

### Important Notes:

1. All sections of this form must be completed before the request can be processed.
2. If this form is not completed within 30 days of seeing your private physician, it will become invalid.
3. Completion of this form will initiate a professional review of your nutritional and dietary concerns. Dining Services will work with students who have dietary restrictions to ensure a medically appropriate and nutritionally sound diet.
4. After all sections of the form are completed, please scan and email to [nutrition@dining.rutgers.edu](mailto:nutrition@dining.rutgers.edu). Upon review, the Dining Services Nutritionist will contact the student to discuss individual dietary needs.

### TO BE COMPLETED BY THE STUDENT

#### I.

NAME:

ID#:

CELL PHONE#:

EMAIL ADDRESS:

RESIDENCE HALL:

MEAL PLAN:

Please describe your dietary restrictions and any dietary adjustments you require:

#### II. TO BE COMPLETED BY PRIVATE PHYSICIAN

Describe briefly your medical findings regarding the student's diagnosis and dietary adjustments required. Please include when the diagnosis began and expected duration.

Physician's Signature:

Date:

Print Physician's Name:

Address:

Phone #:

Fax#:

#### III. RUTGERS HEALTHCARE PROVIDER

Review documentation of student's medical condition requiring a specialized diet and perform indicated exam.

While at Rutgers, has the student eaten in places other than the dining halls? If so, where/ when: \_\_\_\_\_

Please suggest dining/nutritional accommodations to be considered for this student: \_\_\_\_\_

Gluten free diet                       Nut free diet                       Special ingredient diet\* \_\_\_\_\_

Lactose free diet                       High Fiber diet                       Other \_\_\_\_\_

Consultation with Dining Services Nutritionist to determine individual nutrition care plan.

**\*\*organic diet is not considered a valid medical necessity**

Healthcare Provider Signature \_\_\_\_\_

Date: \_\_\_\_\_

Health Center: \_\_\_\_\_

**THE HEALTHCARE PROVIDER/PHYSICIAN DOES NOT DETERMINE A RELEASE FROM THE MEAL PLAN. ALL STUDENTS RESIDING IN A RESIDENCE HALL ARE REQUIRED TO HAVE A MEAL PLAN. DINING SERVICES WILL WORK WITH STUDENTS ON AN INDIVIDUAL BASIS TO ACCOMMODATE SPECIAL DIETARY NEEDS.**