

SAGE SPOTLIGHT PROGRAM®

● Variety ● Balance ● Moderation

SAGE Spotlight Program® FAQ

What's SAGE Spotlight Program®?

- SAGE Spotlight Program® provides education and guidance on how to fuel your body and focuses on creating a positive relationship with food.
- We assign each menu item a Spotlight color based on its nutrient density. To calculate nutrient density, we use a formula based on the Dietary Guidelines for Americans.
- We identify how nutrient dense menu items are with three shades of green:
 - Dark green: foods higher in nutrient density.
 - Medium green: foods moderate in nutrient density.
 - Light green: foods lower in nutrient density.



What's nutrient density?

- Nutrient density is the comparison of nutrients that are recommended we eat more of to those recommended we eat less of.
 - Our nutrient density formula considers the following nutrients: calcium, potassium, dietary fiber, vitamin D, iron, saturated fat, added sugar, and sodium.
- Foods higher in nutrient density contain more of the nutrition the body needs to function.

How can I use the program?

- Use the green Spotlights to help you figure out how nutrient dense each menu item is when building your plate. You can find the Spotlights on the online menu, in the Touch of SAGE® Mobile App, and on signs in your dining hall.
- Choose foods you enjoy while practicing variety, balance, and moderation.

Why are the Spotlights various shades of green?

- Green is universally known as the color that means “go!” and it aligns with SAGE’s All Foods Fit nutrition philosophy.
- We marked all menu items with green Spotlights as a reminder to you that All Foods Fit and all foods can have a place on your plate.

What does All Foods Fit mean?

- All Foods Fit means there are no “good” or “bad” foods because we eat many different foods for many different reasons!
- Food supports physical, social, emotional, mental, and cultural well-being — which support overall health.