

BALANCED CHOICES*

for a healthy lifestyle

Food Icon Guide

Restaurant Associates

ORGANIC

Organic
Contains at least 95% organically produced ingredients (by weight) from a USDA certified source

VEGETARIAN

Lacto-Ovo Vegetarian
Contains no meat, poultry or fish products

LOCAL

Local
From sources that are no more than 150 miles from the location in which it is served

HIGH PROTEIN

High Protein
Contains 20% or more of the Daily Value (Daily Value = 50g)

LEAN

Lean
Contains less than 10g fat, 4.5g or less saturated fat, and less than 95mg cholesterol per serving and per 100g (Approximately 3.5oz)
**Only describes the fat content of meat, poultry, seafood and game meats.*

CALCIUM PLUS

Calcium Plus
Contains 10% or more of the Daily Value (Daily Value = 1000mg)

FIBER PLUS

Fiber Plus
Contains 10% or more of the Daily Value (Daily Value = 25g)

VITAMIN C PLUS

Vitamin C Plus
Contains 10% or more of the Daily Value (Daily Value = 60mg)

Restaurant Associates and its parent company, Compass Group, The Americas, have made a commitment to partner with our clients' nutrition, health and wellness initiatives to foster and promote a more healthful workplace, school or community. We understand that everyone's nutritional needs are different, so we created *Balanced Choices for a Healthy Lifestyle* to help you make your own personal healthy choices throughout the day. By highlighting the best sources of proteins, calcium, fiber and Vitamin C, the *Balanced Choices* program provides education and helps promote wise food choices that will produce a balanced diet leading to overall wellness.

All of our food stations offer healthy options, from great breakfast selections including high-fiber cereals, smoothies, fruit, and low-fat yogurt, to healthy lunch items such as vegetable salads with lean proteins like grilled chicken or tuna, vegetable or tofu stir fry, and soy or veggie burgers. As for snack options, hummus, fruit and edamame are always good choices. To maintain energy levels and control hunger, we recommend eating three small meals at breakfast, lunch and dinner, as well as several nourishing snacks throughout the day.

What is Fiber?

Fiber is a substance found in plants. Dietary fiber is the kind you eat, present in fruits, vegetables, grains and legumes. It is the part of the plant that your body cannot digest and is an important part of a healthy diet. Not only does it make you feel full faster and help you control your weight, fiber aids in digestion and a certain type – soluble fiber – has been shown to help lower blood cholesterol.

What are Proteins?

Proteins are amino acids – the building blocks for cells, muscles and tissues in our bodies. Eating adequate amounts of protein daily is needed for health and tissue repair. Most Americans get enough protein from poultry, fish and meat, however they should try to make leaner choices and vary the selection. Eating more protein than the body needs will not build more muscle, as excess protein can be converted by the body into fat.

Why is Calcium Important?

Calcium is one of the most important minerals for the growth, maintenance, and reproduction of the human body. Bones, like other tissues in the body, are continually being renewed while incorporating calcium into their structure. Calcium helps form and maintain healthy teeth and bones, and aids with blood clotting, nerve signaling, muscle contraction and relaxation, and the release of certain hormones. Proper levels of calcium over the course of a lifetime can help prevent osteoporosis, and are needed for a normal heartbeat.

What is Vitamin C?

Vitamin C is a water-soluble vitamin that acts as an antioxidant. It helps to promote a healthy immune system, plays a role in skin and cartilage formation, and aids in many functions of the body, including the absorption of iron. Since the body does not manufacture vitamin C on its own, nor does

the body store it, it is imperative that you include plenty of vitamin C-containing foods in your daily diet.

**Balanced Choices selections identify the wellness categories of the main ingredient in a dish. For example, Seared Tuna with Artichokes and Olives is labeled as both lean and high protein. The wellness categories are associated with the tuna only in this example.*

The serving sizes used to analyze the Balanced Choices selections follow the Nutrition Labeling and Education Act (NLEA) label requirements. NLEA defines serving sizes as the amount of food customarily eaten at one time.