

# Eating Well with AAD: Gluten-Aware

A guide to help you feel confident in making nutritious choices within All Access Dining (AAD) with non-celiac gluten sensitivity.

## Our Commitment

UBC Food Services is committed to accommodate students with non-celiac gluten sensitivity.



We do not have gluten-free facilities and cannot guarantee a gluten-free space, due to the risk of cross-contact.

However, we work to minimize the risk through strict safety standards, and strive to provide the most up-to-date information.

## Build Your Own Meal

Make the kitchen your own. Mix and match options from stations and side bars to create a balanced meal.



Ask for modifications within reason at stations, like less/more toppings and/or made without gluten options like pasta.

Check out the made without gluten fridges located at the supervisor's office of each dining hall to find options like bread, buns and desserts.

## Staff Training

Staff undergo nutrition and gluten training upon hire and annually.



Locate the purple allergy aware button above to identify chefs, 1st cooks, supervisors, and management who have completed in-depth training through the [AllerTrain™](#) certification.

## Plan Ahead with Nutrislice

Always start with Nutrislice. Use the Nutrislice app or webpage to view menus, ingredient details, menu icons, and allergy information.

Filter menus to the made without gluten (MWG) menu icon below, and/or the top 11 priority allergens and see what is offered.

Nutrislice will cross out in red the options that are made with gluten, and highlight in yellow the options that are made without gluten.



Made Without  
Gluten Menu Icon



## Communicate & Advocate

We encourage self-responsibility. Be clear to your server about your non-celiac gluten sensitivity.



This will prompt our servers to use our purple service items to prepare a gluten-aware meal for you.

## Connect With Us

Don't hesitate to ask questions or share concerns with supervisors, managers, cooks, and chefs. For nutrition concerns, connect with our residence dietitian. Follow us on Instagram at [@ubcfoodie](#).



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## Focus on Variety and Balance

Aim to eat regular and balanced meals throughout the day that follow Canada's Food Guide plate model proportions:



Adapt your plate to your personal preferences. Focus on long-term nutrition, and what you can add more often, rather than remove.

## Protein

Add plant-based proteins more often to your meal for a nutritious and protein-dense option, variety, taste and healthier planet! Here are some protein examples:

Tofu, tempeh, lentils, chickpeas, quinoa, beans, hummus, edamame, peas, hemp, chia, flax, pumpkin seeds, quinoa, chicken, fish, shellfish, eggs, cheese, yogurt, milk, soy milk, nuts (limited), etc.



## Whole Grains & Starchy Veggies

Whole grains and starchy veggie options are key components in providing fibre and energy to your meal. Here are some examples:

Brown rice, quinoa, made without gluten pasta, bread, buns, bagels, millet, potatoes, sweet potatoes, yam, squash, corn, corn tortillas, peas, beets, parsnip, etc.



## Hydrate Daily

Make water your main choice of beverage. Aim for at least 1.5-2 L of fluid per day. Here are some examples: spa water, milks, juices, and soups.



## Eat Intuitively & Mindfully

Intuitive and mindful eating is a rewarding journey of strengthening our relationship with food, mind, and body.

Focus on nutrition in a gentle way that rejects dieting, makes peace with food, challenges the food police, listens to our body's hunger and fullness cues, and celebrates food for all it provides.



## Non-Starchy Veggies & Fruit

Eat the rainbow and choose a variety of colours of fruits and veggies like green and orange to obtain adequate nutrition. Here are some examples:

Carrots, celery, onions, broccoli, cauliflower, spinach, mixed greens, bok choy, peppers, tomatoes, cucumbers, mushrooms, eggplant, brussel sprouts, artichoke, garlic, ginger, avocados, apples, oranges, bananas, pears, etc.

