

Spice Up Your Life with the New Whole+Sum Menu

A One Stop Meal Plan Destination Where Chefs and Nutritionists Take the Thinking Out of Eating

whole + sum

CHOICE + FLAVOR ≤ 600 CALORIES

Do you love food but have high cholesterol, diabetes, high blood pressure or are you trying to lose weight? Do you get tired after eating and run out of energy? Do you have a hard time finding healthful delicious food? Then whole+sum is the new meal plan for you! Whole+sum is an exciting new food station destination where top chefs and nutritionists combine the latest nutrition information into delicious meals that are low in calories, sodium and unhealthy fats to keep you healthy. The menu also combines lots of vitamins and the right balance of carbohydrates, protein and fat to energize your body!

From classic American comfort foods to ethnic favorites like Asian, Mediterranean, Latin and Indian, whole+sum delivers flavor in a nutrition packed meal. It's not very often that someone else can prepare the right balance of foods that are this good and this good for you. The meals contain lots of colorful foods and spices that are high in vitamins called antioxidants - compounds that neutralize free radicals caused by stress, pollution and other chemicals. Research has shown that antioxidants may be an important part of a disease fighting diet. The National Institute of Health has developed a method for measuring the level of antioxidants in foods based on a standard weight of 100 grams. It is called The ORAC (Oxygen Radical Absorbance Capacity) value. Foods highest on the ORAC scale contain the most antioxidants.

Spice Up Your Life Nutrition Tips:

- 1) **Choose whole food versus juice.** More than 50% of the antioxidant levels can be lost when fruit is turned into juice. Compare the ORAC value of an orange (1,819) to orange juice (726). Be sure to get plenty of whole fruits and vegetables for maximum antioxidant intake.
- 2) **Spices are an important part of a healthy diet.** Surprisingly, the levels of antioxidants in spices can be 100 times higher than most fruits and vegetables. For example, dried oregano has an ORAC value of 200,129. What a powerful disease fighter then when you compare oregano to other healthy foods like oranges (ORAC value of 1,819) and blueberries (ORAC value of 6,552).
- 3) **Use both dried spices and fresh herbs when cooking.** The antioxidant levels in fresh herbs are lower than dried spices because the antioxidants are more concentrated when spices are dehydrated. For example, fresh basil has an ORAC value of 4,805 whereas dried basil contains more than 10 times that amount – a whopping 67,553. But the levels in both are still often higher than most other foods so sprinkle them all over your food.
- 4) **Spice Up Your Life with whole+sum flavor packed, healthful menu coming to your dining center soon.** Choose from 10 or more different menu items from around the world and feel confident that each bite has the perfect nutritional balance to keep you energized.

