

# DIETARY ACCOMMODATIONS AT FSU

VEGAN  
VEGETARIAN  
AND MORE



*Please be advised food prepared in the kitchen may contain or have come into contact with these food allergens, eggs, milk, sesame, fish, shellfish, peanuts, tree nuts, soy, and wheat gluten*



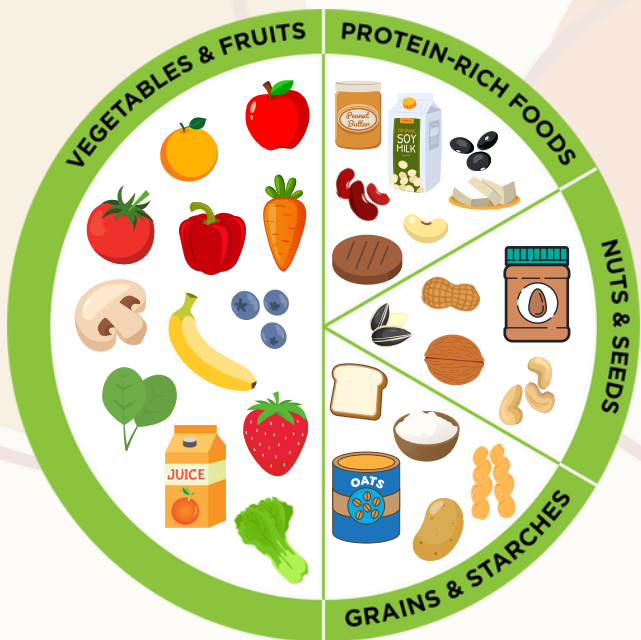
@seminole\_dining



@seminoledining1851



@seminoledining



## COMMON DEFICIENCIES:

Did you know people who follow vegan and gluten-free diets can be at risk for a few deficiencies? Below are listed a few common deficiencies along with vegan and GF foods containing these nutrients.

### Vitamin B12

Fortified cereals and alternative milks, plant-based meats, nutritional yeast

### Vitamin D

Orange juice, mushrooms, fortified alternative milks, sun exposure

### Calcium

Beans, lentils, seeds, soy foods

### Iron

Dark leafy greens, beans, legumes, whole grain cereals

**Chiung Lien RDN, LDN / Aramark / FSU**

Nutrition Associate Manager

Phone: (850) 755-6795

Email: [lien-chiung@aramark.com](mailto:lien-chiung@aramark.com)