



RIT Dining Services 39 Lomb Memorial
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NetNutrition is RIT Dining Services' online solution that allows our customers to easily access nutritional information on a number of foods served in many of our dining locations. From the convenience of your computer or smart phone, you can view menu offerings filtered by dining location and allergens, as well as select nutritional information not only for specific menu items, but for entire meals or days.

How to Use NetNutrition:

- 1) Go to: www.rit.edu/fa/diningservices/netnutrition/1
- 2) Click on a dining location's name from the center or left hand side of the page.
- 3) Click the menu (either Daily Menu or Special Menu) for the desired day/meal.
- 4) If applicable, check the desired boxes on the bottom left of the page to filter for allergens (checking a box will eliminate menu items that contain that allergen).
- 5) Check the box to the left of the menu item's name to select that item.
- 6) Select the number of servings in the pull-down menu to the right of the item's name.
- 7) Scroll over the item's name and the nutritional info for that item will pop-up on the right hand side of the screen.
- 8) Click the "Add Items" button at the top right to add the item to your meal. Added items will be listed in the "My Meal" section on the left hand side of the page.
- 9) Click the "Meal Nutrition" button to view nutritional info for each added item and cumulative nutritional info for your entire meal. For questions or comments, please contact Mary Anne McQuay, RIT Dining Services registered dietician, at mamfsa@rit.edu.