

## Eat Smart. Be Smart. Kid Smart.

*Souper Salad Focuses on Food Choices that Help the Brain Function More Efficiently*

SAN ANTONIO, Texas – (September 19, 2006) – What do choline, B complex, omega-3 fatty acids, protein, vitamin A, vitamin C, and vitamin E have in common? They are all found in “brain foods” — meal choices that influence how efficiently the brain and memory function.

Brain foods are especially important as children head back to school. “We care how well families eat, especially when it comes to children, and we know that food choices make a huge difference in how we function. Brain foods not only keep the brain healthy, they improve cognitive abilities, fill us with more energy, and help us focus. That’s a great combo for children,” said Hazem Ouf, president and chief executive officer of Souper Salad.

Leading nutrition researchers suggest that foods that contain choline, B-complex and omega 3-fatty acids can also influence mood, motivation and mental alertness.

The following “brain foods” are available at Souper Salad restaurants:

### **Choline**

Cauliflower, sunflower seeds, Chicago chopped salad, minestrone soup, southwest chili soup

### **Omega 3**

Tuna fish salad, Tuna Skroodle Pasta Salad™

### **B Complex**

Banana pudding, green beans, peas, California chicken salad, grilled chicken Caesar salad, broccoli cheese soup

### **Vitamin C**

Strawberries, broccoli, coleslaw, seafood gumbo, vegetable beef soup, Mexican taco wrap, blueberry bread

### **Protein**

Eggs, fettuccini pasta salad, ranch-style dressing, beef noodle soup, sloppy Joe wrap, pepperoni pizza

### **Vitamin A**

Cantaloupe, carrots, mustard potato salad, Sweet Garden Slaw™, cream of broccoli soup, vegetarian vegetable soup

### **Vitamin E**

Apples, pasta, Italian antipasto salad, macaroni cheese soup, tomato basil soup, vegetable lentil soup

*Nutritional note:* Information about “brain foods” is based on publicly available research, and has not been independently verified. Souper Salad makes no specific claims about the effects of its foods on the human brain.

**About Souper Salad:** Souper Salad is a privately held company, headquartered in San Antonio, Texas. The restaurant chain operates 87 locations in 12 states offering a buffet-style dining experience. It plans to implement new franchising and re-franchising opportunities in 2007, with the goal of expanding to the east coast in six different states, and increasing the number of stores it has in the southwest, especially in Oklahoma and Nevada. For more information, visit [www.souper salad.com](http://www.souper salad.com).

