



Date - 1/4/2024

Specialized Dietary Stations at Amrita Vishwa Vidyapeetham

5. Specialized Dietary Stations

- **Gluten-Free & Nut-Free Section**

Dedicated counter with gluten-free rotis, rice-based dishes, and nut-free preparations.

- Separate utensils, tongs, and serving spoons
- Clearly labeled menu cards with allergen information

- **Diabetic-Friendly Desserts**

- Jaggery-sweetened date balls
- Mixed-fruit compotes (seasonal fruits simmered with spices)
- Millet pudding with stevia and cardamom

- **Ayurvedic Corner**

- Kichadi (mung bean and rice porridge with cumin and ginger)
- Herbal teas (tulsi, ginger-lemon, cinnamon)
- Warm porridge variations (oats with spices, barley kichadi)

Purpose:

These stations cater to diverse dietary needs, ensuring safe, nutritious, and culturally resonant options for all community members. Feedback and requests for additional options can be submitted via the internal dining services portal.

