



## **MENU AND INGREDIENT STANDARDS**

### **Our ingredients and products **DO NOT CONTAIN:****

Trans Fats  
Artificial Colors  
Artificial Sweeteners (including Splenda)  
Mono-Sodium-Glutamate, MSG  
Antibiotics, Steroids or Growth Hormones,  
(including Bovine Somatotropin, BST)  
Nitrates / Nitrites  
Lamb, Game or Specialty Meats  
Butylated-Hydroxyanisole, BHA  
Butylated-Hydroxytoluene, BHT  
Tertiary-Butyl-Hydroquinone, TBHQ

### **Our meals **DO CONTAIN (OR ARE):****

Low in Sodium  
Low in Cholesterol  
Low in Saturated Fat  
Low fat and/or Cholesterol-Free Dairy Products  
Flaxseed, Barley, Walnuts  
Fish and/or Seafood (rich in Omega -3 fatty acids)  
Fresh Fruits and Vegetables and Whole Grains  
Un-Saturated ("good oil") Oil Blends  
Organic Ingredients wherever possible  
Locally Grown/Produced Products wherever possible  
(to help support our community)

### **Our Kitchen and Kitchen staff are:**

USDA Inspected Daily. HACCP Certified for Quality Control.  
ServSafe Certified Team Leaders. Health Department Certified Staff

### **Our meal plans meet the nutritional guidelines of leading health organizations:**

American Diabetes Association  
American Heart Association  
American Cancer Society  
Georgia Dietetic Association

**Allergen warning: Meals may contain one or more of the following ingredients: Milk, Fish, Eggs, Peanuts, Soy, Shellfish, and Tree Nuts and Wheat or have been produced in close proximity to these ingredients.**

**For more information call your local distributor or  
Fresh 'n Fit Cuisine's Corp. Office: (678)208-0341**