

# The Healthy Hoya



August 2008

[Dining.Georgetown.edu](http://Dining.Georgetown.edu)

[Georgetown.CampusDish.com](http://Georgetown.CampusDish.com)

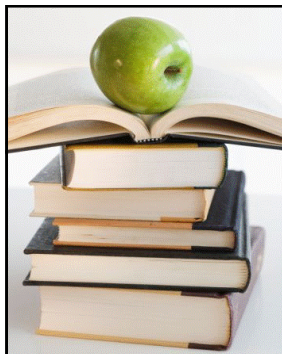
## Check Out What's New at Leo's!

### The Nutrition Calculator is BACK!

Juniors and seniors, you may remember the nutrition calculator... And it's BACK! The calculator is a central location for all nutrition, food allergen, and vegan and vegetarian information. The site also provides students the option of totaling caloric intake of Leo's food items for the day. The nutrition calculator can be easily found on Georgetown Dining website at [Dining.Georgetown.edu](http://Dining.Georgetown.edu).

### Read the Healthy Hoya Online!

Did you know Leo's offers a monthly nutrition newsletter? Leo's Healthy Hoya is now conveniently located online at [Georgetown.CampusDish.com](http://Georgetown.CampusDish.com).



## Join Leo's Food Committee!

The Food Committee meets monthly on campus and consists of students who are Meal Plan participants along with representatives from Auxiliary Services and Dining Services. The goal of the Student Food Committee is to obtain feedback on menus, communicate new ideas and seek student input on future planning. If you are interested in joining the committee please contact Kristen Hamilton at (202) 687-5426 or [kh332@georgetown.edu](mailto:kh332@georgetown.edu) for more information.

### Do you have a Nutrition Question for the Registered Dietitian?

Try Leo's new online Question & Answer forum! All questions will be answered by Leo's Registered Dietitian. Inquiries are considered confidential, therefore your name and any other personal information will not be used when your question is posted on the webpage. The Q & A forum can be found on the CampusDish website at [Georgetown.CampusDish.com](http://Georgetown.CampusDish.com)

### Do you have a Food Allergy?

Check out Leo's new special dietary needs section located on the CampusDish website at [Georgetown.CampusDish.com](http://Georgetown.CampusDish.com). Students with Celiac Disease please contact Kristen Hamilton, for access to gluten-free items and to join the Gluten-Free Student Group!



## Meet the Dietitian!

Leo's Registered Dietitian, Kristen Hamilton, RD is available for nutrition counseling to all students on a Meal Plan, **FREE OF CHARGE!** Meet with her for one-on-one sessions, group sessions, call or e-mail for questions or to schedule an appointment at 202-687-5426 **OR** [kh332@georgetown.edu](mailto:kh332@georgetown.edu). Her office is located on the Lower Level of Leo's across from the Team Room.

