

## Gluten-free Dietary Needs and Avoiding Wheat in our Dining Halls

DFS utilizes an online nutritional database, NetNutrition, that shows daily menu offerings, nutrition information, and has allergen filtering. Learn more @ <http://diningservices.uccs.edu/NetNutrition/1>

We recommend that you make an appointment with Student Health Services at 719.255.4444 to notify them of your medical condition.

Here are some things to keep in mind when dining in our residential dining operations:

1. A gluten-free icon is used on NetNutrition, as well as our menu cards. This means that ingredients do not contain gluten. Please be aware that cross-contamination may still occur, unless the food is at an allergen-free station.
2. We use Hormel gluten-free deli meats on the deli-salad bar.
3. Avoid breaded food items because they contain wheat.
4. White, Jasmine, Basmati, and brown rice are gluten-free. You should avoid rice pilafs because they may contain soup bases, which are not gluten-free.
5. Broth based soups may contain a by-product of wheat. You should review the online menu ingredients and utilize the allergen filters to ascertain which soups are OK.
6. Cream soups will likely contain flour as a thickener, so they are not gluten-free. Please review the online menu for more details.
7. Avoid fried foods, including French fries, because they are often cooked in the same fryers as breaded products. Some types of French fries also contain wheat by-products.
8. Various sauces may contain modified food starch or spices that may contain gluten. Please verify online or speak to a chef or manager.
9. Avoid desserts because they are primarily made with wheat. We have a supply of Udi's gluten-free baked goods.
10. Avoid common breads since they are made with wheat. We have a supply of Udi's gluten-free bread items.
11. Fresh fruit is wheat-free and is typically stored away from gluten-containing items.
12. Vegetables are often steamed, grilled or roasted with rice bran oil, salt, pepper, and other spices. These spices may contain wheat, so refer to the online menu or ask staff.
13. Gluten-free items are available in the pantry, including pastas, soups, prepared foods, and other items. Please ask for additional information. We have dedicated gluten-free toasters, Panini grills, and microwaves for student use.
14. If you see an item presented on a serving line that is gluten-free, but is located close to a gluten-containing item, ask a staff if they can pull a portion from a kitchen warmer or whether a fresh one can be made.