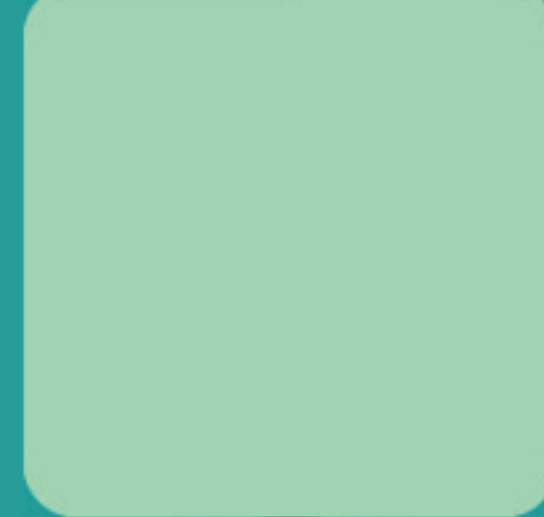




# NUTRITION PROGRAM



## HOSPITALITY SERVICES

TEXAS TECH  
Administration & Finance  
Auxiliary Services



@EatAtTexasTech



HOSPITALITY.TTU.EDU

For More Information

(806) 742-1360

hospitality@ttu.edu

### Dietitian Mindy Diller

Hospitality Services has a registered dietitian on staff. Our dietitian is a resource to assist you with establishing and meeting your dietary, lifestyle, nutritional, and religious dining needs.

**[mindy.diller@ttu.edu](mailto:mindy.diller@ttu.edu)**

## What is Smart Choices?

The Smart Choices Nutrition Program is rooted across campus in all Hospitality Services locations to provide a healthier, fresher alternative to everyday fast food. Smart Choices caters to Red Raiders seeking to incorporate healthier options into their day. Eating healthy doesn't have to be boring and bland. The program provides support through 'one-on-one' coaching, online resources, and 'Smart' labeling. The Smart Choices wellness program ensures healthy and nutritious food options are available throughout campus.



## SmartChoices.ttu.edu

Visit our website where you can find nutrition facts for food served at all Hospitality Services locations across campus. Tips, tools, and nutrition calculators are available to support your dining needs. Watch our Smart Choices videos featuring our registered dietitian and students, sharing their knowledge about the Smart Choices program.

## EatAtTexasTech.wordpress.com

Need more support? Read our weekly blog which covers a wide range of health and nutrition topics.

## Interactive Nutrition Menu

Calculate and find the nutrition facts for Hospitality Services retail outlets and select dining locations using our prebuilt calculator that make Smart Choices easy. Find info about food Allergy/Contains which may contain one of the 'Big-9' allergenic foods: Eggs, Fish, Milk, Tree Nuts, Peanuts, Sesame, Shellfish, Soy, Wheat or Pork for lifestyle choices.



## FOOD ALLERGEN & DIETARY SYMBOLS



### Look for these symbols on menus across campus.

Hospitality Services locations maintain strict control in their food preparation. Guests with food allergies or other dietary needs should consult the Unit Manager for specific ingredient questions. Please keep in mind that all products are produced in a facility that may contain other common food allergens. It is recommended that all guests with food allergies consult our Registered Dietitian for additional assistance and accommodations.