



SAGE Dining Services®
1402 York Road
Lutherville, MD 21093

Communications Director
410.339.3950
communications@sagedining.com

FOR IMMEDIATE RELEASE

SAGE Dining Services® Relaunches Spotlight Program® *Emphasizes a Healthy Relationship with All Foods*

Baltimore, Md. – With the 2012-13 school year in full swing around the nation, SAGE Dining Services®, Inc. recently relaunched the SAGE Spotlight Program®, the company's keystone program that encourages a healthy relationship with all foods. The Spotlight Program® was redesigned to emphasize that all foods have a place on your plate when you practice the concepts of variety, balance and moderation – there are no “good foods” or “bad foods.”

SAGE's registered dietitians led the restructuring of the Spotlight Program® and work with our chefs on an ongoing basis to help them create nutritionally balanced menus that meet the tastes of our students. The green, yellow, and red dots assigned to all menu items guide how much and how often students should enjoy a variety of foods.

“As food service providers in a learning environment, it is our responsibility to educate our students about their dining selections,” says Paco Rodriguez, SAGE's president. “By using this color-coded system, SAGE is encouraging our students to make informed food choices that will continue outside of the dining hall.”

Green spotlight foods are the foundation of your plate and include simply prepared fruits, vegetables, whole grains, lean proteins, and non-fat dairy. A variety of these foods should constitute half of your plate. Yellow spotlight foods add a mix of nutrients and flavors to your plate and include fruits, vegetables, grains, proteins, and low-fat dairy prepared with moderate amounts of added sugar, fat, and/or salt. These foods should fill a quarter to a half of your plate. Red spotlight foods provide valuable nutrients, but also contain some you want to moderate. These foods, such as pizza and macaroni cheese, should take up a quarter of your plate or be enjoyed only a few times a week.

“By practicing the SAGE model of variety, balance, and moderation, students can enjoy a dining experience that is nutritious, delicious, and fun,” said Rodriguez.

About SAGE Dining Services®

SAGE Dining Services®, established in 1990, is the leading food service provider for independent schools and colleges throughout North America. SAGE's unparalleled expertise in nutrition, sustainability, and culinary trends produces exceptional dining experiences that delight the senses, inspire minds, and foster community. Learn more at sagedining.com.