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HEALTHY RESOLUTIONS: **HEALTHCARE  
EXCLUSIVE**



## HEALTHY, BUT NOT BORING

While healthcare foodservice establishments are typically places where it's easy to eat healthy, offering intriguing new choices is always welcome. Studies show that 80% of New Year's resolutions fail by the second week of February, so new healthy meals will help your patrons stick to (or return to) their resolution diets.

58% of consumers are looking forward to new healthful eating trends this year.<sup>1</sup> Inspired by some of today's most popular diets, the applications below will appeal to all healthy eaters and might even encourage those who aren't diet-conscious to give them a try.



### MEDITERRANEAN FARRO BOWL WITH CHICKEN

With sliced Tuscan-style chicken, farro, and Shirazi salad, this bowl recipe will be a hit for customers on the Mediterranean Diet, which is ranked as the best overall diet by the US News and World Report.<sup>2</sup>

[GET THE RECIPE](#)

### CHOPPED ASIAN CHICKEN SALAD

Use this salad for customers on low-sodium diets. This meal fits the DASH diet requirements, which has been one of the highest-ranked diets for the past several years.

[GET THE RECIPE](#)



### HARISSA CHICKEN TRAYBAKE

For patrons on low-carb or keto diets, try this harissa chicken traybake. We used chicken breast fillets with peppers, asparagus, tomatoes, olives, and harissa paste for this recipe.

[GET THE RECIPE](#)





## DIET-FRIENDLY CHICKEN

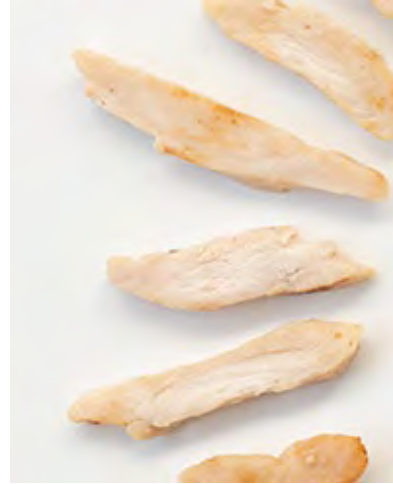
Try our chicken products that meet your customers' needs,  
like low-sodium and gluten free.



**OVEN-ROASTED DICED  
BREAST**



**FLAME-GRILLED BREAST  
FILLET**



**SLICED, TUSCAN-STYLE  
BREAST**



## QUICK TIP: KEEP SELLING GROCERY ITEMS

Though we'll return to a version of normal after the pandemic, some consumer habits from the past year will stick around, such as selling grocery items and to-go meals from your cafeterias and cafes. For the foreseeable future, staff will likely enjoy and appreciate the convenience of buying meals and grocery staples onsite after long shifts.<sup>3</sup>



Source 1: Datassential's Amazing Trends Webinar, Jan. 2021

Source 2: US World and News Report's "Best Diets Overall"

Source 3: IFMA Healthcare Foodservice Segment Leaders Live Recording, Jan. 2021