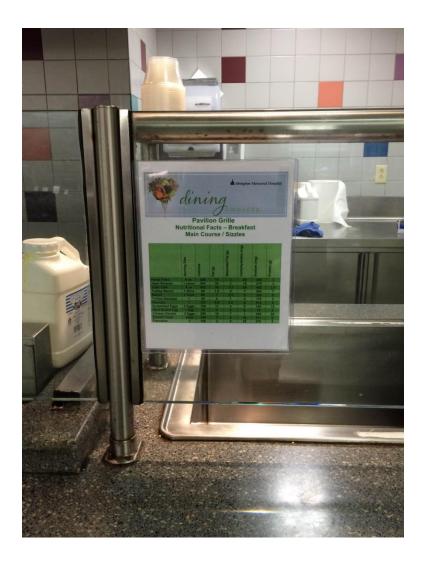
New Changes Coming to Abington Hospital's Pavilion Grille Cafeteria

Ashley Hassett Summer Co-Op Nutrition Services Department

Shifting Away From...





Shifting Towards.... Epicure Digital Menu System



UC Western Conter



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Greeter

Part 1: Nutritional Analysis

- Nutrition Information (Calories, CHO, Total Fat, Saturated Fat, Sodium, and Protein) provided for all food items in the cafeteria using the software system: Diet Analysis Plus.
- Example-Slice of Regular Cheese Pizza
 - 225 calories, 31g CHO, 8g Total Fat, 4g Saturated Fat, 512mg Sodium, 12g Protein



Part 2: Nutrition Fun Facts

- Fun and informative facts will be flashed across each board.
- 500+ gathered; FDA, CDC, Academy of Nutrition and Dietetics
- Categories include: Fruits, Vegetables, Dairy Products, Oils and Fats, Fiber, Added Sugar and Calories, Portion Sizes, Healthy Tips etc.

Examples:

"An avocado has twice as much potassium as a banana."

"Consuming one 8 oz. can of soda everyday can translate into about eight pounds of weight gain a year."

Questions?