

How to Use MSUtrition

Use this online resource to help you plan or track your meals, find out nutritional content and ingredients of the foods served, and safely manage your allergies and dietary preferences in our dining halls.

Meal Planning and Tracking

1. Select a dining hall.
2. Select a venue and/or mealtime.
3. Checkmark the menu item(s) you are interested in. Using the drop box on the right, you can adjust the number of servings appropriately.
4. Click *Add Items*. This will add your selected items to your 'meal'.
5. Your meal will generate on the lower left corner where you can see a nutritional summary by clicking *Meal Nutrition*, or clear your selections using *Clear My Meal*.

Notes:

- You can select menu items from various days, dining halls and venues to track your intake over a week's time.
- You can checkmark a menu item and click *Item Nutrition* to see its nutritionals at a glance.

Nutrition and Ingredient Information

- By holding your mouse over a menu item, a complete nutrition panel and ingredient information will populate.
- Under the ingredient information, you can see which allergens and/or traits are present in that dish.

Allergies and Dietary Preferences

On the left side, there are filters that can be placed for various allergens, traits and preferences. By selecting these, any menu item(s) that do *not* comply, will be eliminated. For example, if you select that you have a dairy allergy, only menu items that are dairy-friendly will remain. If you select that you are vegan, only menu items that are vegan will remain.

Notes:

- Any items that are deep fried are tagged with all the allergens and traits due to the risk of cross contact. We tag them as a precaution and leave it to the discretion of our guests and their sensitivity level. If this is a concern, please refer to the ingredient lists to determine your safety and/or compliance.
- MSUtrition can help you manage your allergies and MSU makes every effort to thoroughly train our staff as well as label allergies in the dining halls and retail food venues. However, ingredients and nutritional content may change from time to time without our knowledge due to manufacturing changes, recipe substitutions and other outlying factors. Please be aware food items are prepared in a shared kitchen and do pose a risk for cross contact. Guests with severe allergies and specific ingredient concerns are encouraged to consult our registered dietitian, executive chefs or dining service managers.