

Our Menus and Labels

To maintain our culinary edge, we stay abreast of the latest food trends. Our chefs work hard to source the healthiest and freshest ingredients for our menus. For dietary information, we post green and white nutrition labels at the point of service. GOBEFULL items have green labels and contain:

- 600 Calories or Less
- Fresh Produce
- Lean Proteins
- Healthy Oils
- Whole Grains
- No Artificial Preservatives
- 800 mg of Sodium or Less

White label items can still be healthy; they just do not meet the stringent GOBEFULL criteria. Additionally, we offer an extensive variety of vegetarian, vegan and gluten/allergen-free options that meet the GOBEFULL standards. Where possible, we avoid nitrites, bleached flour and trans fats, and we only serve cage-free eggs in our cafés.



Guest Services, Inc.

Since 1917, Guest Services, Inc. has worked tirelessly to earn our reputation as the premier private hospitality management company in the United States. We are proud to provide a wide range of customized hospitality management solutions for clients involved in dining services, resorts and hotels, recreational opportunities, unique retail outlets, special events, condominium management and fresh produce distribution.

Today, we stand at the forefront of the hospitality management industry, providing the highest quality food, lodging and leisure services for our clients. Guest Services, Inc. is proud to serve more than 35 million guests annually at approximately 400 facilities nationwide.

Judy Caplan, MS, RDN

A registered dietitian in touch with the constantly changing health trends that have swept the nation over the past three decades, she is a former media spokesperson for the Academy of Nutrition and Dietetics.

Her professional experience includes:

- Founding Director of Nutrition Services at Canyon Ranch
- Contributor to *Jane Fonda's Workout Book*
- Ghostwriter for Denise Austin's *Side Effect Skinny*
- Administrative Dietitian at MetroHealth, Ohio's largest level one trauma center
- Author and motivational speaker



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EIGHT KEYS TO A HEALTHY LIFE



Our health and wellness program, **GOBEFULL**, stands for eight keys to a healthy life. These keys are based on the latest preventive health information showing the power of certain foods and behaviors to prevent disease. These eight keys provide the foundation for a lifetime of nutrition and fitness success.

G Greens (and Other Vegetables)

Vegetables are nature's vitamin supplements. Full of antioxidants, fiber and nutrients, vegetables keep the doctor away. Eat every day.

O Olive Oils (and Other Healthy Fats)

Healthy oils and fats, in moderation, promote weight loss, brain and heart health, and decrease sweet cravings. Include a limited amount of extra virgin olive oil, avocado, non-hydrogenated nut butters, or raw seeds and nuts every day.

B Beans

Beans are a low-fat source of protein, fiber, and calcium. Beans can replace animal protein in the diet. Eat them for breakfast, lunch, and/or dinner.

E Exercise

Sweat every day. Get moving. All movement counts. Stand more, sit less. Exercise increases well-being and fights depression.

F Fruit

Fruit is high in nutrients, fiber and antioxidants. It is also high in sugar, so be sure to limit if on a weight loss regimen.

U Unrefined Grains (and Other Carbohydrates)

Unrefined grains are complex carbs that provide energy, B vitamins and fiber. For weight control, limit daily servings.

L Lean Protein

Low in saturated fat, lean protein is important for tissue building and repair, as well as appetite control.

L Labels

Reading labels puts in you the driver's seat—on the offense and in control. Use food labels to activate healthy eating.

Food is Power

Guest Services, Inc. believes food has the power to inspire and transform. The right foods keep us healthy and energetic. Unfortunately in today's world, the wrong foods—those highly refined and full of empty calories—are heavily advertised and easily accessible. In this environment, how does one achieve nutritional and physical fitness? We do it with GOBEFULL.

GOBEFULL helps our customers stay fueled, fit and informed through the food we serve, the activities we promote, and the educational programs we provide.



Why GOBEFULL?

Taking control of your health is easy, not with fad diets or quick-fix gimmicks but with actual strategies that will last a lifetime. GOBEFULL is formulated from cutting-edge nutrition research showing that plant-based, nutrient-dense, antioxidant-heavy, and calorie-light foods are the way to stay healthy and vibrant.

This simple and effective approach can lead to long-lasting behavior changes:

- Eat Mindfully
- Master Cravings
- Maintain Weight Loss
- Increase Well-Being
- Find Balance

For more detailed information about our GOBEFULL program, visit us online at GuestServices.com/gobefull

