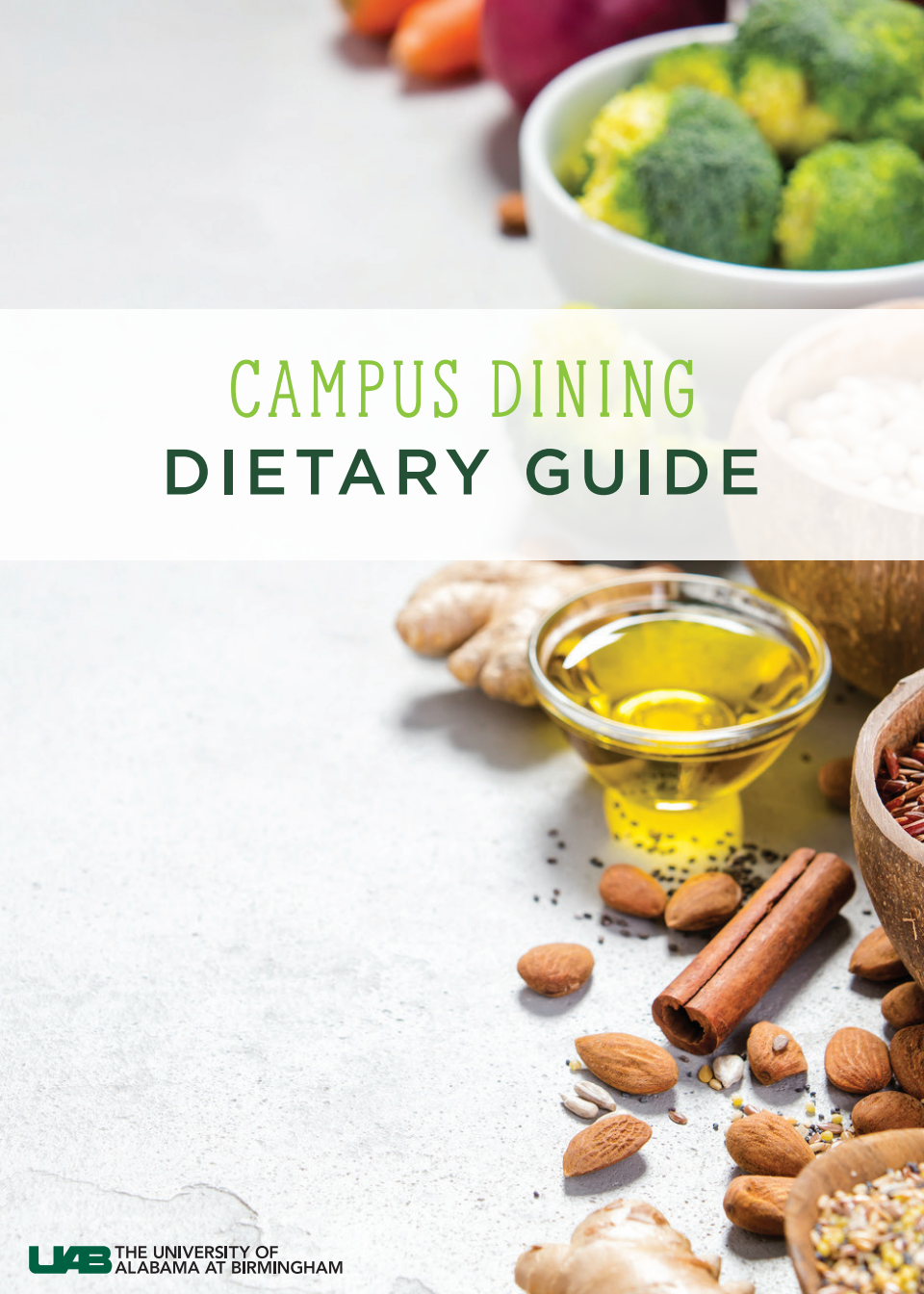


The background of the page is a collage of various healthy food items. At the top, there's a white bowl filled with steamed broccoli. Below it, a small glass bowl contains yellow oil. Scattered around are fresh ginger roots, whole almonds, cinnamon sticks, and small wooden bowls containing seeds and grains. The overall theme is healthy eating and nutrition.

