked on a designated pizza pan within the general pizza oven.
- 
**Soup** There is at least one avoiding gluten soup available daily in each dining hall. All of our soup stocks are avoiding gluten; our soup is thickened with cornstarch.
- 
**Cereal and Oats** Avoiding gluten oats, cereal, and house-made granola are available every day in both dining halls.
- 
**Bakery** Our bakery will always offer at least one avoiding gluten item daily such as cookies.
- 
**Waffle Maker** We have a separate toaster and waffle maker at both dining halls to be used with avoiding gluten breads and waffle mix only.
- 
**Pasta** Avoiding gluten pasta is available upon request on days we are serving pasta. It is cooked in a separate pot on a shared stovetop.
- 
**Bread** We have various types of breads at both dining halls. We also have avoiding gluten corn tortillas as an option at our taco bars.
- 
**Grill** Both dining halls have housemade vegan and avoiding gluten burgers made fresh daily and avoiding gluten buns, available upon request.

## Gluten Friendly Specialty Brands in the Dining Halls



# Eating Vegan or Vegetarian in Resident Dining

## Cereal

We have 8 varieties of cereal available daily in our Pantry area as well as whole milk, 2% milk, chocolate milk, vanilla or chocolate Silk Soy milk, and Ripple Pea milk. You will also find a selection of breads for toast, muffins, bagels, and waffle flavors. A parfait bar is available with two varieties of yogurt and a full selection of toppings and fruits. Additionally, we serve tofu scramble daily alongside home fries, tater tots, eggs and much more!

## Plant Based

Plant Based is our fully vegetarian station in the dining halls. Located next to the Grill in Hecht-Stanford Dining Hall and next to Pizza in Mahoney-Pearson Dining Hall, Rooted serves meatless dishes during lunch and dinner each day of the week. Full meals are offered at this station, so it is a one-stop-shop for your main entrée and side!

## Deli

The deli is open for lunch and dinner daily and offers a completely customizable way to build a sandwich or wrap - meaning it is 100% vegan and vegetarian friendly! We have the following vegan options available daily:

- Roasted Vegetables
- Tomatoes
- Hummus
- Vegan Falafel
- Pepperoncini Peppers
- Bell Peppers
- Lettuce
- Onions
- Pickles
- Jalapeños
- Black Olives
- Avocado Spread

## Grill

Our grill station offers a variety of vegan and vegetarian options such as Vegan Burgers, Vegetarian Burgers, Chickenless Nuggets, Fishless Filets, and more! Plus, most items only take about 6-9 minutes to prepare and are made-to-order.

Pro-Tip: Most of our French fry varieties are vegan!

## Pizza

At least one vegetarian pizza option is available daily at our pizza station so you are able to satisfy your pizza craving whenever you feel the need.

We also have rotating options of calzones and pasta dishes available at this station as well, so make sure to stop by and check out what is available that day.

## Soup & Salad

We offer two varieties of soup daily, one of which is vegan. Our salad bar is always full with a variety of fruits, vegetables, and meatless protein options. Offerings change daily based on seasonality and availability. We keep a rotating selection of hard boiled eggs, tofu, beans, legumes, and other plant-based protein options. Our dressing options are listed below:

► **Vegan:** Canola Oil, Olive Oil, Balsamic Vinegar, Red Wine Vinegar, Shallot Mustard Vinaigrette, House-made Herb Vinaigrette

► **Vegetarian:** Creamy Ranch, Basil Pesto, Creamy Chive, Fat Free Italian, Blue Cheese, House-made Citrus Vinaigrette



Did you know our famous vegan cookies are available daily in the dining halls? Make sure to try both the sugar and chocolate chip varieties!



Fresh Fusion is now completely vegan! This concept offers a variety of bowls, salads, flatbreads, and sandwiches. You can create your own bowl or try one of our new sandwiches such as the "Egg" Salad Sandwich or Vegan BLT. Fresh Fusion will also have rotating specials crafted by our in-house culinarians!

