

# INTRODUCING OUR NEW HEALTH BENEFIT ICONS

Look for these symbols throughout the restaurant to help make better-for-you choices.



Heart healthy eating is focused on consuming foods that are low in saturated fats, trans-fats and sodium.

Heart healthy eating meets specific nutrition criteria, which help guests choose items that are lower in these nutrients. In addition to an emphasis on food groups like: whole grains, fruits, vegetables & lean protein; as these food groups contain nutrients that can be beneficial to heart health.

• *We are qualifying these menu items as (per serving):*

- ≤250 Calories per serving
- ≤ 2 grams Sat-Fat per serving
- 0 grams Trans-Fat per serving
- ≤ 250 mg Sodium per serving
- No added sugar
- Must include one of the following food groups: Whole grains, vegetables, fruit, lean protein



Antioxidants are found predominately in plant-based foods. These powerhouses protect our healthy cells from damage caused by free radicals.

• *We are qualifying these menu items as:*

- Recipes that utilize ingredients that contain antioxidants.



Nutrients like healthy fats, lean protein and fiber; especially when combined together – provide long-lasting energy and can help you feel fuller for longer periods of time too!

• *We are qualifying these menu items as containing at least 2 of the following:*

- Healthy Fats
- Lean Protein
- Fiber



Plant-based proteins are foods that contain protein from plants. They are full of fiber, vitamins and minerals that can be beneficial to your health. Ideal if you're following an all plant-based diet.

• *We are qualifying these menu items as:*

- Foods that contain protein from plants such as beans, grains, legumes, nuts and seeds.

At Garden Fresh, we pride ourselves on being able to let our guests create meals that will fuel their individualized needs. For individual nutrition advice, please consult a Registered Dietitian in your area.

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≡ When eaten regularly, these foods help maintain digestive health and can even lower your risk of diseases like diabetes, heart disease and some types of cancer.

- We are qualifying these menu items as:
  - Salad bar ingredients that are  $\geq 1$  gram of fiber per serving
  - All recipes that are  $\geq 2$  grams of fiber per serving



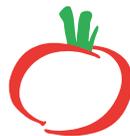
≡ We define gluten-friendly menu items as menu items made with no gluten-containing ingredients, in a non-gluten-free kitchen. Cross contact may occur.



≡ We define Vegan dishes as any menu item not containing meat, eggs, dairy products, or any other animal-derived ingredients.



≡ We define Vegetarian dishes as any menu item not containing poultry, beef, pork or fish, but may contain eggs and/or dairy products (cheeses used may contain either microbial or animal enzymes).



Souplantation  
— & —  
Sweet Tomatoes®

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