

EAT WELL. LIVE WELL. OUR GROWING COMMITMENT.



At CulinArt Group, we encourage you to maintain a healthy lifestyle—one that incorporates balanced food choices, regular exercise, and an overall attention to living well. Our **Eat Well** recipes strive to incorporate whole, naturally flavorful and nutritious foods prepared with healthful cooking methods. We use spices and herbs so that you get more of what you need—necessary nutrients, fabulous flavor, pleasing presentation—and less of what you don't—salt, sugar and saturated fats.

Our **Eat Well** from-scratch creations contain:

Beneficial sources of fat including nuts, seeds and other plant sources

Less than 10% of calories from saturated fat and 0 artificial trans fat

Less than 800mg of sodium per serving

Less than 8g of added sugar, the equivalent of approximately 2 teaspoons

At least 3g of dietary fiber per serving, with the exception of protein-based entrees and soups

LOOK FOR THE  ICON for food choices you can feel good about.

We will continue to develop wellness programs and materials that promote a positive lifestyle and enable you to live and eat well.