CAMPUS DINING DIETARY GUIDE



Healthy Living on Campus

UAB Campus Dining has a variety of unique options to accommodate dietary restrictions and preferences at all of our locations. We strive to ensure we can meet a wide range of needs and lifestyles.

Resources

Regional Dietitian

Cristina Caro, MBA, RDN, LDN | cristina.caro@sodexo.com

Campus Executive Chef

Chef David Fabrycki | david.fabrycki@sodexo.com

Executive Chef of Catering

Chef Allie Foster | allie.foster@sodexo.com

Director of Resident Dining Operations

Bobby Eaton | bobby.eaton@sodexo.com

Director of Retail Dining Operations

Kiawanna Everett | kiawanna.everett@sodexo.com

Resident District Manager

Brian Bowser | brian.bowser@sodexo.com

Director of Catering

Elizabeth Murdock | elizabeth.murdock@sodexo.com

General Inquiries uabdining@uab.edu

Vegetarian Resource Group vrg.org

Vegetarian Nutrition vegetariannutrition.net

Sodexo Mindful Program mindful.sodexo.com

uab.edu/dining

   @UABdining

Find a Healthier Choice

Look for these icons to help identify menu items that meet your needs.



Mindful All Mindful offerings meet stringent nutritional criteria based on the Dietary Guidelines for Americans. Learn more on the next page.



Vegetarian These contain no meat, fish, or poultry or any meat products such as a soup base. Our vegetarian offerings meet the needs of lacto-ovo vegetarians and may include eggs and/or dairy products.



Vegan Vegan offerings contain no meat, fish, eggs, milk, or other animal-derived products such as honey.



Meet the Dietitian

Cristina Caro, MBA, RDN, LDN is a Registered Dietitian Nutritionist and Wellness Manager for Sodexo Campus Dining, to support UAB nutrition and wellness. She is a food allergy and food safety expert and assists with special dietary needs through confidential phone consults and virtual appointments. Cristina actively promotes healthy eating and wellness through nutrition expos, snack and learns, social media, virtual contests, and more. She also assists as guest speaker for health

panels, classes, and meetings, participates in wellness fairs, and offers sports nutrition. She welcomes campus interviews and nutrition questions at Cristina.Caro@Sodexo.com.

 @the_mobile_dietitian
 @dietitianmobile



This is what it takes to be Mindful...



PLATES

(contain at least 1 serving from each: protein starch, veg/fruit)



ENTRÉES

(i.e.: center plate protein, pizza, sandwiches, grill items, entrée salads without protein or starch)



SIDES



SOUPS

(8 oz.)



DESSERTS & SNACKS

(Meet all of the criteria down this column OR 4 of the criteria AND must have at least 10% of the Daily Value of one or more major nutrients, such as Vitamin A, C, E, Iron, Calcium or Protein)

KCAL

less than
or equal to
600

less than
or equal to
550

less than
or equal to
225

less than
or equal to
225

less than
or equal to
200

TOTAL FAT

less than
or equal to
35%
of calories from fat
OR less than or
equal to **15g**

less than
or equal to
35%
of calories from fat
OR less than or
equal to **15g**

less than
or equal to
35%
of calories from fat
OR less than or
equal to **8g**

less than
or equal to
35%
of calories from fat
OR less than or
equal to **8g**

less than
or equal to
35%
of calories from fat
OR less than or
equal to **8g**

SATURATED FAT

less than
or equal to
10%
of calories from
saturated fat

less than
or equal to
10%
of calories from
saturated fat

less than
or equal to
10%
of calories from
saturated fat

less than
or equal to
10%
of calories from
saturated fat

less than
or equal to
10%
of calories from
saturated fat

TRANS. FAT

TRANS. FAT
FREE!
(less than **0.5g**)

