



## **New Digital Cookbook Features Nutritionally-balanced Recipes for Healthcare**

*"Nourishing Inspirations" cookbook is now available from General Mills Foodservice.*

**MINNEAPOLIS (Nov. 19, 2012)** –The new *Nourishing Inspirations* digital cookbook from General Mills Foodservice is a collection of nutritionally-balanced recipes created to inspire healthcare foodservice operators who strive to provide the best possible food experience for patients and retail customers while also meeting specific dietary needs. Now available at [GeneralMillsFoodservice.com](http://GeneralMillsFoodservice.com), the digital cookbook offers wholesome, delicious recipes for breakfast, snacks and desserts designed exclusively for use in a healthcare environment.

*Nourishing Inspirations* was developed by dietitians and scientists from General Mills' Bell Institute of Health and Nutrition as well as chefs from General Mills' Culinary team based on the needs of healthcare foodservice operators. Each recipe features accompanying nutrition information, serving suggestions and retail merchandising tips.

Based on MyPlate nutritional guidelines, each recipe has less than 10 percent saturated fat, 300 milligrams cholesterol, 480 grams sodium, 1 gram trans fat, 20 percent total fat and no more than 450 calories. In addition, recipes indicate if they are low sodium, low fat, heart healthy, gluten free, and 100-, 200- or 300-calories or less. The digital format lets healthcare operators search *Nourishing Inspirations* by recipe name, daypart, nutritional requirement and General Mills product.

"With delicious and nutritionally-balanced recipes, we wanted to provide an array of options that are both nourishing and inspiring for healthcare foodservice operators, and satisfying for their patients and customers," said Andrea Furber, R.D., healthcare associate channel marketing manager. "This new collection features terrific recipes that offer not only great

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taste, but provide the nutritional profile that operators are seeking and help them provide the best possible food experience.”

To download a copy of the new *Nourishing Inspirations* cookbook, operators can visit

[www.generalmillsfoodservice.com](http://www.generalmillsfoodservice.com).

**About General Mills Foodservice**

General Mills Foodservice sells a wide array of high-quality products to operators in the foodservice and restaurant channels, delivering consistent quality and proven performance through its branded products, including Cheerios<sup>®</sup>, Yoplait<sup>®</sup> yogurt, Nature Valley<sup>®</sup> granola bars, Gold Medal<sup>®</sup> baking mixes, Pillsbury biscuits and other sweet goods. The division generates more than \$1.8 billion in annual sales.

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