Our popular salad concept is great for vegans and vegetarians. Apart from the number of meatless menu items they offer (the Greek salad, Farmhouse salad, and Roasted Veggie Melt, just to name a few), you can also Design Your Own salad or wrap. We recommend adding quinoa or almonds for an extra protein boost.

Einstein Bros. Bagels does not only have great coffee (that you can order with soy milk) and fresh bagels -they also have a number of vegetarian food items. We recommend the Hummus Veg Out Signature Sandwich or the Spinach, Mushroom, and Swiss Egg Sandwich.

Every smoothie found at Smoothie King is gluten-free and vegetarian. Some smoothies are made with yogurt, so be sure to look at the ingredients when ordering if you're vegan. Sunwarrior Protein is 100% vegan, and you can substitute milk in a number of other smoothies to make them dairy-free.



Fitberry is located in the Wellness Center. There are a variety of organic smoothies and açai bowls to choose from, as well as grab-and-go salads and paninis.

The Market is your go-to for vegan and vegetarian snacking on campus! With hundreds of options, you are sure to find something you'll love. Be sure to check out our grab-and-go brand, Jack & Olive, for fresh vegan and vegetarian salads, sandwiches, snack packs, and more!

The Corner Deli, located in the Market, not only has some great vegan and vegetarian options but is also Glatt Kosher, supervised by Rabbi Felig. Make sure and try the Falafel bowl, it's a student favorite!

A popular local Miami concept, Vicky Café offers a variety of vegetarian pastries. Pair one with their famous Cuban coffee and you're guaranteed a tasty breakfast that won't let you down.

## SEBASTIAN'S CAFÉ

Sebastian's Café has plenty of vegetarian options to choose from! A roasted Vegetable Quesadilla, Four Cheese Quesadilla, Garden Chop Chop, and Garden Ibis Panini are all great meatless options. Ask for any salad without chicken and pair it with our vegetarian soup of the day. There are also a variety of meatless breakfast options to choose from.

## DAYBREAK

Daybreak is located in Lakeside Village, featuring a variety of vegetarian options including Mango Avocado Toast and Banana Almond Toast. All toasts can be made with avoiding gluten bread. Ask for the Falafel Waffle with no dressing for a great vegan option!

## SUBWAY

Grab a Veggie Delight or craft your own meatless sandwich at Subway. You can even go vegan! Pile your sandwich high with vegetables and add any of their vegan-friendly sauces - yellow or deli mustard, vinegar, sweet onion sauce, Italian dressing, or buffalo sauce.



Starbucks has a number of sandwiches, protein packs, salads, and pastries available that are meat and/or dairy free. We also have soy and almond milk available for you. Additionally, Peta has a great guide to ordering vegan at Starbucks.



Sushi Maki is ideal for pescatarians, but don't be fooled - the native Miami sushi chain also has a number of vegan rolls: The Vegetable Summer Roll, Vegetable Dragon Roll, and Classic Vegetable are all vegan-friendly. Additionally, they offer a delicious Hiyaski Wake (Seaweed Salad) and Edamame.



Despite having "Chicken" in its name, Pollo Tropical is surprisingly vegetarian friendly. Build your own TropiChop without meat and choose from a variety of vegetarian (mashed potatoes, mac and cheese) or vegan bases (all varieties of rice and lettuce). All veggies with the exception of kernel corn are also vegan! The french fries are vegan as well!



Panda Express' easily customizable bowls and plates make meatless eating easy. Eggplant tofu, steamed vegetables, and brown rice is our favorite combo! Add some veggie spring rolls if you're feeling really hungry.



A campus favorite, almost anything on Lime's menu can be made vegetarian. When eliminating meat, add rice, black beans all FREE of charge. We recommend asking for your order fajita-style for an extra dose of veggies!



