



mindful

by **sodexo***

*Where making a healthy choice
becomes second nature.*



GOOD HEALTH

Most people want it but oftentimes healthy eating gets pushed aside. And it's no wonder. Busy lifestyles and uninspiring healthy food choices currently on the market leaves people believing that healthy eating means entering into a world of boring, tasteless food with little variety.

Sodexo believes in another approach. One filled with choices, satisfying flavors, full plates and healthy indulgence. We call this approach Mindful.

From the conference center to the command center, the classroom to the boardroom, Sodexo introduces Mindful to fuel the minds and bodies of your employees or students, by balancing nutrition with taste and satisfaction. We believe that when healthy eating tastes good and satisfies hunger, people are more likely to stick with it. And when healthy eating becomes a way of life, people thrive – and so does their performance and quality of life.

Mindful by Sodexo offers authentically healthy choices to an audience ready for a healthier lifestyle – whether they're already taking steps on their own to get there or need a little help and guidance in starting their journey.



WHY?

To achieve a healthier lifestyle, it's important to incorporate healthy eating at work, at home and everywhere in between. And that's why Mindful is so powerful – it sets the course for selecting healthier foods throughout the day, so that soon making healthy choices becomes second nature.

Through our innovative approach to healthy eating, customers will experience the Mindful principles and food offerings with all their senses. They will see food portioned correctly and how chefs honor the ingredients and their preparation. They will smell savory aromas. They will taste new ways of seasoning that enhance flavors. They will hear other patrons comment on how delicious and satisfying the menu choices are. And ultimately, they will be motivated to eat healthier because Mindful makes it easier than ever.

Mindful Means...

A new commitment to wellness. Through our carefully selected mix of foods, Mindful delivers satisfying portions that are not only delicious, but also meet a wide array of specific nutrition guidelines that control the level of calories, fat, saturated and trans fats, cholesterol and sodium, while maximizing the amount of fiber and other essential nutrients.

Highlights include:

- Meals and entrées that fill the plate with less than 600 calories due to the use of more vegetables, fruits, whole grains and less fat
- Significantly reduced sodium in our soups to less than 700mg per 8-oz. serving by replacing salt with more fresh herbs and spices
- Desserts with less than 200 calories and at least 1g of fiber due to the use of less refined sugar and more fresh fruits
- No trans fat and less than 10% of calories from saturated fats in all our menu selections



PREPARATION

Mindful further prepares our culinary staff to become extensions of your health and wellness initiatives. We show them how to improve traditional menu items with effective substitutions that make customer favorites a Mindful choice. We teach them to honor the pure flavors and wholesomeness of the ingredients and to stay true to each recipe. And by doing so, we'll earn the trust of our patrons and help them improve their health over time.



Mindful Means...

- The use of low-fat cooking methods such as steaming, poaching and grilling
- Chefs use only vegetable-based oils, like canola or olive oil



BALANCE

Even burgers can be Mindful! Just checkout our Turkey Burger.



One serving of turkey provides:

- 50% less fat and 30% fewer calories than beef
- Plus every ingredient we add to our turkey burger offers powerful nutritional value and flavor

Mindful by Sodexo proves that reducing salt, sugar and fat doesn't mean sacrificing taste. By combining ingredients in a Mindful way, we maximize nutrients along with flavor and satiety. That's how healthy and indulgence meet to create Mindful balance!

Mindful Means...

- Effective substitutions that improve nutrition without sacrificing taste
- Fresh herbs and spices to enhance flavors and decrease salt
- High proportion of fruits, vegetables and whole grains that maximize nutrients and food volume while controlling the amount of calories
- Spices such as cinnamon, nutmeg and vanilla to bring out sweetness with less sugar





KNOWLEDGE

Understanding food is an important step to improving eating habits long term. Mindful makes eating healthy easier – not just by feeding the body, but also by feeding the mind valuable information. From right-size portions and merchandising our selections in an appetizing way, to providing our informative messaging in and outside of the café, your customers are empowered to make healthier choices throughout the day.

Mindful Means...

- Easy-to-understand nutritionals and visual ingredients
- Easy-to-identify icons for Mindful choices
- Nutrition education right at point of purchase that nudges patrons toward healthier selections

In fact, we don't just describe what is nutritious about a meal – we show it with photographic Mindful signage. These full-color posters and digital displays showcase each Mindful menu item's ingredients and overall nutritional information. As customers learn about the benefits of these Mindful ingredients, it will become second nature to add them to their meals at home.



CHOICES

Mindful Means...

- Variety of choices
- More flavor
- Satisfying portions
- Healthy indulgence

Mindful by Sodexo is all about providing choice. The choice to make healthier selections. The choice to learn about food. The choice to start living a healthier lifestyle. And the choice to be Mindful whether at our cafés, catered affairs or event venues.

We believe that when patrons are presented with delicious healthy options and choose those foods on their own terms, they are more likely to enjoy them and realize the benefits that come along with a healthier lifestyle – and consequently more likely to repeat those good choices everywhere they go. After all, a healthy lifestyle is not a single meal or act, but an ongoing series of steps.

Mindful is when those small steps of making recurring healthy choices become second nature.





finally...an easy way to enjoy health

that's

mindful

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