



NUTRITION NEWS

Begin Your Meal With Smart Ingredients

Healthy eating impacts more than your weight, it affects your mood, energy level and overall health. Make important smart food choices at every meal. Here is a list of the top five keys that we use everyday to plan our menus to help you make good choices.

- 1 Menu planning based on a proper balance of lean meat and non-meat proteins, carbohydrates, whole grains, fresh fruits and vegetables.
- 2 Choose foods that are high in antioxidants such as blueberries and spinach which are bursting with antioxidants.
- 3 We use high quality sources of protein which is an essential part of a healthy diet.
- 4 For your breakfast, lunch or afternoon snack we promise to have something available throughout to give you that energy needed.
- 5 We choose to use healthy cooking practices such as steaming, broiling and roasting in order to keep the nutrients in the food and help retain all the flavor.