

NetNutrition is an online program that can help you meet your nutritional needs, screen for allergies and eat balanced meals while dining in our campus establishments.

### **Building Your Meal**

Menus are posted for seven days from the current date for most of the dining and retail operations on campus.

1. Select the dining center of your choice, the date, and the meal to begin building your menu.
2. Click on the menu item of your choice.
3. Use the drop down box to select the number of portions and click on “Add to my meal.”
4. If you’d like to see the nutrition value before selecting the item, click on the box at the top labeled “Item Nutrition.” This will show you the nutrient value and the ingredient list for the menu item.

### **All the Extras**

As you build your menu don’t forget the condiments, beverages, breads or any other food items that round out your meal. Find these items in the service unit titled “All the Extras.”

### **Nutritional Analysis**

As you add menu items to your meal they will appear on the left side of the web page under “My Meal.”

- To get a **total nutrient analysis** of your selections click on the box “**Meal Nutrition.**”
- To get a **breakdown of each menu item**, click “**Item Nutrition.**”
- **To remove items** from your meal, un-check the box next to the menu selection. Then return to the menu for additional choices.

### **Allergy Screening**

You can use NetNutrition to help you manage food allergies while eating in ISU Dining facilities. However, if you have severe allergies we encourage you to visit with our on-staff dietitian and/or the management team at your dining location. They are here to help you meet your dietary needs while eating in our dining facilities.

### **Steps to Screen for Allergies**

At the bottom of each menu there is a list of allergies to sort by.

1. Check the box next to the allergen you want to exclude from your diet.
2. Click on the box that says “Apply Filters.”

Menu items that contain the allergen you selected will be excluded from the menu list that appears on screen. For example if you checked the box for the allergen eggs than only menu items that are free of eggs would appear on the screen.

### **Vegetarian and Vegan Screening**

Similar to the allergen feature it is possible to filter the menus based on vegan or vegetarian preferences.

- Check both the vegan and vegetarian tabs if you want to see menu items that are vegetarian but may contain milk, eggs, cheese, etc.
- If you want to see only food items that are free of animal products, check only the “Vegan” tab.

If you have a hard time finding what you want by using the NetNutrition menu selections, please talk to the management staff on duty. They are there to help you find what you need for a pleasing meal experience.

*Disclaimer: All nutrition analysis is based on a 2,000 calorie diet. Nutrient information is based on ISU Dining’s standardized recipes and the product labels of the food purchased. The nutrition analysis is meant to act as a guide and an estimate of the food consumed. The nutrient value of a food may vary due to natural factors such as soil quality and climate. Processing and preparation techniques influence the nutrient value of a food. Manufacturers may change their formulation without our knowledge. Portion sizes may vary influencing the final analysis of a food item.*