



Natalie
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M.A. R.D. L.D.N.

Natalie is our registered dietitian who provides an array of nutrition counseling services to Bryn Mawr and Haverford College Students. She is experienced in nutrition education, nutrition research, and nutrition counseling.

In addition, she consults with Dining Services on menu planning, recipe development, as well as teaching wellness classes & participating in the Body Image Councils on both campuses.

Individual counseling
is available by appointment.

- Healthy eating
- Weight management
- Sports nutrition
- Eating disorders
- Food allergies

Lactose intolerance

Other nutrition & wellness concerns

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**Nutrition information
with menu recipe
analysis available
online at:**

<http://brynawr.computrition.netsmartcloud.com/>

**and at kiosks
in the dining halls!**

**Let us know about
any allergies
or dietary needs
that you have:**

www.brynawr.edu/sites/default/files/special-diet-needs-form.pdf



Vegan &
Vegetarian
Dining
on Campus

vege

vegan

**DINING
SERVICES**
AT BRYN MAWR COLLEGE

www.brynawr.edu/dining
www.haverford.edu/dining-services

**HAVERFORD
COLLEGE**
DINING SERVICES

Vegan & Vegetarian Dining on Campus

If you're looking for plant-based items in the dining halls. Look for the following indicators on menus and labels:

Vegan items on posting menus - V

Vegetarian items on posting menus - *

Vegan items on labels

vegan

Vegetarian on labels

vege

Some of the vegan/vegetarian products we carry in the dining halls include, but aren't limited to the following:

Non-dairy milks
Non-dairy yogurts
Non-dairy cheeses
Hummus
Beans, nuts, and seeds
Vegan pastries and desserts.

There is a vegan/vegetarian option offered at each meal. New Dorm dining hall offers a vegan bar at lunch and dinner.

Protein

You can still get plenty of protein while following a plant-based diet. It's important to get protein at every meal. With some simple planning, that shouldn't be a problem for vegans and vegetarians.

Some vegan proteins include: Tempeh, Tofu, Edamame, Beans, Nuts, Seeds, Quinoa
***Vegetarians can also add eggs, and Greek or strained yogurt.**

Plant-Based Sources of Iron

Lentils
Chickpeas
Tofu
Whole Grains
Seeds
Figs
Raisins
Spinach

Foods High in Vitamin C

Oranges
Strawberries
Tomatoes
Watermelon
Red/Orange
Bell Peppers
Raspberries

Iron

Vegan and Vegetarian dining can be tricky when it comes to iron. Plant-based sources of iron aren't as easily absorbed by the body. To increase absorption, make sure you pair iron-rich foods with foods high in vitamin C!

B12

B-12 is an essential vitamin. It is crucial for brain and nervous system function. It also helps support cell metabolism. We can only get B12 through animal sources of food. Vegetarians who eat dairy or eggs can get proper amounts, however vegans must supplement B12.

Calcium

Many vegans and vegetarians are concerned they're not getting enough calcium. It's important to make sure you're including plant-based sources of calcium in your diet if you don't eat dairy products.

Plant-Based Sources of Calcium

Non-Dairy Milk
Sesame Seeds/Tahini
Lentils
Almonds
Spinach
Tofu
Collard Greens
Fortified Non-Dairy Yogurt