**DID YOU KNOW:** UM Dining's Resident District Manager, Michael Ross, is an advisor on the Plant-Based 'Canes which is a student group on campus that provides a sense of community for vegans and vegetarians. Michael Ross also sends out a weekly email of all of the Vegan & Vegetarian options being served in the dining halls! Interested in signing up? Send us an email to: [umdining@miami.edu](mailto:umdining@miami.edu)



## Banana Sandwich / Banana Split

Toast two pieces of whole wheat bread and spread on a tablespoon of WOWBUTTER®. Then slice up a banana, top with honey and put the two slices together for a satisfying breakfast. For a healthy banana split, slice the banana in half long ways, spread with WOWBUTTER® and top with Greek yogurt and your choice of fruits.



## Veggie Bagel

You can make your own veggie bagel right here in the dining hall. Grab a bagel from the bagel case and toast it. Shmear with hummus (located in the canes zone) and top with arugula and other veggies from the salad bar such as tomatoes, red onions, and olives. Yum!



## Apple Cinnamon Oatmeal

Grab a cup of oatmeal, an apple, 2 tsps of honey, and some cinnamon. Cut up your apple slices small enough to top your oatmeal off, add a dash of cinnamon, and drop the honey over the top for a sweet and delicious breakfast. You can also add some granola as well.



## Design-Your-Own Waffles

There are so many different things you can do with waffles. For example, you can make a waffle Patty Melt, Waffle Ice Cream Sandwich, Waffle Chicken BLT, and much more! Our favorite is probably the Chicken and Waffle mini sandwich. Grab chicken from the grill, fried or grilled. Cut a waffle in half and put chicken inside, smother with syrup, and enjoy! Also try a Waffle Parfait by grabbing yogurt, granola, and fresh fruit from the salad bar.



## Deviled Eggs

Grab a few hard boiled eggs from the salad bar and take the yolks out. Mix the yolk with mayo, mustard, relish, and salt and pepper and then put the mixed yolk back in the eggs. Throw some salad-bar bacon bits on top and voila!

★ **DID YOU KNOW?** Both of our dining halls are completely peanut-free! We use a peanut butter alternative called WOWBUTTER® which is available anytime in the Avoiding Gluten station.

## Avocado Toast

Grab some avocado spread from the deli and toast bread of choice. Use a knife to spread the avocado onto the toast. Season with salt and pepper and drizzle with olive oil and lemon juice. Note: to add a bit more protein to the mix, add a hard boiled egg! Slice in half and place on top.



## Tuna Salad Lettuce Wrap

You can find tuna salad at the Deli station in either dining hall. Simply ask the associate for some, as well as a few lettuce leaves. Season with salt and pepper and top with your favorites such as tomatoes, avocado, hard boiled eggs, etc. Finally close the lettuce leaf and enjoy! Note: this can also be a very yummy bowl or salad combo!



