

FUEL WITHOUT GLUTEN

Your campus survival guide

WE UNDERSTAND YOUR NEEDS

Oklahoma State University Dining Services (UDS) recognizes how gluten intolerance and Celiac disease can impact your health and well-being. Whether you're managing a medically necessary diet or simply choosing a gluten-free diet, we're here to support you.

WHAT WE OFFER

The Natural is a dining concept designed to limit cross contact for gluten and allergens. This dining concept is located in North Dining. Menu options include Loaded Grain Bowls, Pasta Bakes made with gluten-free lentil pasta, Lettuce Wraps, Sunbutter Sandwiches on gluten-free bread and a variety of other Salads and Sandwiches.

Good to Go items prepared in The Natural will have a purple label and are offered in convenience stores across campus.

Staff trained to assist with food allergies and intolerances

Personalized support from our Registered Dietitian.

Gluten-free area at 1890 Market. This convenience store also has fresh produce and other 'grocery' store items. You can purchase items to make your meals in your dorm room.

Look for **Red Plate (gluten-free)** items in our convenience stores.

INGREDIENT INFORMATION

UDS actively updates a campus wide nutrition database to help students identify:

- Gluten- containing ingredients
- The nine major allergens: peanuts, tree nuts, wheat, soy, milk, eggs, fish, shellfish and sesame.
- Net-Nutrition is located at nutritionfacts.okstate.edu/



NETNUTRITION

Scan QR code to explore menu allergens and gluten-friendly options.



IMPORTANT NOTES

- The FDA requires labeling for the top 9 allergens but not for gluten.
- Gluten-free = less than 200 ppm of gluten.
- UDS does its best to research ingredients, but full information may not always be available.
- UDS is not a 100% gluten-free establishment, cross-contact is possible in UDS operations

REACH OUT FOR PERSONALIZED GUIDANCE AND SUPPORT

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SERVICES