

The Right Choice... for a Healthier You!™

August 2011

Organic and Whole Foods

The “Right Choice For A Healthier You” (TRC) nationally trademarked nutrition program was designed over five years ago to address the direction and focus of the leading medical health agencies recommendations toward better eating for prevention of chronic illness such as heart disease, diabetes, obesity, and hypertension. TRC is regularly monitored by Carmen Gorniak, Registered Dietitian, to include timely research and direction in diet therapy.

The intent of this letter and subsequent handouts is to provide information as well as current research on organic and whole food options available to our clients so they are making informed choices about the products available to them.

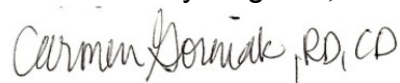
To date the research supporting organic foods as nutritionally superior is concluded that organic food and conventional food have comparable nutritional benefits and notably the differences between organic and conventional foods may not have an effect on public health.


Whole foods are simply defined as “food in its natural state” and are encouraged by most dietitians based on the benefits in preventing cardiovascular disease, cancer and diabetes.

Our goal of providing reliable nutrition education and offering alternative healthier products that meet specific guidelines reflects the USDA’s www.chooseMyPlate.gov principles of balance and portion control. As you may already be aware, our promise is *product trust* and *commitment* to quality nutrition information.

Please do not hesitate to contact us with further questions or contact our Registered Dietitian at dietitian@vendmi.com at your convenience.

Healthy Regards,



Your Vending Professional endorses a healthier lifestyle! Guidelines have been established to support our goal of balanced nutrition.
Look for the 



Nutritional Information Provided By
Carmen Gorniak, RD, CD
Vend Marketing Institute
Dietitian@vendmi.com


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