



MEET THE USC DIETITIAN!

LINDSEY PINE | nutrition X USC

Hi Trojan Family!

My name is Lindsey and I'm the Registered Dietitian for USC Hospitality. I am here to answer your food and nutrition questions, give you ingredient information and help to accommodate your special dietary needs, including food allergies. Want to know how to compose a healthy plate or where the best spots to go for vegan and vegetarian food are? Contact me! I work mostly with Residential Dining and eat there every day, so I am your go-to person for food and nutrition related questions for Everybody's Kitchen, The USC Village Dining Hall and Parkside Dining Hall.

You may see me at the Farmers Market over at McCarthy Quad from time to time, or tabling outside of the Dining Halls doing nutrition education and giving out free snack samples!

I believe in a balanced life which means not only eating nourishing food including lots of fruits and veggies, but advocate for fun physical movement, plenty of sleep and self-care. Want to chat? Drop me a line via the Hospitality website portal: <http://hospitality.usc.edu/dietitian/>

PS... Curious as to what's on the menu each day in Residential Dining? Check out our online menus which are labeled for the Top 8 allergens, gluten, sesame, pork, vegan and vegetarian.

hospitality.usc.edu/residential-dining-menus/

Need more general information on accommodating special dietary needs in Residential Dining? Check out this link: hospitality.usc.edu/wp-content/uploads/2017/09/2017_SpecialDietaryNeeds.pdf

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