

*For Immediate Release*

## **IDOC Implements Healthier Diet for Offenders**

Indianapolis, Indiana (October 19, 2009) – The benefits of a reduced sodium, low cholesterol diet are well known. Not only does such a diet play a key role in the prevention of heart attacks and strokes, it affords the benefits of a healthier lifestyle. Now, the Indiana Department of Correction (IDOC) and ARAMARK Correctional Services, the IDOC’s foodservice provider, have teamed up to implement a new reduced sodium, low cholesterol diet.

The new menu features 20 percent lower sodium levels over the previous diet and increased servings of fruit in place of baked desserts, averaging at least five servings of fruits and vegetables per day. The menu also addresses fat and cholesterol content by serving no fried foods and fewer high-fat menu items. The revised menu will be rolled out this month to all 28 facilities statewide.

“Promoting a healthier diet can translate into cost savings,” said IDOC Commissioner Edwin G. Buss. “A reduced sodium diet is a cost-effective, preventive health measure that will help lower one of the many contributing factors associated with heart disease and the necessary tax dollars to treat it.”

ARAMARK has 10 full-time Registered Dietitians dedicated to assist correctional industry clients in ensuring that meals continue to represent a healthy, nutritious, and balanced menu that meets all the client’s requirements, as well as the nutritional guidelines of the American Correctional Association (ACA).

### **About The Indiana Department of Correction:**

The IDOC is a statewide organization, comprised of twenty-one adult facilities, seven juvenile facilities, nine parole districts, 74 community corrections counties, a central administrative office, and countless community partnerships. Even though the reach is far and wide, each small part of the Department is committed to the main tenets of its mission: to increase public safety and reduce recidivism.

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