

SAVOR THE FLAVORS OF...



Sodexo is committed to improving the quality of daily life by offering customers, clients and employees nutritious, delicious choices that promote a healthy lifestyle. The Wellness & You! program takes a fresh approach that you are looking for to make healthy dining decisions through educational brochures, tasty food offerings and product labeling.

Look for the symbols and be assured that your selection meets the dietary guidelines for leading health organizations such as the Dietary Guidelines for Americans, The American Dietetic Association and the American Heart Association. The criteria are based on the portion size identified for the recipe.

LOOK FOR THESE SYMBOLS:

 = Wellness & You!

 = Vegetarian

Visit the Sodexo Health Care Wellness website at www.wellness-and-you.com for additional wellness information.

WELLNESS & YOU! CRITERIA:

Categories	Calories	Fat	Cholesterol	Sodium	Saturated Fat	Trans Fat
Soup	< or = 225	< or = 35%	< or = 25mg	< or = 800mg	< or = 10%	<.5g
Hot Entrees	< or = 550	< or = 35%	< or = 100mg	< or = 800mg	< or = 10%	<.5g
Entree Salads/Sand.	< or = 550	< or = 35%	< or = 100mg	< or = 800mg	< or = 10%	<.5g
Vegetables & Sides	< or = 225	< or = 35%	< or = 5mg	< or = 800mg	< or = 10%	<.5g
Desserts	< or = 300	< or = 35%	< or = 25mg	< or = 300mg	< or = 10%	<.5g
Breakfast Breads	< or = 225	< or = 35%	< or = 15mg	< or = 300mg	< or = 10%	<.5g

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nourish. inspire. flourish.