Well Being Indicator Program

Facts panels have been around for years, but as a nation we still struggle with obesity and disease. The Well-Being Indicator represents more than just numbers, making wellness actionable by putting it in an overall context of health.

Menu items featuring whole grains, fruits, vegetables and lean protein are the highest rated on the well-being indicator, while other menu items with added sugar, saturated fat and sodium receive lower ratings.

Staple menu items, like those at the grill, are marked with an I for more information. Scan the QR code on the sign or visit our website for a full nutrient analysis on these dishes.

This number represents the calories in one serving of the item. It’s not directly tied to the well-being rating, since a high-calorie item may be packed with healthful nutrients, while an item that’s low in calories may not have healthful attributes.

In this groundbreaking program, our chefs use a one-of-a-kind web-based tool to determine a well-being rating by evaluating menu items against a set of criteria developed by registered dietitians, including nutritionally-important ingredients and cooking methods.

- Meals with the healthiest attributes appear with a fuller arrow, while meals with fewer healthy attributes appear with a less full arrow.
- Meals with greater than 1200 calories, 40 grams of fat, 18 grams of saturated fat OR 1500 milligrams of sodium will appear with an empty arrow.

At Bon Appetit Management Company, we cook from scratch with seasonal ingredients to bring you the best flavor year round. The well-being indicator is designed to give you the information you need to make choices, while giving your chefs the creative freedom to offer an exciting variety of foods you love.