

Member's Quarterly

Fall 2017 Edition

Feature continued

laden cookies, etc. Super food shakes, main meal salads and salad stations, dairy/gluten free wraps, gluten free pastas and power bars are becoming increasingly popular.

These healthier options reap a win-win situation. Nutrient dense whole foods optimize one's overall health, mental capacity, blood sugar, triglyceride, hormone and energy levels. They also help with mood and weight management and more.

Make sure to consult with a quality caterer or qualified dietician/nutritionist to assist you in planning menus suitable for everyone for your next event. Offering healthier menu selections today makes perfect sense. Your employees will thank you and everyone will reap the benefits!

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