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Today's menus, as well as nutritional information (such as calories, fat, protein and carbohydrates) are [available online](#). Click on the apple at the top of the menu to view nutritional information.

If you are looking for vegan items, vegetarian foods, or any foods containing one of the top allergens, the menu page contains a filter to help you determine foods that "contain" or "do not contain" these food items. This link is named "Set Filters" and can be found on the upper right corner of the menu page. Please contact a dining center manager if more information is needed.

The nutrient composition and ingredients of food may vary due to genetic, environmental, and processing variables; changes in product formulation, manufacturer's data, cooking and preparation techniques. The information provided in these labels should be considered as approximations of the nutritional analysis of the food and ingredients. Should you ever question the accuracy of a label, please contact Lisa Krausman at Lisa.Krausman@uni.edu.

Special Dietary Needs

UNI Dining Services is happy to assist you in avoiding certain allergens or with other special dietary assistance. A note from your medical provider will be required to do so.

Be aware that nutrient analysis, ingredient, and allergen information will be on our [online menus](#). Once you choose a venue, click on the big red apple for a food made available during that meal. To view nutrient analysis and ingredients, click on your food of choice. There is a possibility that formulations may change from manufacturers, so **do not hesitate** to ask questions while in the dining facility.

We accommodate a wide range of dietary accommodations within our all you care to eat facilities. We do ask students that request dietary accommodations to follow these steps:

- Complete and submit a [Request for Service Form - Housing and Dining Accommodations](#). Return this form to Student Disability Services as noted on the form.
- Have your medical provider fill out an [Evaluator Form](#) and return to Students Disability Services as noted on the form.
- Set up an appointment with Lisa Krausman, registered dietitian, to discuss your specific needs and options that are available for you. Both Rialto and Piazza have designated areas within their facilities where they serve gluten free meals, meals that do not contain the top eight allergens, and vegan items. Additional items can be prepared to help meet students individual needs.

If you would like to set up an appointment with the Dining Services Dietitian at UNI Dining Services, please call (319) 273-6937 or email Lisa.Krausman@uni.edu.

[UNI Dining Services Allergen Information \(PDF\)](#)

What foods should I eat?



Do you need help deciding what foods and amounts are right for your body? Visit choosemyplate.gov for an estimate

of what and the amount of food needed to stay healthy.

The most important things to remember in staying healthy are moderation, balance, and variety.

[Dining](#)

[Menu](#)

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