NUTRITION CALCULATOR

University of Oklahoma Housing and Food Services
Curious to know the ingredients of an on-campus menu item?
Use our Nutrition Calculator.

This short presentation will walk you through the steps of how to use the online nutrition calculator to find ingredient information.
Step 1:

- Visit food.ou.edu
- Click on blue bubble, located on the right side of the screen (image 1)

**image 1**
click here to use the online interactive Nutrition Calculator

housing & food CAMPUS DINING
Step 2:

- Select

“View Comprehensive Details”
Step 3:

- Type in the menu item of which you want to know the ingredients, such as French Toast Casserole (image 1)
- Click on Search (image 2)
Step 4:

- Select the restaurant where your item is being served

*Note: You are asked to select the restaurant because preparation and ingredients may differ between restaurants.
Step 5:

- Enjoy the information offered by the Nutrition Calculator.
- Review the nutrition info, common food allergens, & ingredients for on-campus dining options.
For more information about ingredients, food allergies, or questions about campus dining, please contact Dorothy Flowers at dflowers@ou.edu