



Dear Student, Staff, and Faculty:

My name is Lexi MacMillan and I am the Nutritionist for ASU Dining Services. I would just like to outline my involvement with Dining Services as it relates to our customers' nutritional needs and dining options on campus.

ASU Dining is committed to providing a wide range of healthy choices for students. We work closely with suppliers, dietitians, chefs, and consumers to find the most innovative and tasteful solutions. This enables our customers to make the best decisions for their personal dining preferences.

As the campus nutritionist I am dedicated to the best interest of our customers' dietary practices connected to religious obligations, medical needs, physiological health and wellbeing, and/or personal choices. My endeavors are to ensure that the vast majority of ASU students can be accommodated through the food we provide on campus. I am closely involved in menu selection and development to ensure that meals are prepared with good nutrition in mind.

I am available to meet with any individual student or groups of students who would like dietary counseling and/or help finding options on campus that fits their needs. Also, our residential chefs are always enthusiastic to work with students in order to provide meals that fit their dietary standards.

The dining options available at ASU can accommodate most dietary needs including but not limited to low fat, low carbohydrate, high protein, gluten free, vegan, and vegetarian. Please see the following pages for an overview of the nutrition/dietary services offered on campus. If you have any other questions or concerns feel free to contact me.

Thank you,

Lexi

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In Every Residential dining facility...

- Variety: We make sure that all of the residential restaurants have a variety of choices for students. There are many healthy options available daily as well as classic options most requested by students, such as pizza and hamburgers.
- Full salad bar loaded with many different salad toppings (veggies, protein sources, dairy, fruit, etc.) and several different dressings including low fat options.
- Made-to-order deli where students can choose from an assortment of different bread or wraps (including whole wheat), meat, veggies, cheese, and condiments. Hummus is also available for vegetarian sandwiches/wraps as well as low fat condiments for lighter version of sandwiches.
- Nonfat milk available, soy milk available on request.
- Menus posted online so that students can see what will be served in each location before hand and go to where they serve the options that they prefer to eat.
- Nutrition facts for all menu items are posted online.
- Just Just4U™—Food that Fits Your Life program: Provides information for a healthy diet and highlights nutrition qualities of menu items (e.g. “Under 5 grams of fat”,” Good source of Calcium”; “Whole Grain”).
- Vegetarian options: Veggie stations with vegan or vegetarian option daily.
- No trans fat is used in any of our locations.
- RHA Food Advisory meetings where students can address concerns about food in dining hall, request items; and a question/ comment box where students can make requests.
- Menu items labeled as vegan, vegetarian when appropriate and with any of the top 7 allergens that they may contain.
- Nutrition tabling periodically focusing on a particular issue and providing nutrition education.
- Seasonal specials each season highlighting a particular seasonal food item and its health benefits.

In our Retail Facilities/C-Stores...

- Variety: We make sure to offer different grab-n-go and retail options for all types of dietary needs from veggie and whole wheat pitas to sushi. We also have a full soup and salad bar (Devil's Greens) on North Campus.
- Nutrition information for all facilities available either online or at the location itself or both.
- C-Stores equipped with many different healthy items.
- Working on creating a gluten-free grocery basket for students with gluten intolerances.
- Engrained Cafe: an environmentally conscious restaurant dedicated to sustainable dining that feature locally grown and harvested food prepared to order, including organic produce, Fair-Trade coffee, cage-free eggs and chicken, free-range beef and sustainable seafood.

Other areas...

- Nutrition counseling available for students as well as help with what foods in the dining halls are the best for their needs
- Chefs are more than happy to meet for questions/requests.
- Nutrition update in What in the Hall newsletter that goes out to res halls
- Nutrition information posted on website specific to each campus