NetNutrition®: Instructions for Use

NetNutrition® (http://nutrition.grinnell.edu/) is an online program linked to Grinnell College's Marketplace Dining menus. It can be used to plan balanced meals, filter out foods containing allergens/intolerances, and look at ingredient labels for food served in Grinnell College's Marketplace.

The NetNutrition® Online Tool

NetNutrition® can assist you in making wise choices to meet your nutritional goals when dining in the Marketplace. You will find this remarkable tool helpful to:

- View menu offerings.
- Identify and select well-balanced meals.
- View the nutritional content and ingredients of your food choices.
- Filter out foods containing allergens/intolerances.
- Select preferences for specific types of diets such as vegetarian, vegan and Halal.

How to Use NetNutrition® to Manage Your Food Allergy:

1. Find food allergens/intolerances listed on the left side of the page.
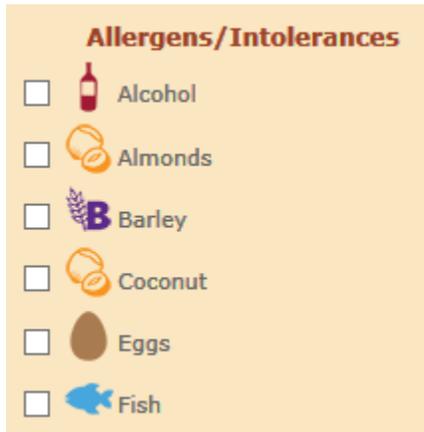
2. Check the box next to the food allergens/intolerances you must avoid.
3. Items containing these allergens/intolerances will be deleted from your menu choices. For example, if you checked the allergen/intolerance box for almonds, only items that do not contain almonds will appear on the list of food choices.

4. To clear a filter, deselect the check in front of the allergen/intolerance you want to clear or click the Clear Filters button to remove all filters at once.

⊖ Clear Filters

How to Use NetNutrition® in Meal Planning:

Building a Meal

Here's how to build a meal in NetNutrition®:

1. View the menu, by **selecting a meal** under the **date of your choice**.
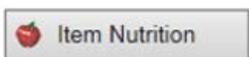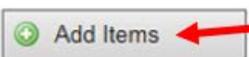
Menu List For Marketplace Dining

Tuesday, January 12, 2016
- BREAKFAST
- LUNCH
- LIGHT LUNCH
- DINNER ⬅
- EVERYDAY OFFERINGS

Wednesday, January 13, 2016
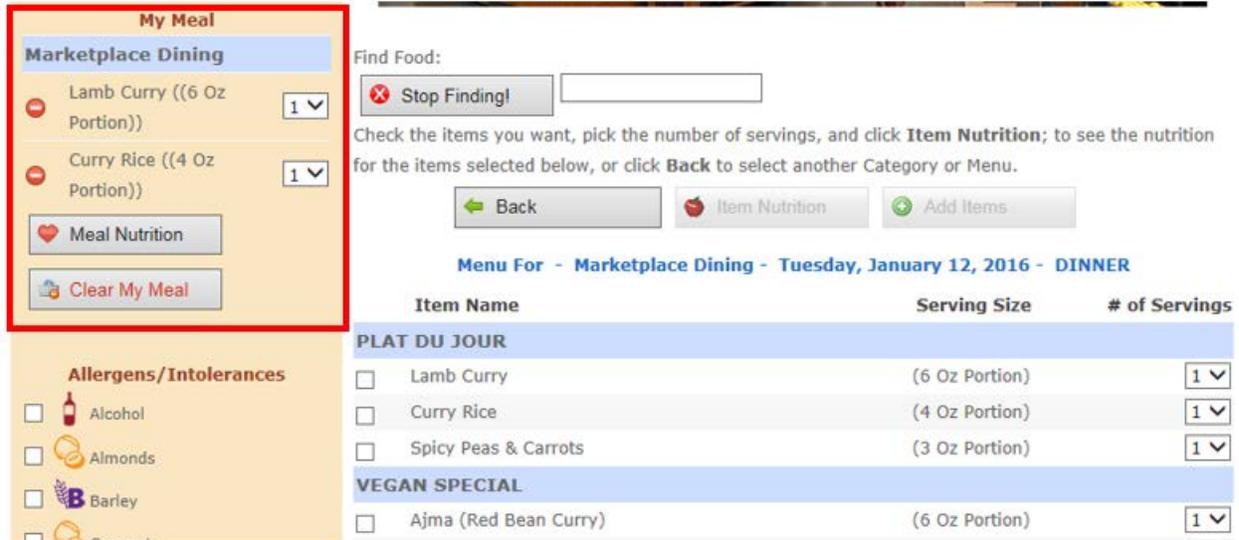- BREAKFAST
- LUNCH
- LIGHT LUNCH

