

Introducing
Bon Appétit Management Company's

WELL-BEING INDICATOR[®]



The at-a-glance guide to navigating
your food choices

well-being

A full green arrow means the item contains fruits and/or vegetables, whole grains, and lean proteins, while unhealthy fat, sodium, and added sugars stay in check.

This number shows the calories for the meal. A high-calorie item can still have a full arrow if it's packed with nutrients, while low-calorie items may not score as high if they lack nutrients or aren't balanced meals.



350
cal.

To learn more, scan the QR code or visit www.cafebonappetit.com/well-being-indicator