TRANS. FAT
FREE!
(less than **0.5g**)

TRANS. FAT
FREE!
(less than **0.5g**)

TRANS. FAT
FREE!
(less than **0.5g**)

TRANS. FAT
FREE!
(less than **0.5g**)

CHOLESTEROL

less than
or equal to
100mg

less than
or equal to
100mg

less than
or equal to
5mg

less than
or equal to
25mg

less than
or equal to
20mg

SODIUM

less than
or equal to
800mg

less than
or equal to
700mg

less than
or equal to
300mg

less than
or equal to
700mg

less than
or equal to
300mg

OTHER

more than
or equal to
**3g
Fiber**

more than
or equal to
**1g
Fiber**

mindful
by sodexo

www.mindful.sodexo.com



THE COMMONS ON THE GREEN

900 16th Street South

Check out the vegan area at the Classics station for daily vegan and vegetarian entrees. Many of our dishes can be made meatless, just ask!

Offerings like cheese and veggie pizza are staples at the Pizza station where there is also gluten free cauliflower crust available. Classics and Simple Servings offer a vegetable and starch option at each meal period - typically these are vegan or vegetarian. The Commons has an extensive salad bar which features a wide variety of plant-based protein options. The Grill always has veggie burgers available upon request. At the Grill and the Deli, you can always request a gluten free bun. Menus available daily on the Bite by Sodexo mobile app.

Our Simple Servings station is free of soy, wheat, shellfish, peanuts, tree nuts, eggs, milk, and gluten. This exclusive kitchen is the safest place for guests with food allergies. Should you have an allergy outside of these, please speak with the Executive Chef of Resident Dining.

Halal chicken is served throughout the Commons but is not prepared in a Halal kitchen. If you are looking for Halal chicken, please visit the Simple Servings station and request a Halal chicken breast to be made for you. This does require additional time since it is made to order but it will be made for you in a pan which has only been used exclusively for Halal chicken.

As a part of the C-Store Select in this location, you can find pre-packaged Gluten Free and Kosher products.

THE C-STORE & THE GRID

in Camp Hall | 1516 10th Avenue South & 1150 10th Street South

The C-Store and the Grid offer a variety of vegan and vegetarian options to choose from. These are also great locations to find Kosher and Gluten Free pre-packaged items which have been safely produced by certified manufacturers.

THE DEN BY DENNY'S

900 16th Street South

Items below meet Vegetarian guidelines:

BREAKFAST

Yep...Pancakes
Hearty 9-Grain Pancakes
French Toast Slices
Egg White Ranchero Brioche Melt

BURGERS (sub in a veggie patty)

Breakfast Scramble Burger (without bacon)
Bacon Avocado Club Burger (without bacon)
Den Burger
Double Den Burger
Lil' Den Burger
Chipotle Bacon Cheeseburger (without bacon)
Veggie Mash Up Burger

ROLLED, PRESSED & MORE

Quinoa Wrap
Veggie Mash Up Burrito

SALADS

Veggie Quinoa Salad

MUNCHIES

Mozzarella Sticks
Fried Green Beans
French Fries
Sweet Potato Fries
Potato Rounds 

SHAKES

Chocolate 
OREO
Cake Batter
Vanilla 
(Maple Bacon) 

BAKERY

Cookies (Oatmeal, S'Mores, Chocolate Chip)

FRUIT

Fruit Cup  
Yogurt Parfait

The Den supplies Allergen Guides at the cashier for allergy information. The guide includes egg, fish, shellfish, milk/dairy, soybean, peanut, tree nut, wheat, and gluten allergy information for each ingredient.