## Burrito Bowl

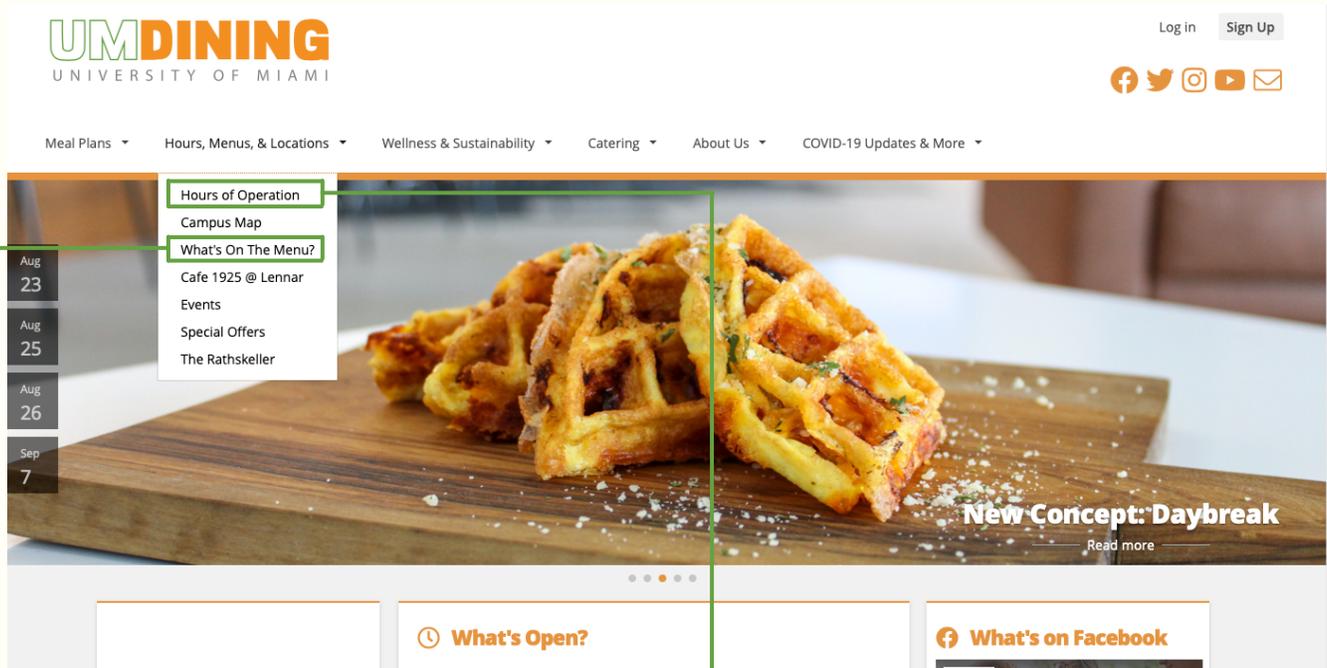
You can make an awesome burrito bowl any night in the dining halls. Start by mixing rice with your choice of protein such as tofu, garbanzo beans, or cut-up grilled chicken. Then add your toppings; lettuce, tomatoes, beans, and shredded cheese which all can be found at the salad bar.



**All hacks available at both Hecht-Stanford and Mahoney-Pearson Dining Halls.**



Our Dine on Campus website, [www.dineoncampus.com/miami](http://www.dineoncampus.com/miami), has all the information you need! Find menus, meal plans, dining service hours, and event information all in one place. Here are a few features we would like to highlight to make it easier for you to find the information you are looking for.



### What's on the Menu?

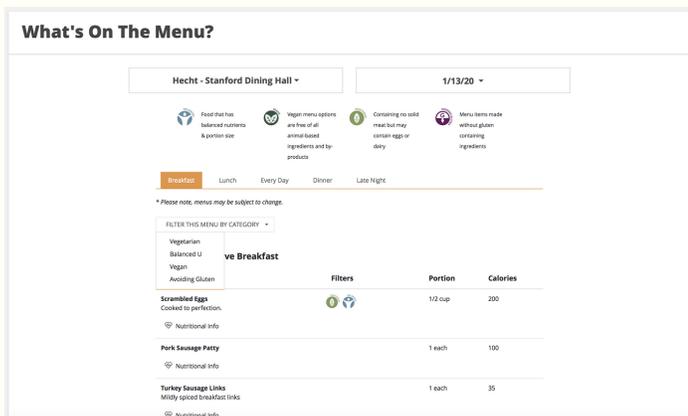
The majority of our location menus are listed right on our website! See menus and full nutritional information in this tab.

Did you know that you can use this filtering tool under "What's on the Menu" tab to find vegan and vegetarian options in the dining hall? It tells you exactly what items are vegan, vegetarian, and avoiding gluten friendly.

