



La Soupe  
Nourish the 'Nati

## Nourish Cooking Standards

**Summary:** La Soupe has introduced Nourish soupes and meals in partnership with registered dietitian Lisa Andrews of [Sound Bites Nutrition](#). Based on the [DASH diet](#), these meals and soupes are portion-controlled, plant forward, and prioritize whole ingredients, lean proteins and whole grains created with rescued food. The DASH (Dietary Approaches to Stop Hypertension) diet is often recommended to prevent or treat high blood pressure, reduce the risk of heart disease, and support a generally healthy diet. Our Nourish menu focuses on adequate vitamins, minerals, protein and fiber while limiting harmful saturated fat, sugar, and sodium.

### Nourish Certified Culinary overview:

- This balanced healthy diet is designed by professional chefs using minimally processed ingredients: healthy fats, lean protein, a mix of grains, and fresh fruits and vegetables.
- La Soupe chefs incorporate a variety of culinary traditions and cultures, using fresh, high-quality ingredients.
- We prioritize ingredients sourced from foods rescued<sup>1</sup> in the Cincinnati area, or purchased locally as much as possible.
- Menus are portioned and appropriate for any client living with or without chronic illnesses, and are based on a 2000 calorie diet and DASH portion recommendations.
- Meals are prepared in our Board of Health certified kitchen with fresh ingredients.

### Cooking principles:

- Use of lean protein – over 90% lean ground beef and poultry, poultry to be skinned, lean pork & beef cuts (round, loin, etc.) and fish/seafood will be prioritized
- Plenty of non-starchy vegetables per meal (leafy green vegetables, broccoli, peppers, etc.)
- Approximately 50% of starches will be whole grains or starchy vegetables (brown rice, sweet potatoes, etc.)
- Whole, unprocessed foods will be used to make meals from scratch as much as possible.
- Roasting, steaming, broiling, grilling, and braising methods will be used. We deny the fry!
- Fats used in meals will be predominantly mono or polyunsaturated (olive oil, canola oil, etc.) Oils containing saturated fats such as coconut oil and butter will be used in minimal quantities to maintain optimal nutrition. No lard, or ingredients that contain hydrogenated or tropical oils will be used.
- Frozen products will be prioritized over canned when rescued fresh is unavailable.
- Low sodium versions of pre-packaged ingredients will be predominantly used (soup bases and canned items).

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<sup>1</sup> La Soupe uses a large team of volunteers to pick up perfectly good, healthy, perishable food which a grocer may discard because it is over ordered, ugly, surplus, or mislabeled. These are our rescued foods.

**Portion guidelines:**

Portion control is important to consuming a balanced diet. The DASH diet recommends the following *daily* servings of each food group per day.

| Food Group                         | Daily Servings   | 1 serving size  |
|------------------------------------|------------------|---|
| Grains                             | 6–8              | 1 slice whole-wheat bread, 1 ounce dry cereal, or 1/2 cup cooked cereal, rice or pasta.   |
| Meats, poultry, and fish           | 6 ounces or less | 1 oz = 1 egg or 1 ounce of cooked meat, poultry or fish, ¼ cup cooked dried beans, 2 ounces tofu, ½ ounce nuts, 2 tablespoons nut butter    |
| Vegetables                         | 4–5              | 2 cups raw leafy salad greens, vegetables or 1 cup raw or cooked vegetables   |
| Fruit                              | 4–5              | 1 medium fruit, 1/2 cup fresh, frozen or canned fruit, 2 tablespoons dried fruit, or 6 ounces of juice                                      |
| Low-fat or fat-free dairy products | 2–3              | 1 cup skim or 1 percent milk, 1 cup low-fat yogurt, or 1 1/2 ounces part-skim cheese  |
| Fats and oils                      | 2–3              | 1 tablespoon seeds, nuts or nut butter, 1 tablespoon oil or butter, 1 tablespoon salad dressing or mayonnaise, 2 tablespoons light dressing |
| Sodium                             | 2,300 mg         | Less than 600 mg/meal (leaving room for 500mg in snacks)  |

**Our Nourish products** include individual meals, soups, salads, communal meals, broths, and sides. Some Nourish products may not contain all of the food groups recommended, but should be supplemented with the right complementary foods to meet your daily needs.

Servings per Nourish product are as follows:

- **For Individual meals (Contain 4 servings):** Designed to be 1 complete lunch or dinner. Each meal contains 2 servings of vegetables, 1-2 servings grains/ starch, and 3-4 ounces of protein.
- **Soupe quarts (Contain 4 servings):** Designed to be complemented with other food groups as needed. May consume 1 serving (8oz cup) as a side, or 2 servings (16oz bowl) as a main course. Each quart contains at least 2 cups of vegetables, and may have up to 1 cup starch and/ or protein - check the label.
- **Broth quarts (Contain 4 servings):** Aligned with our mission to reduce food waste, these broths provide micronutrients from vegetables, proteins, and herb scraps from our kitchen. They are to be complemented with other food groups as needed (i.e. vegetables, beans or protein) 1 serving = 8oz
- **For communal meals and sides:** Please refer to serving sizes on packaging for serving size recommendations.