2. Click on the box next to the **food items** you wish to eat.
3. Use the drop down box on the right to select **the number of Servings** you wish to consume.
4. Once you have made your selections, select **Add Items**.

⬅ Back	🍎 Item Nutrition	⊕ Add Items ⬅

Menu For - Marketplace Dining - Tuesday, January 12, 2016 - DINNER

	Item Name	Serving Size	# of Servings
PLAT DU JOUR			
☑	Lamb Curry	(6 Oz Portion)	1 ⌄
☑	Curry Rice	(4 Oz Portion)	1 ⌄
☐	Spicy Peas & Carrots	(3 Oz Portion)	1 ⌄
VEGAN SPECIAL			
☐	Ajma (Red Bean Curry)	(6 Oz Portion)	1 ⌄
☐	Basmati Rice	(3 Oz Portion)	1 ⌄
☐	Spicy Peas & Carrots	(3 Oz Portion)	1 ⌄
☐	Barley and Lentil Soup 🌾B	(4 Oz Portion)	1 ⌄

5. As you add items to your meal, they will appear in the upper left-hand shaded portion of the page under **My Meal**.

Everyday Offerings

1. Everyday Offerings can be added to any meal and consists of the Salad Bar, Vegan Salad Bar, Salad Bar Dressings, and Ice Cream Dream.

2. To add **Every Day Offerings** to your meal selection, click the **back arrow** to return to the list of meals.

3. Click on **Everyday Offerings** under your chosen date**.**

Remove Items from a Meal

1. To delete an item from your meal, select the red circle with a minus sign.

My Meal

Marketplace Dining

Corn & Cheese Arepas
((3 Corn Arepas))   1 ⌄

Mediterranean Blend
Vegetable ((3 Oz
Portion))   1 ⌄

Nutritional Analysis

1. To see nutritional information of a menu item, **hover over the item** in the menu list and a box will open with both the nutrient values and the ingredient list for the menu item.

Lamb Curry   ⊗ Close

Nutrition Information
Serving Size: (6 Oz Portion) (174g)

Amount Per Serving		
Calories: 288	Calories from Fat: 180	
		% Daily Value
Total Fat:	20 Gram	30%
Saturated Fat:	3.5 Gram	17%
Trans Fat:	0 Gram	0%
Cholesterol:	65 MG	22%
Sodium:	730 MG	32%
Total Carbohydrate:	7 Gram	2%
Dietary Fiber:	2 Gram	10%
Sugars:	3 Gram	%
Protein:	21 Gram	28%

Vitamin A: 100%   •   Vitamin C: 10%
Calcium: 6%   •   Iron: 15%

Ingredients: Lamb Leg Brn Boneless(Leg of Lamb), CARROTS DICED S(Carrot Cleaned S(Carrot Jumbo Fresh(carrot))), Onions Green Chopped S (Onion Green Icels(green onion)), Oil Sunflower Fry Non Gmo ZTF(Ingredients: Mid-oleic sunflower oil, High Oleic Sunflower Oil, Dimethylpolysiloxane), Ketchup Fcy Pouch (=6/#10) (Tomato Concentrate Made from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring .), Onions Green Chopped S(Onion Green Icels(green onion)), Spice Curry Powder(Coriander, Fenugreek, Turmeric, Cumin, Black Pepper, Bay Leaves, Celery Seed, Nutmeg, Cloves, Onion, Red Pepper, Ginger), Salt Evap Food Grade Iodize(SALT, YELLOW PRUSSIATE OF SODA.), Garlic Peeled Fresh(Garlic), Spice Pepper Black Table Grnd(Ground black pepper), Spice Thyme Leaves Whl (Thyme), Spice Red Chili Whole(red chili peppers)

