

# DINING SERVICES

AT BRYN MAWR COLLEGE

## Looking for Nutrition information?

Here is a step-by-step guide to finding the ingredients list and nutritional information for items found in the dining halls.

•Go to the Dining Services page on the BMC website:

<https://www.brynmawr.edu/dining/nutrition-information-and-campus-dietitian>

•Click on the blue “Nutrition Information” link located to the Right of the page.

•This will take you to web menus. Choose the dining hall location in which you are dining. (Haffner, Erdman, or Haverford)

•Under the menu drop down, choose the category for your food choice. Most entrees will be found under the name of the dining hall.

•Select the date.

•Under the meal drop down, choose Breakfast, Lunch, or Dinner.

•You should then see the list of offerings populate below.

•Choose your item and the nutritional information will appear on the right of the page.

•Click on the Ingredients/Allergens bar if you would like to see more detailed information and potential allergens.

If you have any additional questions or would like nutritional support on campus, please contact the Bi-Co Dietitian, Natalie Zaparynski, MA, RD, LDN at [nzaparyns@brynmawr.edu](mailto:nzaparyns@brynmawr.edu) or 610-526-7417