



WHAT IS WELL BALANCED?

Well balanced foods and recipes fit criteria based on recommendations by major health organizations for reduced calories, fat, cholesterol and sodium.

An entrée may not contain more than 15 grams of fat, for example. There is a modest sodium cap on Well Balanced recipes. Reducing salt intake is one of several ways we can reduce our risk of hypertension (high blood pressure). Research shows that eating less than 2300 milligrams sodium a day (about 1 teaspoon of salt) may reduce the risk of high blood pressure.

Also, it is important to eat foods high in potassium like fruits and vegetables. Potassium counteracts some of sodium's harmful effects. Reducing salt and consuming potassium-rich foods are positive lifestyle changes for better health.

Go to <http://www.health.gov/dietaryguidelines/> for more information.

WHAT ARE THE WELL BALANCED CRITERIA FOR THE ALEXANDER DINING WELLNESS MEAL OF THE DAY?

	Calories kcal	Fat gm	Cholesterol mg	Sodium mg
SOUPS	<225	< 7 gm	<25 mg	<600 mg
ENTREES	<550	<15 gm	<100 mg	<1000 mg
SANDWICHES	<550	<15 gm	<100 mg	<1000 mg
VEGETABLES & SIDES	<225	< 8 gm	<5 mg	<250 mg
FRUIT	<300	< 6 gm	<10 mg	<100 mg