Whitsons is proud to introduce...

**Nutri-Cafe & Smart Calc**

Whitsons Culinary Group has developed an internet-based nutrition tool for the elementary school and secondary school students! Nutri-cafe and smart calc are easy-to-use resources for students and their parents to review and plan meals that meet their dietary needs.

Visit www.whitsons.com/nutrition and click on “elementary” or “secondary to review these handy new resources!

**Nutri-Cafe for Elementary Students**

- Nutri-Cafe is a virtual serving line featuring a young girl who narrates users through the site. To begin, select your meal period using the pull down list from the top menu bar.
- Select your serving line (e.g., deli, salad, pizza, hot entree).
- Click on an item to view its nutrition info (on right side) and allergens (box on bottom left).
- Drag the desired items onto your tray.
- Slide the tray down the serving line by adding on links listed on the whiteboard to the right of the countertop (and go backwards by clicking on the whiteboard to the left side).
- As you continue down the line adding items, you will see individual item nutritionals and cumulative info listed in the columns to the right (USDA standards are also listed).

for secondary, see other side...
Nutri-Cafe & Smart Calc

Smart Calc for Secondary Students

- Go to the top menu bar and select “breakfast” or “lunch” from the pull-down menu.
- Menu items will appear in a list to the left, sorted by food category.
- Click on an item to add it to the calculator.
- As you add items to the calculator, it will keep a running total of nutritionals at the bottom of each column.
- Nutritionals include calories, fat, saturated fat, protein, carbohydrates, vitamin A, vitamin C, calcium, sodium, cholesterol, iron, fiber and trans fat.
- The top eight allergens recognized by the FDA are also listed.
- To remove an item, simply click the red “x” under the “remove” column. To clear all the items, click “remove all”.

![Smart Calc Meal Calculator](image)