

EATING GLUTEN FREE

in Valsetz Dining Hall

FEEL FREE TO ASK STAFF ABOUT HOW
FOODS ARE PREPARED!

Be Sure to Check the Menu Sign!

GLUTEN FREE FOOD COURT

SALAD BAR - Choose freely from:

- Vegetables
- Fruit
- Hard Boiled Eggs
- Olive Oil & Vinegar

DRESSINGS

- Ranch Dressing
(CONTAINS SOY, EGG)
- Fat Free Ranch Dressing
(CONTAINS SOY, EGG)
- Italian Dressing
- Fat Free Italian Dressing
(CONTAINS SOY, EGG)
- Honey Mustard
Dressing
(CONTAINS EGG)
- Low Calorie Dressing
(CONTAINS SOY, EGG)

WOK STATION - Choose freely from:

- Vegetables
- Chicken
- Rice
- GF Soy Sauce

GRAINS:

- Steamed Jasmine, Sticky or Brown Rice
- Rice Noodles
- Yellow Taco Shells and Corn Tortillas
- Potatoes - Mashed, Baked or Steamed
- Refried Beans
- Corn and Corn on the cob
- Thai Rice Wraps
- Udi's Gluten Free bread and hamburger buns are available at the Grill by request

GLUTEN FREE FOOD COURT (CONTINUED)

PROTEINS:

AVAILABLE AT THE GRILL:

- Bacon, Pork Sausages and Sausage Patties
- Chicken - Grilled
- Eggs, Hard Boiled, Scrambled and Omlettes -
Wilcox Farms Liquid Eggs

AVAILABLE AT SPOTLIGHT & HOMESTYLE:

- Chicken & Beef
- Ham Slices, Carved Ham
- Roast Turkey Breast
- Marinated Philly Beef Steak

AVAILABLE AT THE DELI:

- Hormel All Natural Deli Meats
- Hormel Natural Turkey Breast
- Tuna, Egg & Chicken Salad

DAIRY & DAIRY ALTERNATIVES:

- Cheeses - Provolone, Swiss, Cheddar and
Monterey Jack
- Milk - Unflavored ONLY
- Pacific Soy Milk
- Rice Milk

SOUPS:

- Chili - Beef or Valsetz Vegetarian
- Cheddar Cauliflower
- Vegetable Cheddar
- Chicken Chipotle Chowder

EXTRAS:

- Selected Amy's Frozen Meals.
Check with Dietitian for detailed information
- Betty Lou's Gluten Free Fruit Bars
- Italian, Olive Oil & Vinegar Dressings
- Plum, Marinara & G-F Soy Sauces
- Ketchup, Mayonnaise & Mustard
- All Steamed Vegetables - EXCEPT -
SW Tex Blend
- Coffee, Latte Machine with any Syrup
- Fruit, Fruit Juices
- Look for additional Gluten Free items offered
on the daily menu

EATING GLUTEN FREE

*in the
Werner University Center*

GLUTEN FREE GRILL

- Grilled Chicken
- Bacon
- Cheese
- Vegetables
- Eggs
- Sausage Links

** Request that all items be prepared with
Butter, Olive or Canola oil*

GLUTEN FREE DELI

- Chef Salad - *NO Croutons on Salads*
- Side Salad
- Mediterranean Vegetable Salad

GLUTEN FREE WOLF EXPRESS

- Salad Bar
- NuGo Free Bars - all
- Hard Boiled Eggs
- Yoplait Yogurts
- Naked Juice
- Fruit Juice
- Soda Drinks
- Darigold Milk - all
- Tillamook Cheese
Pieces
- Betty Lou's Gluten Free
Fruit Bars
- Davids Sunflower &
Pumpkin Seeds
- Planters Sunflower
Kernels, Salted Peanuts
or Cashews

GLUTEN FREE RESOURCES

For more information on living Gluten Free, contact our registered dietitian, Sarah Weber, RD, LD at the Student Health Center, 503-838-8313, or 503-838-9486.

GLUTEN INTOLERANCE FACTS

People with gluten sensitivities are unable to digest the protein gluten, which is found in wheat, rye and barley. The main cause of Gluten Intolerance is Celiac Disease, where ingesting gluten can set off an autoimmune response that causes damage to the small intestine. This damage hinders absorption of nutrients in the small intestine and can lead to malnutrition.

GLUTEN INTOLERANCE SYMPTOMS

Signs and symptoms of gluten intolerance can vary greatly from person to person.

People with celiac disease often have general gastric complaints, and can range from poor immune function, IBS, abdominal pain to iron deficiency. If you suspect that you may be affected, feel free to contact the Student Health Clinic (503-838-9486), or make an appointment with the University Registered dietitian.

MORE INFORMATION

- www.celiac.com
- www.gluten.net (Gluten Intolerance Group)
- www.glutenfreeeugene.org



GLUTEN FREE ABOUT TOWN

The following local businesses offer Gluten Free options for dining or grocery shopping.

MONMOUTH

Roth's Family Market

Walmart

Mendi's Pizza Parlor (Fall, 2011)

CORVALLIS

First Alternative Natural Foods

Trader Joe's Corvallis

Market of Choice

Big River

Broken Yolk Cafe

China Blue

China Delight

Evergreen Indian

Tacos Uruapan

Thanh-Hein Vietnamese

Papa's Pizza

McGraths

Dairy Queen

New Morning Bakery

Zia's

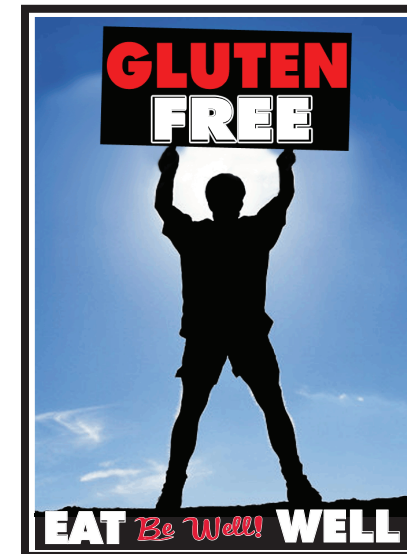
Living Earth Bakery

EATING OUT

Remember to share with restaurant staff that you have an intolerance to gluten, being aware will allow them to take the necessary precautions on your behalf. In addition, consider the following tips:

1. Cross contamination is your biggest concern.
2. Avoid deep-fried foods due to cross contamination.
3. Blue Cheese and Soy Sauce always contain gluten. Check other dressings closely.
4. Avoid crispy items, they are usually breaded.
5. Check soup ingredients - many are thickened with flour.
6. Hold the croutons.
7. **READ LABELS!** Know other names/forms of wheat to avoid.

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WHAT TO DO WHEN YOU CAN'T TOLERATE GLUTEN IN YOUR DIET

- LEARN ABOUT GLUTEN INTOLERANCE
- FIND OUT WHERE - AND WHAT - YOU CAN EAT, BOTH ON AND OFF CAMPUS
- GAIN VALUABLE RESOURCES TO HELP YOU TO EAT WELL AND **BE WELL!**



CAMPUS DINING
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