PROTIPS

- Add avocado to your meal
- Swap out a veggie patty for any burger
- Order any burger on lettuce instead of a bun

EINSTEIN BROS. BAGELS

in the Learning Resource Center | 1714 9th Avenue South

Items below meet Vegetarian guidelines:

BAGELS

Plain
Everything
Blueberry
Chocolate Chip
Cinnamon Raisin
Sesame Seed
Multigrain Roll
Asiago 
French Toast
Honey Whole Wheat
Cheesy Hash Brown

SHMEARS

Plain
Honey Almond Reduced Fat
(Smoked Salmon) 
Garden Veggie Reduced Fat
Jalapeno Salsa Reduced Fat
Strawberry Reduced Fat
Onion & Chive
Plain Reduced Fat
Garlic & Herb Reduced Fat

TOPPINGS

Butter Blend
Avocado
Peanut Butter
PB&J

EGG SANDWICHES

Spinach, Mushroom & Swiss
Cheddar Cheese

SIGNATURE SANDWICHES

Avocado Veg Out

HOT SANDWICHES

Roasted Veggie Tostini
Cheese Pizza Bagel

DESSERTS

Chocolate Chip Cookie
Blueberry Muffin
Cinnamon Chip Muffin
Chocolate Chip Coffee Cake
Chewy Marshmallow Bar
Lemon Poppy Seed Bread

Einstein Bros. supplies a full menu and allergen guide online at uab.edu/dining. The guide includes egg, fish, shellfish, milk/dairy, soybean, peanut, tree nut, and wheat allergy information for each item. You can also request this info from your cashier.

PROTIPS

- Order any egg sandwich without the meat
- Order any sandwich as a wrap
- A variety of items are available daily in the Grab & Go Cooler (fresh cut fruit, salads, etc.)

FULL MOON BBQ

in Hill Student Center | 1400 University Boulevard

Items below meet Vegetarian guidelines:

BAKER PATCH

Broccoli Baker

STARTERS

Homemade Chips & Queso

SALADS

House Salad
Greek Salad

TRIMMINGS

Famous Slaw
French Fries
Corn on the Cob
Mac & Cheese
Fried Okra
Fried Green Tomatoes
Potato Chips
Onion Rings
Chow-Chow

VEGETABLES

Pinto Beans
Black-Eyed Peas
Squash Casserole
Sweet Potato Casserole
Butter Beans

PLATES & SANDWICHES

Vegetable Plate
Toasted Kickin' Pimento Cheese
Grilled Cheese

DESSERTS

Half Moon Cookies
Homemade Pies
Carrot Cake
Banana Pudding

Be sure to let your cashier know that you are ordering with a dietary preference in mind.

JAMBA JUICE

in Collat School of Business | 710 13th Street
South

Items below meet Vegetarian guidelines:

CLASSIC SMOOTHIES NO MSG NO GLUTEN

Strawberries Wild
Mango-A-Go-Go
Orange-A-Peel
Caribbean Passion
Razzmatazz

ALL FRUIT SMOOTHIES VC NO MSG NO GLUTEN

Strawberry Whirl
Mega Mango
Orange Blast
Island Passion
Apple 'N Greens

BOOSTS NO MSG NO GLUTEN

3G Energy VC
Chia Seeds VC
Daily Vitamin

Kale VC
Whey Protein

Jamba Juice offers full nutritional content for their items online at jambajjuice.com. It is also available in-store - just ask!

MEIN BOWL

in Hill Student Center | 1400 University
Boulevard

Items below meet Vegetarian guidelines:

BYO BOWL VC

Flash Fried Thai Tofu

RICE & NOODLES VC

Brown Rice NO MSG NO GLUTEN
White Rice NO MSG NO GLUTEN
Fried Rice
Vegetable Lo Mein

VEGGIE VC

Seasonal Vegetable

SAUCES VC

Spicy Garlic Sauce
5 Spice Teriyaki Sauce

TOPPINGS VC

Pickled Carrots & Cucumbers
Fried Shallots
Asian Slaw
Steamed Broccoli
Edamame Salad with Spicy Garlic Sauce
Jalapeno Slices
Lime Wedge
Spicy Chili Oil

EXTRAS

Egg Roll

Mein Bowl supplies a nutrition information guide online at uab.edu/dining.