2. You can also see the nutritional value of an item before adding the item to My Meal by selecting the item and then clicking the **Item Nutrition** button**.**

Item Nutrition

	Calories KCAL	Fat Cal KCAL	Fat Gram	Fat %	Sat Fat Gram	Sat Fat %	Trans Fat Gram	Chol MG	Chol %	Sodium MG	Sodium %	Carbs Gram	Carbs %	Dietary Fiber Gram	Dietary Fiber %	Sugars Gram	Protein Gram	Vit A %	Vit C %	Calcium %	Iron %
Marketplace Dining - 1/13/2016 - DINNER																					
Mediterranean Blend Vegetable - (3 Oz Portion) (77g)	23	0	0	0%	0	0%	0	0	0%	20	1%	4	2%	2	7%	2	< 1	45%	30%	2%	2%

Figure 1: Example view when Item Nutrition button is clicked.

3. To get a total nutrient analysis of your chosen items, select the **Meal Nutrition** button.
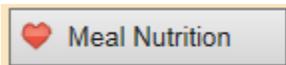
Meal Nutrition

	Calories KCAL	Fat Cal KCAL	Fat Gram	Fat %	Sat Fat Gram	Sat Fat %	Trans Fat Gram	Chol MG	Chol %	Sodium MG	Sodium %	Carbs Gram	Carbs %	Dietary Fiber Gram	Dietary Fiber %	Sugars Gram	Protein Gram	Vit A %	Vit C %	Calcium %	Iron %
Marketplace Dining - 1/12/2016 - DINNER																					
Lamb Curry - (6 Oz Portion) (174g)	288	180	20	30%	3.5	17%	0	65	22%	730	32%	7	2%	2	10%	3	21	100%	10%	6%	15%
Curry Rice - (4 Oz Portion) (114g)	174	40	4.5	7%	0	2%	0	0	0%	0	0%	29	10%	1	6%	0	4	0%	0%	4%	10%
Meal Summary																					
	462	220	24.5	37%	3.5	19%	0	65	22%	730	32%	36	12%	3	16%	3	25	100%	10%	10%	25%

Figure 2: Example view when Meal Nutrition button is clicked.

How to use NetNutrition® for Preferences:

1. You may choose to sort menu items by preferences.
2. Select your desired preference.
3. Only foods that meet your selected preference will appear in the menu.

Preferences

☐ Halal

☐ Vegan

☐ Vegetarian

NetNutrition® at Grinnell

Nutritional information for this site is calculated using a respected nutritional analysis software program. Information provided is approximate and intended to be used as a guide only; it is not intended to be used for the diagnosis or treatment of a health condition or as a substitute for consultation with a licensed health professional.

While information is based on recipes specific to Grinnell College, nutrient values and allergens of each food may vary due to selected portion size, the guest's use of condiments and seasonings, growing conditions, manufacture formulations, or substitutions. In addition, recipes may be modified from time to time, revising the nutritional values.

All of our foods are prepared in a facility where peanuts, tree nuts, fish, shellfish, wheat, soy, milk, and eggs are also prepared. Cross-contamination is possible. For the most up-to-date information, guests are encouraged to visit our website regularly. If you have questions or concerns please contact the office of Dining.

Service Hours

Marketplace

Monday-Thursday: 7 a.m.-8 p.m. (continuous service).
Friday: 7 a.m.-7 p.m. (continuous service).

- Hot breakfast 7-10 a.m.
- Continental breakfast 10-11 a.m.
- Lunch 11-1:30 p.m.
- Light lunch 1:30-5 p.m.
- Dinner 5-8 p.m. (7 p.m. on Friday)

Saturday: Breakfast 9-10 a.m.; Lunch 11:30 a.m.–1:30 p.m.; Dinner 5–7 p.m.
Sunday: Brunch 11:30 a.m.–1:30 p.m.; Dinner 5 p.m.–7 p.m.

Contact Us

Office of Dining Services
Joe Rosenfield '25 Center (JRC) Room 218
Phone: (641) 269-3661