



smartcuisine

Welcome to Southern. We are excited to serve you. In the café you will find foods that you know and love, and we will give you the opportunity to try new tastes and flavors. We care about your health, so let me introduce you to a program we call Smart Cuisine.

The Smart Cuisine Program is our promise to you, that we will serve healthy menu items at every meal. You may wonder, how do I know what meal items fit my diet? To help you, we use a series of icons tagging menu items that meet specific health criteria. Our menus are your road map and where you find the icon tagged menu-items you are looking for. You will find our menus posted in the café as well as on our iCafe website.



The **Smart Cuisine** and the **Heart Smart Cuisine** icons represent menu items that are limited in Calories, Saturated Fat, and Salt. The difference in Smart Cuisine and Heart Smart recipes is the degree of limitation. Heart Smart has stricter limitations. By January 2021, these icons will also limit for “added sugar”.



The menu items tagged with **Carb Smart**, and **Sodium Smart** are limited only in the amount of carbohydrates for Carb Smart and the amount of sodium for Sodium Smart. **Fiber Smart** is similar in that only one nutrient is being tracked in this case the amount of fiber. You can see the exact limits and requirements in the Smart Cuisine Guidelines available as handouts in the café and on our iCafe website.



The last 3 icons; **Gluten Smart**, **Vegetarian**, and **Vegan** are limited by the ingredients in the recipe. **Gluten Smart** are items that have no known ingredient containing gluten such as wheat, rye, and/or barley. Still, we do not certify any of our menu items as Gluten Free unless they come packaged with this claim. **Lacto-ovo-Vegetarian** menu items are plant foods that may also contain egg and/or dairy ingredients. **Vegan** menu items do not contain any ingredients of animal origin.



The **guidelines** we use for our Smart Cuisine icons are based on the Dietary Guidelines for Americans (DGA). These guidelines are evidence-based and continues to be reevaluated and supported by current nutrition research.

We will keep you updated with our posters, handouts, and on our electronic message boards. If you have any questions about our Smart Cuisine Program or questions in general about how we can help you follow a certain diet, please do not hesitate to contact us. Grab our health ambassador in your café or email me directly.

Sincerely,

Corporate Dietitian

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SOUTHERNSM
Something Extra in Onsite Dining