

Our Food Symbols Explained

We use these food Symbols throughout Great Food at Leeds to help you see at a glance more information about the food you're eating. Below we've explained what they all mean.

	Vegetarian Food which contains no meat products and is suitable for vegetarians.
	Local Locally sourced food and drink.
	Gluten-Free Food which contains no gluten. The Refectory was Gluten-Free accredited by Coeliac UK in June 2015.
	5 a-day The National Health Service recommends eating 5 portions of fruit and vegetables a day. This symbol represents food which contributes towards your 5 a-day.
	Food for the Brain This is a Nutritional Accreditation which we have held since 2008. This symbol represents food which is good for the brain.
	Halal This represents food which is certified as Halal.
	Fairtrade Fairtrade food and drink certifies that products are sourced from producers in developing countries who receive a fair trade for their items. This symbol represents Fairtrade items.
	Meal Deal Food and drink which is part of a Meal Deal.
	Omega Food high in Omega fatty acids provides an excellent source of vitamins A and D. This symbol represents food which is high in Omega.
	Wholegrain Wholegrain food contains Bran and Cereal Germ and as part of a balanced diet can have health benefits.

For more specific information on our food and drink please email us at gfa@leeds.ac.uk