

## **Nutrition made fun and easy**

### **The dietitian is here to help**

UMaine Dining's dietitian, Dara Raymond, M.S., R.D., L.D., provides free, confidential, nutritional guidance and counseling for any Dining meal plan holder. She is available by appointment Monday through Friday from 8 a.m.–4:30 p.m. Follow-up meetings, email conversations and phone calls are also available, when appropriate.

#### **Counseling services include:**

- Medical nutrition therapy
- Vegetarian/vegan lifestyle
- Food allergies and intolerances
- Religious diet requirements
- Healthy eating
- Sports nutrition
- Weight management

Additional referrals may be made to appropriate campus staff if necessary.



### **START A CONVERSATION**

Dara Raymond, M.S., R.D., L.D.  
[dara.raymond@maine.edu](mailto:dara.raymond@maine.edu)  
207.581.4508

Special events planned monthly.  
Visit [umaine.edu/dining](http://umaine.edu/dining) and  
see the calendar for details

## **How a dietitian can help you:**

### **Table toppers and nutrition events**

Free information is available at the all you care to eat dining halls. Mix in some nutrition focused events and you'll discover you'll learn while you have your daily meals. Keep an eye out online for the full schedule.

### **One-on-one advice and counseling**

Meal plan holders can access Raymond's services by appointment. From setting goals to discussing specific nutrition needs and issues, Raymond's job is to help you succeed and live your best foodie life.

### **Consulting with UMaine Dining**

Raymond actively works with the staff of UMaine Dining to plan and execute healthy and nutritious food options.

### **Website nutrition information**

Interactive web-based menus give UMaine Dining customers access to nutrition labels with ingredients for each menu item. Plan your meals at [umaine.edu/dining/locations](http://umaine.edu/dining/locations) and click on "menus" button.



## **UMaine Dining's nutrition commitment to its guests**

### **Special dietary needs**

If you have a specific dietary need, including a special diet, consult UMaine Dining to find out how they can assist you in your nutritional goals. Make an appointment to discuss your particular dietary need. Meal plan modifications or exemptions are granted only in extreme cases.

### **Allergies and intolerances**

The UMaine Dining staff is pleased to help you determine if a particular menu item contains an ingredient that may cause a reaction. Contact UMaine Dining if you have a severe food allergy or intolerance for accommodations.

### **Allergy Aware venue at Hilltop Dining**

The Allergy Aware line at Hilltop has foods free from the Big 8 allergens — peanuts, tree nuts, fish, shellfish, soy, eggs, milk and wheat. Many items are also gluten-free.

### **Halal menu items at York Dining**

York Dining serves a Halal-friendly item during dinner.

### **Gluten-friendly items and milk alternatives**

Gluten-friendly items and milk alternatives are available in all three dining halls. The Bear's Den in Memorial Union also has a selection. If you are unclear if an item meets your dietary needs, ask a manager.

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