Navigating UChicago Dining
With a Food Allergy or Special Diet

1. Contact UChicago’s registered dietitian and nutritionist Cecily Martinez, MS, RD, LDN | dining-dietitian@uchicago.edu to schedule a meeting.

2. Review menus ahead of time on the Dine on Campus app or dining.uchicago.edu to view food ingredient list.

3. “Don’t Be Shy, Self-identify” Speak with a chef or managers to help you make safe food choices within a Dining Commons.

4. Visit the Pure Eats Station to avoid gluten and the top eight food allergens: peanuts, tree nuts, fish, shellfish, wheat, soy, eggs, and dairy.

5. Always carry your allergy medications and know how to use them.