



FOR IMMEDIATE RELEASE
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SAGE Dining Services® Updates Nutrition Education Program to Highlight Commitment to Safety and Inclusion

LUTHERVILLE, MD — SAGE Dining Services® recently adapted their SAGE Spotlight Program®, the company’s nutrition education program that guides students to easily build a balanced plate based on individual preferences and values. The program was modified to better align with SAGE’s nutrition philosophy — All Foods Fit — and to promote positive relationships with food. The message change also corresponds with SAGE’s priority on safety and inclusion for those at risk of developing eating disorders.

SAGE Registered Dietitians assign each menu item a Spotlight color depending on its nutrient density, which is the comparison of nutrients that are recommended we eat more of to those recommended we limit. To calculate nutrient density, they use a proprietary formula that’s based on the Dietary Guidelines for Americans and aligns with Canada’s Dietary Guidelines. Foods higher in nutrient density contain more of the nutrition the body needs to function. The Spotlight colors have been changed from red, yellow, and green to three shades of green:

- Dark green represents foods higher in nutrient density.
- Medium green represents foods moderate in nutrient density.
- Light green represents foods lower in nutrient density.

“Safety is our top priority. We had received feedback that our red-yellow-green system was harmful to those with eating disorders, with associations between red as ‘bad/stop’ and green as ‘good.’ So, we knew a change was needed,” SAGE Registered Dietitian Taylor Chan said. “Green means ‘go,’ so with a green gradient, this indicates that all foods are a ‘go’ because we eat many different foods for many different reasons.”

According to the National Institute of Mental Health (NIMH), eating disorders affect about 2.7% of adolescents ages 13-17 across the United States. SAGE strives to make the dining hall a welcoming environment for all guests, and their Approach to Preventing Eating Disorders includes training all Team Members in eating disorder awareness. They have partnered with the Eating Recovery Center Baltimore for more than 10 years to develop training materials and have designed a specialized training module that teaches about eating disorders, shows how to identify key warning signs and symptoms, and provides an action plan for alerting school administrators about students who may be at risk.

SAGE also takes care to ensure that their nutrition materials contain positive messages about food. They provide campuses with resources from the National Eating Disorders Association (NEDA), a nationally recognized leader in prevention and treatment, and SAGE’s Registered Dietitians are also available to discuss concerns with the community.

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.

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