

# Dietary Symbols



## Gluten Friendly Ingredients

Menu selections with this symbol have been reviewed and do not contain any gluten ingredients, however the risk of cross contamination still remains. Manufacturers also change their product formulation without notice. If you have celiac disease or require a gluten free diet, please contact the dietitian at 289-8521.



## Contains Nuts

Menu selections with this symbol contain tree nuts or peanuts or are made with ingredients that contain these nuts or nut by-products. In addition, the risk of cross contamination still remains for other selections on the menu. Manufacturers also change their product formulation without notice. If you have a nut allergy and would like more information, please contact the dietitian at 289-8521.



## No Sugar Added

Symbol indicates “No Sugar Added,” meaning no sugar or ingredients containing sugar were added during production. Items may contain artificial sweeteners.



## Low Fat

Contains 3 grams of fat or less per serving



## Reduced Fat

At least 25% less fat than the reference food



**Vegan** No animal products



**Vegetarian**-No meat