

DO YOU HAVE SPECIAL DIETARY NEEDS?

Would you like help making healthy food choices?



MEET YOUR DIETITIAN!

Kimberly Mayer, is the Registered Dietitian Nutritionist at Rensselaer.

You can set up a free, confidential appointment by contacting her at kimberly.mayer@sodexo.com

SOME OF THE NUTRITION TOPICS INCLUDE:

- Sports nutrition
- Eating disorders
- Weight management
- Food allergies or intolerances
- Eating healthier on campus
- Vegetarian and vegan nutrition

rpi.sodexomyway.com

MINDFUL Healthy eating can be hard. Mindful, an award-winning wellness program, seeks to make the healthy choice the easy choice! Developed by a team of chefs and registered dietitians, Mindful dishes feature satisfying portions of delicious foods with fewer calories. Look for the Mindful symbol when dining on campus and check out mindful.sodexo.com for a dynamic collection of recipes, articles, and tips highlighting a complete approach to wellness.

SIMPLE SERVINGS Navigating campus dining with dietary restrictions can be stressful. Simple Servings takes the worry and confusion out of dining on campus by providing safe, delicious choices for diners with food allergies or gluten intolerance. Simple Servings excludes milk, eggs, wheat, soy, shellfish, peanuts, tree nuts, and gluten from menus, which change daily.

MY ZONE My Zone is a Gluten-Free, Peanut and Tree-Nut free area reserved for people with allergies and other special diet needs,

BETTER TOMORROW is Sodexo's commitment to helping you to be proactive with your health, your community and your planet.

MY FITNESS PAL is a free APP connected to Sodexo's dining services that tracks your nutrition and exercise to determine optimal nutrients and caloric intake.

MY PLATE illustrates the 5 food groups that are the building blocks for a healthy diet developed by the USDA.



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