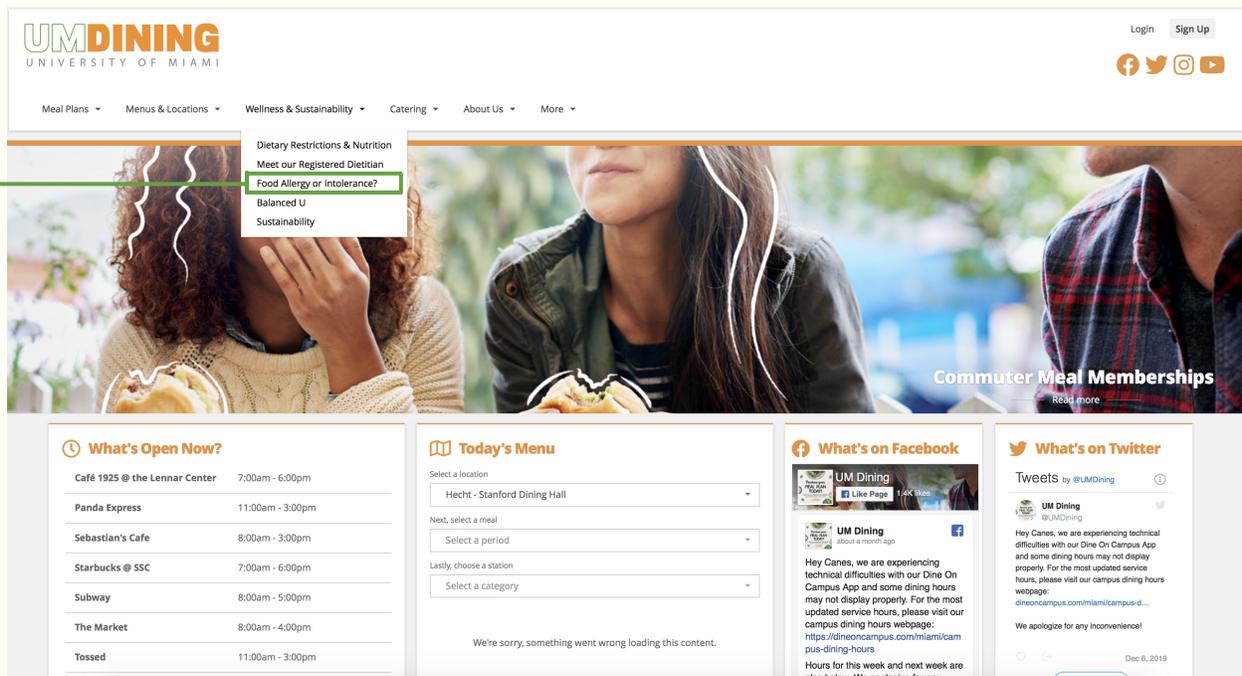
### Hours of Operation

This is where you can find the dining service hours for all of our locations on campus. These hours can also be found on the doors of each location.

You can also see what's open at any given time right on the home page, or on the Dine on Campus app. Find it on the App Store or Google Play Store today!



The Wellness & Sustainability section is where you can find all of the information included in this guide as well as a section strictly about all of UM Dining's sustainability initiatives on campus. Did you know that UM Dining donates leftover food to the Miami Rescue Mission or that we source our vegetables locally from a vendor called Freedom Fresh? Learn more about these and other initiatives under the "Sustainability tab".



### Allergies or Intolerances?

For students who have intolerances or specific dietary restrictions, we encourage you to fill out the "Allergies or Intolerances?" survey. Our Registered Dietitian, Alyson Marquez, will contact you to provide tailored advice to navigating campus dining with your specific dietary needs. She is also available to meet one-on-one or answer any questions you may have.

The image shows a screenshot of a survey form titled 'Allergies or Intolerance?' by SurveyMonkey. The form includes the following fields: 'Name' (with 'First' and 'Last' sub-fields), 'C Number \*', 'Academic Year \*', 'Phone Number' (with '###', '###', and '####' sub-fields), 'Email Address \*', and a text area for 'Brief explanation of allergy or intolerance \*'. A 'Submit' button is at the bottom.





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