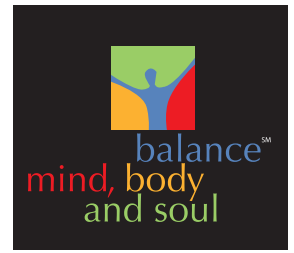


# FAQ's

frequently asked questions



## WHAT IS BALANCE MIND, BODY AND SOUL ALL ABOUT?

Balance Mind Body Soul<sup>SM</sup>, a holistic or integrated approach to wellness and fitness, considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental and emotional. It is not about fads or fad diets. It is about maintaining balance in one's life.

Balance Mind, Body and Soul<sup>SM</sup> educates, energizes and inspires. We develop messages and offerings with the college-age student in mind.

### ■ WHAT CONSTITUTES MIND?

**MIND** - information for maximizing the mind's power and pathways for clear thinking and decision making.

### ■ WHAT ABOUT BODY?

**BODY**- energizing ideas to incorporate sports and fitness into your day and information on developing eating habits for lifelong health.

### ■ WHAT IS SOUL?

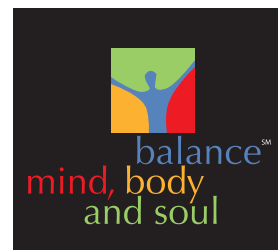
**SOUL** - Guidance on self-expression and self-care through creativity and reflection. It's also cultivating healthy relationships with communication.

## WHAT ARE THE NUTRITION CRITERIA BASED UPON?

The criteria are based on recommendations from many of the largest health organizations in North America. Guidelines established by the American Heart Association, American Institute for Cancer Research, National Research Council, National Cancer Institute, Canadian Scientific Review Committee, American Dietetic Association and Dietary Guidelines Consortium were reviewed. These organizations have similar recommendations for fat, saturated fat, cholesterol and sodium levels in the diet. The Well Balanced criteria reflect these recommendations.

# FAO's

frequently asked questions



## HOW WILL I KNOW HOW TO IDENTIFY THE BALANCED FOODS SERVED IN MY RESIDENT AND RETAIL RESTAURANTS?

Recipes meeting established criteria are identified by area, menu or sticker. Foods are identified as:



well-balanced



vegetarian



vegan



carb-friendly

## 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 [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines) for more information.

## WHAT ARE THE WELL BALANCE CRITERIA?

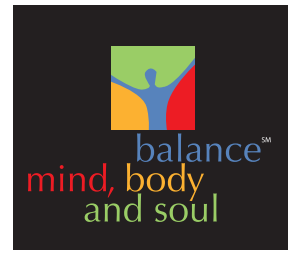
	Calories kcal	Fat gm	Cholesterol mg	Sodium mg
SOUPS	<225	< 7 gm	<25 mg	<600 mg
ENTREES	<550	<15 gm	<100 mg	<1000 mg
SANDWICHES	<550	<15 gm	<100 mg	<1000 mg
VEGETABLES & SIDES	<225	< 8 gm	<5 mg	<250 mg
FRUIT	<300	< 6 gm	<10 mg	<100 mg

## WHAT IS VEGETARIAN?

The vegetarian label means **lacto-ovo** vegetarian. Vegetarian dishes **may contain milk and/or eggs**. Meats, meat products, seafood, fish and poultry are excluded.

# FAO's

frequently asked questions



## WHAT IS VEGAN?

Vegan **contains only plant-based ingredients**. Vegan excludes all meats and meat byproducts, all poultry, all fish, all seafood, all dairy, all eggs, all egg products and all honey.

## WHAT IS CARB FRIENDLY?

Carb Friendly recipes and foods contain 20 grams of carbohydrate or less. Guests interested in reducing their carbohydrate intake may choose to select these recipes. Please note that this criteria, 20 grams of carbohydrate or less, does not abandon the healthy good carbs—fruits, vegetables and whole grains—that your body likes and needs.

## HOW CAN I GET MORE INFORMATION ON BALANCE MIND, BODY AND SOUL<sup>SM</sup> OR THE INFORMATION I'VE READ?

Go to [www.balancemindbodysoul.com](http://www.balancemindbodysoul.com)

## WHERE CAN I GET MORE INFORMATION ON NUTRITION AND RECIPES?

Go to [www.balancemindbodysoul.com](http://www.balancemindbodysoul.com) click on "Nutrition Calculator" or "Balanced Recipes"

## CAN I ASK QUESTIONS ON HEALTH AND NUTRITION TOPICS WITH SOMEONE?

Absolutely, go to [www.balancemindbodysoul.com](http://www.balancemindbodysoul.com) click on "Ask the Dietitian" and send in your question. You will have an answer shortly.

## CAN I GET MORE INFORMATION ON HEALTH AND WELLNESS FROM OTHER ORGANIZATIONS?

Go to [www.balancemindbodysoul.com](http://www.balancemindbodysoul.com) and click on the "Balanced Links" for a list of organizations.