

Nutrition SENSE

UNIVERSITY OF MASSACHUSETTS - DINING SERVICES

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We're on the web:
www.umassdining.com

THIS MONTH'S
quick tip

Take the SPE certified meal: it is healthy and well-balanced meal ready for you!

After recipe modifications to recipes in the Spring 2013 semester, the saturated fat decreased by 42% and the sodium was decreased by 27%.

Try the new
SPE meals this fall!

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Nutrition and Sustainability Made Easy

SPE is an independent, third party menu certification for sustainability, health and taste. SPE, Sanita Per Escam, is Latin for "Health Through Food." SPE also stands for "Sourcing, Preparing, Enhancing," and follows a culinary philosophy that strives to:

- SOURCE sustainable and seasonal ingredients with high nutrient density
- PREPARE dishes with cooking techniques that preserve nutritional quality
- ENHANCE the nutrition of a meal with the synergy of ingredient combinations

In our continued efforts to provide simple, delicious and nutritious options to our customers, UMass Dining is the first campus dining operation in the country to become SPE certified.

Now, there will be one SPE certified dish at every lunch and dinner in all dining commons on campus. The SPE option will be marked with the SPE Logo, and a sign describing the nutrient profile of the dish.

Why choose an SPE meal?

- It is designed to provide the nutritional balance you need, making your dining simple and 'one-stop.'
- Portions are engineered to give you maximum nutrition so that you leave the table energized and feeling full.
- Offers a wide variety of vitamins and minerals - more of what you need, less of what you don't.
- Above all, taste matters: SPE dishes are nutritious AND delicious!

SPE Certification indicates that the meal:

- Promotes the consumption of fruits and vegetables
- Promote the consumption of high quality fats and reduce saturated fats
- Limits processed ingredients
- Ensures the nutrient density of a dish
- Enhances food's intrinsic nutrient properties

An SPE meal must also have:

- less than 500 calories
- 1-2 servings of vegetable or fruit
- Less than 5 grams of saturated fat
- Less than 600 mg of sodium



Compiled by Sara Woolcock, Dietetic Intern, Class of 2013

