

At Clemson Dining Services, we are committed to bringing you nutritious, high quality food.

Nutrition within the Retail Locations and Dining Halls

Clemson Dining Services understands that people vary in their food choices. For this reason, we offer a wide variety of choices to meet each individual's needs within all of our retail and residential dining areas. All locations offer a variety of fresh produce, whole grains, lean meats, low fat and vegetarian options.

About Our Dietary Specialist

Jon Unsworth received his Bachelor of Science Degree in Food Science and Human Nutrition in 2005 and is finishing up his Masters of Science in Food Science and Human Nutrition, all at Clemson University.

Jon has been with Clemson Dining Services since August 2005, working as a student manager at Schilletter Dining Hall until August 2007.

He is now the Dietary Specialist for Clemson University and performs nutrient analyses, handles nutritional public relation issues and provides nutritional counseling.

Helping You Eat Healthy!



Services Provided by our Dietary Specialist:

Nutritional analysis

- Residential
- Retail
- Individual

Nutrition education and counseling

- Weight management
- Food allergies
- Food intolerances
- Eating disorders
- Sports nutrition
- General health issues

Nutrition promotion across campus

- Annual Health and Nutrition Fair
- Monthly nutritional newsletter
- Monthly articles featured in The Tiger

Why Have a Nutritionist on Campus?

- Ensures nutritional quality and diversity of meals served in all dining locations.
- Conducts a monthly assessment of healthy options in the residential dining locations, which keeps them up-to-date with emerging nutritional trends.
- Works with other communities, organizations and departments on campus to help increase nutritional awareness.
- Provides sound nutritional advice and information that is available to all students.

We Make It Easy...

At Clemson Dining Services, we make choosing healthy a breeze. We offer vegetarian or vegan dishes everyday in all three dining halls, provide extensive salad bars, which feature 15-20 permanent healthy options, have deli's that serve lean protein alternatives, fry with zero trans fat oils and we manage a Nutrition Identification Program, called **Just4U®**, that guides you to your healthiest choices!