PROTIPS

- Add extra protein to any meal
- Order your bowl with no protein and add extra veggies
- Sushi is available daily - see packaging for details

PANERA BREAD

in Hill Student Center | 1400 University
Boulevard

Items below meet Vegetarian guidelines:

BREAKFAST

Steel Cut Oatmeal with Apple Chips & Pecans **VG**
Steel Cut Oatmeal with Strawberries & Pecans **VG**
Steel Cut Oatmeal with Almonds, Quinoa & Honey
Greek Yogurt with Mixed Berries Parfait **GLUTEN**
Egg & Cheese Sandwich
Avocado, Egg White & Spinach Sandwich

BOWLS

Soba Noodle Bowl with Edamame **VG**

SOUPS & MAC

Vegetarian Autumn Squash Soup **GLUTEN**
Vegetarian Creamy Tomato Soup
Black Bean Soup **VG** **GLUTEN**
Baja Mac & Cheese
Mac & Cheese

SALADS

Modern Greek Salad with Quinoa **GLUTEN**
Greek Salad **GLUTEN**
Seasonal Greens Salad **VG** **GLUTEN**

SANDWICHES

Modern Caprese Sandwich
Four Cheese Grilled Cheese
Mediterranean Veggie

SMOOTHIES

Green Passion Smoothie **VG**
Mango Smoothie
Strawberry Banana Smoothie
Strawberry Smoothie
Superfruit Smoothie

SIDES **VG**

Apple
Banana
Fresh Fruit Cup
Kettle Chips **GLUTEN**
French Baguette

Panera Bread provides detailed information about their
full menu at panerabread.com.

PROTIPS

- Sub quinoa for protein in any salad
- Customize anything easily through the Panera app



SANDELLA'S FLATBREAD CAFE

in Collat School of Business | 710 13th Street
South

Items below meet Vegetarian guidelines:

BREAKFAST PANINIS

Athenian

Western

South of the Border

WRAPS

Hummus

PANINIS

Provolone & Veggie

QUESADILLAS

California

Southwestern

Cheese

PROTIPS

- Order any menu item on a Gluten Free flatbread
- Customize to remove meat from any item



STARBUCKS

in Mervyn Sterne Library | 917 13th Street
South
in Hill Student Center | 1400 University
Boulevard

ORDERING YOUR DRINK

Although all of our drinks our vegetarian, here are some tips on vegan drinks:

- **Sub** any dairy product with soy, almond, or coconut milk
- The following items are not vegan:
whipped cream, java chips, protein powder, caramel drizzle, and cinnamon dolce topping - just ask your barista to **hold** these
- **Avoid** pumpkin spice, white mocha, caramel brûlée, and chai lattes - these cannot be made vegan due to milk or honey in the syrups

VEGAN FAVORITE DRINKS **VG**

Freshly Brewed Coffee **VG**
Caffè Americano
Caffè Latte (with nondairy milk) **VG**
Caffè Mocha (with nondairy milk)
Caramel Macchiato (with nondairy milk/no drizzle)
Chocolate Smoothie (with nondairy milk/no protein)
Strawberry Smoothie (with nondairy milk/no protein)
Ombre Iced Coffee (with nondairy milk)
Flat White (with nondairy milk) **VG**
Java Chip Frappuccino (with nondairy milk/no java chips)
Green Tea Latte (with nondairy milk)
Matcha Lemonade
Hazelnut Mocha Coconutmilk Macchiato
Pink Drink
Violet Drink
Almond Protein Blended Cold Brew
Cacao Protein Blended Cold Brew

Items below meet Vegetarian guidelines:

BREAKFAST

Classic Oatmeal **VG**
Hearty Blueberry Oatmeal **VG**
Sous Vide Egg Bites: Egg White & Red Pepper
Spinach, Feta & Cage Free Egg White Wrap

