

URBAN BEET FOOD CO

THE URBAN BEET PRESENTS...

BEETSMART

Healthy Everyday Eating for Everyone!

Restaurant eating is a part of everyone's busy lives and making healthy choices can be difficult. The Urban Beet wants to help take the guess work and stress out of eating out.

HOW BEETSMART WORKS

Beetsmart food options have been computer analyzed to provide the number of calories, protein, carbohydrate and fat content. The menu and fresh food counter display the Beetsmart "running heart beet" to indicate the Beetsmart choices.

*More info on back

SAMPLE LUNCH PLATES

Grilled salmon filet, beet quinoa salad, mixed green salad

Turkey burger, tri-bean salad, mixed green salad

UB fishcake, bulgur lentil salad, mixed green salad

Each plate is approx. 400 calories.
Protein/carbohydrate/fat ratio 25/55/20

Vegetarian Option: Mixed greens and any two Beetsmart salads
Plate is approx. 300 calories.

*More info on back

The Beetsmart choices are also high in fibre and low glycemic (see back).

You work hard to be healthy and take care of yourself,

Treat yourself to a Beetsmart lunch today!



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BEETSMART INFORMATION

Q: What is a protein/carbohydrate/fat ratio? (P/C/F)

A: The amount of each macro-nutrient present in a food, meal, or your daily diet.

Daily Recommended Ratio:

25-35% protein • 40-50% carbohydrates • 20-30% fat

The average person should aim for this ratio on a daily basis. Beetsmart meals reflect this ratio, so you know what a balanced meal looks and feels like.

HEALTHY CHOICES



Protein - Lean meats, fish, seafood, chicken, eggs, lentils, beans, tofu, nuts, seeds



Carbohydrates - Fruits, vegetables, whole grain breads and pasta, brown rice, farro, quinoa



Fats - Olive oil, nut/seed oils, fish oil, avocados, flax seed oil

GLYCEMIC INDEX

HG - High glycemic foods cause a rapid rise in blood sugar and can trigger many health problems. High glycemic foods lead to cravings and lack of energy.

ie. White bread, pasta, rice, potatoes, cakes, cookies, juice, most cereals, fruit roll-ups, crackers, etc.

LG - Low glycemic foods are digested slower to help maintain a steady blood sugar level. The result is decreased cravings and sustained energy.

ie. Sprouted wheat breads, tortillas, dense grain breads, bulgur, quinoa, barley, vegetables, fruits, beans, lentils, yogurt, milk, soya milk