

Food guide ***Wednesday, 23th September 2015***

*EAT YOURSELF SMART and BOOST your MENTAL ENERGY
proposed by "meet up - eat smart" food concept
and Kongresshaus Zürich*

Morning Powerbreak

Waldorf salad

Fruit sticks

served with

red rooibos or **green tea**,
home-made **ice tea** or **coffee**

We are inviting you today to join us on a new culinary voyage of exploration. Intelligent nutrition coupled with taste: discover with the help of the colour codes which groups of effective ingredients will get you through the event without flagging. The colour codes tell you what smart ingredients the nibbles contain. We invite you to take a look at www.eat-smart.ch heading to find out more about it!

Secondary plant substances
Minerals/trace elements
Proteins

Unsaturated fatty acids
Vitamins
Carbohydrates

