

The 5 Key Ingredients

for a premier dining experience

At Sunrise Senior Living, your diet is:

1

FLAVORFUL

Great meals start with great ingredients. We offer a variety of herbs, spices, and other seasonings to enhance the natural flavors of our made-from-scratch meals.



3

PERSONAL

Your food preferences are a matter of taste.

We value your opinions about our menu selections and adjust our menu based on your feedback. We also happily accommodate religious, cultural, and portion-size preferences.



5

TAILORED

Small adjustments can make a big difference.

We support a wide range of modified diets, should you need help managing your high blood pressure, diabetes, or many other common conditions.



2

NUTRITIOUS

Healthy eating is vital for healthy living.

Your meals are prepared with nutrient-rich ingredients and are in accordance with the USDA's guidelines for older adults.

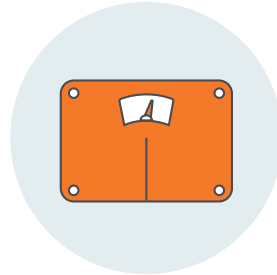


4

SENSIBLE

Healthy eating doesn't have to constrain you.

For most people, there is room in your diet for everything you love, within moderation. We keep an eye on the calorie count in your meals to help you manage your weight.



You can learn more about Sunrise Dining at:

SunriseSeniorLiving.com/Dining