

CORPORATE DINING  
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SPECIAL VENUES & EVENTS  
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UNIQUE SUMMER CAMPS  
C-STORE MANAGEMENT  
PASSENGER RAIL DINING

**NexDine**  
THE FRESH IDEA PEOPLE

*Fresh Ideas*



*Introducing an Exclusive  
Nutrition Program  
From NexDine,  
The Fresh Idea People*



**HealthSense**  
FRESH, HEALTHY, & SENSIBLE – BY NexDine

  
**NexDine**  
THE FRESH IDEA PEOPLE

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*Please visit [sparkrecipes.com](http://sparkrecipes.com) for detailed  
information about any particular item offered.*



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## Benefits

NexDine and our HealthSense program provides an easy way to make sensible dining choices. Just look for our HealthSense logo and the associated nutritional information to make fresh, healthy, and sensible dining choices.



*“HealthSense dining options allow you to recognize items that offer nutritional information and follow our nutritional guidelines outlined in this booklet.”*

## Guidelines

Following the guidelines outlined in this booklet, NexDine will be utilizing SparkRecipes.com as the recipe source for all HealthSense menu options. As an added bonus, you can log onto SparkRecipes.com and send us recipes you'd like us to try.



### HEALTHSENSE WELLNESS PROGRAM

All of the HealthSense menu items are prepared fresh, following strict recipe guidelines.

Maintaining nutritional authenticity and accuracy will be a priority in every item we prepare.

Look for our HealthSense logo on menus and other signage that highlight healthy options. Our goal is to offer as

many items as possible that meet our nutritional criteria. Basic nutritional guidelines for HealthSense menu items are:

#### Cafeteria or Vending Entrees

- 600 calories or less
- < 800 mg sodium
- < 5 grams saturated fat
- Zero trans fat

#### Cafeteria or Vending Snacks

- 200 calories or less
- ≤ 2 grams saturated fat
- ≤ 200 mg sodium
- Zero trans fats

