NetNutrition: Instructions for Use

NetNutrition (www.dining.iastate.edu/nutrition/netnutrition) is an online program linked to ISU Dining’s menus. It can be used to plan balanced meals, screen for allergies, and look at ingredient labels for food served by ISU Dining.

Building Your Meal
Here’s how to build a meal in NetNutrition:

1. Select the dining location of your choice and the meal/date to begin building your menu.
2. Select the menu item of your choice.
3. Use the drop-down box to choose the number of portions and select Add Item.
4. If you’d like to see the nutritional value before choosing the item, select the box labeled Item Nutrition. You can also hover over the item to see both the nutrient values and the ingredient list for the menu item.

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 chosen items, select the box Meal Nutrition.
- To get a breakdown of each menu item, select Item Nutrition.
- To remove items from your meal, de-select the box next to the menu item. Then return to the menu for additional choices.
Allergy Screening
At the bottom of each menu, there is a list of allergies to sort by.

1. Select the box next to the allergen you want to exclude from your diet.
2. Select 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, then only menu items that are free of eggs would appear on the screen.

You can use NetNutrition to help you manage food allergies while eating in ISU Dining facilities. **However, while some items may not contain an allergen in the ingredients, cross contact can occur.** If you have specific dietary needs, contact our Registered Dietitian (www.dining.iastate.edu/nutrition) for assistance managing your needs.
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.

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.