



SAGE SPOTLIGHT PROGRAM®

● Variety ● Balance ● Moderation

What's the goal of the program?

The goal is to encourage a healthy relationship with food that's both fun and nutritious.

How do you encourage a healthy relationship with food?

We use color-coded dots on menus to guide decisions. There are no "good" or "bad" foods. Instead, all foods fit when you practice variety, balance, and moderation.

What do the dot colors mean?

The green, red, and yellow dots indicate how much and how often foods should appear on your plate.

- Green-dot foods are the foundation of your plate. Every day, add a variety of green-dot foods to at least half your plate for added color and nutrients.
- Yellow-dot foods add a mix of nutrients and flavors to your plate. Balance your plate by filling one-quarter to one-half of it with yellow-dot foods.
- Red-dot foods provide valuable nutrients, but also contain some you want to moderate. Focusing on portion or frequency is a great way to enjoy red-dot foods. Reserve one-quarter of your plate for red-dot foods, or add them to your plate only a couple times a week.

What are examples of green-dot menu items?

Apples, Carrots, Brown Rice, Whole-Wheat Bread, Chicken Breast, Skim Milk

What are examples yellow-dot menu items?

100% Fruit Juice, Sauteed Vegetables, Spaghetti, Pork Loin, 2% Milk, Low-Fat Yogurt

What are examples of red-dot menu items?

Pizza, Hamburgers, Ice Cream, Whole Milk, French Fries, Salad Dressings

Why does SAGE serve red-dot menu items?

All foods fit. Many red-dot foods are nutrient-dense. A slice of cheese pizza is packed with calcium, an essential nutrient for bone health. When you choose pizza, you can balance your plate with a dark-green vegetable like broccoli.

However, pizza isn't the only good source of calcium you can find in the dining hall. The SAGE Spotlight Program® promotes a variety of offerings. You can vary your calcium intake throughout the week by choosing green- and yellow-dot items like skim milk or low-fat vanilla yogurt.

Who evaluates the program?

SAGE's team of Registered Dietitians evaluates and updates the program on an ongoing basis. In addition, the Dietitians analyze recipes and review menus for balance, completeness, and accuracy.