SANDWICHES

Tomato & Mozzarella

SNACKS

Classic Almond Butter **VG**
Chocolate Hazelnut Butter **VG**
Organic Chickpea Puffs
Organic Coconut Cookies **VG**
Sea Salt Potato Chips **VG**

BAKERY

Apple Cider Doughnut
Banana Nut Bread
Bantam Bagels
Blueberry Muffin
Blueberry Scone
Butter Croissant
Caramelized Apple Pound Cake
Cake Pops
Cheese Danish
Chocolate Chip Cookie
Chocolate Croissant
Chocolate Hazelnut Croissant
Cinnamon Morning Bun
Cinnamon Raisin Bagel **VG**
Classic Coffee Cake
Double Chocolate Chunk Brownie
Everything Bagel with Cheese
Marshmallow Dream Bar **VG**
Iced Lemon Pound Cake
Kitchen Sink Cookie
Macadamia Oat Cookie **VG**
Maple Pecan Muffin
Morning Muffin
Old-Fashioned Glazed Doughnut
Petite Vanilla Bean Scone
Plain Bagel **VG**
Pumpkin Bread
Sprouted Grain Vegan Bagel **VG**
Strawberry Yogurt Scone
Sugar Cookies

WOW CAFE

1000 14th Street South

Items below meet Vegetarian guidelines:

STARTERS

Mozzarella Sticks
Side Salad
Chips & Queso

HANDHELDS

Cheese Quesadilla
Veggie Quesadilla
Beyond Burger
Beyond Wrap

SALADS (without chicken)

Covington Salad
Buffalo Salad

SIDES

French Fries
Sweet Waffle Fries
Tater Tots
Honey Mustard Slaw
Mac & Cheese

DESSERTS

Milkshakes
Brownie à la Mode
Ice Cream Sundae

WOW Cafe offers detailed nutritional information on their website at wowcafe.com/nutrition

PROTIPS

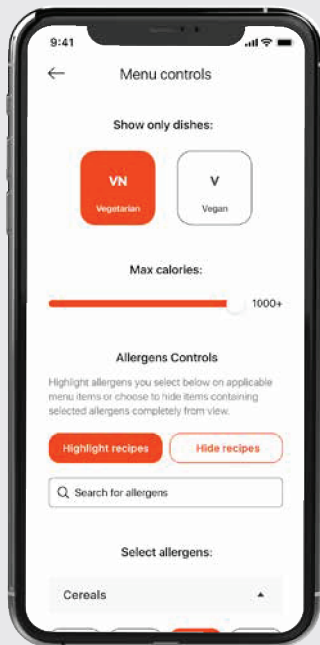
- WOW'S best vegan option is a Covington Salad without chicken and served with balsamic
- Order any burger without a bun for a lower carb option

How many
calories is that?

What's the
deal today?

Can I get
a burrito?

KNOW BEFORE YOU GO



BITE TELLS YOU EVERYTHING

Bite...the app that tells you what's open and on the menu anytime. Know what the specials and new items are, including ingredients, calories, nutritional and more!



**Download and
Register Today**

bite.sodexo.com



UAB

DISABILITY SUPPORT SERVICES

The University of Alabama at Birmingham

Disability Support Services at the University of Alabama at Birmingham provides an accessible university experience through collaboration with UAB partners. These partnerships create a campus where individuals with disabilities have equal access to programs, activities, and opportunities by identifying and removing barriers, providing individualized services, and facilitating accommodations.

DSS serves as the university-appointed office charged with providing institution-wide advisement, consultation, and training on disability-related topics which include legal and regulatory compliance, universal design, and disability scholarship.

Sometimes students with food allergies and dietary restrictions require accommodations in their residence hall. Accommodations could include access to a personal refrigerator, private bedroom, or a nut free living space. Accommodation requests are received by Disability Support Services. The process to register for accommodations is

- 1) complete the DSS online application,
- 2) submit documentation of your disability to DSS,
- 3) attend an accommodation planning meeting,
- 4) and complete an accommodation orientation.

You can always access more information about DSS by going to **uab.edu/dss**.





