

AVOIDING GLUTEN GUIDE



Are you looking to avoid gluten? **UVA Dine** is committed to offering inclusive dining experiences that support a variety of dietary needs. If you're looking for meals **made without gluten**, there are thoughtfully prepared options across Grounds to help you dine with confidence and clarity.

WHERE TO FIND GLUTEN-CONSCIOUS CHOICES

- **True Balance Stations:** Located in all three main residential dining halls, these stations serve meals **omitting gluten and the top nine allergens**.
- **Stress-Less Coolers:** Available in every residential dining hall, these coolers are stocked with **pre-packaged products made without gluten, peanuts, or tree nuts**, including:
 - Gluten-free bagels
 - Muffins
 - Cookies
 - Bread slices & burger buns

Additional Options:

- **Know the Lingo:** Across dining halls and retail locations, look for the "Made Without Gluten" icon on digital menus and packaging. This indicates dishes made with ingredients that don't have gluten.
- **Bread Substitutions at Deli & Grill Stations:** Gluten-free bread is available for you—just head to the "stress-less cooler", grab your favorite bread, and head to the deli counter. Let the staff know you'd like your sandwich on gluten-free bread, and they'll prepare it with care.



DISCLAIMER: DUE TO OUR SHARED KITCHEN ENVIRONMENT, UVA DINE CANNOT GUARANTEE THAT FOOD ITEMS PRODUCED IN OUR KITCHENS ARE GLUTEN FREE. WE USE THE TERM "MADE WITHOUT GLUTEN" TO IDENTIFY SELECTIONS THAT ARE MADE WITH INGREDIENTS THAT DO NOT CONTAIN GLUTEN.

Questions?
Just connect with us!



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