



Celebrity Cruise Line Rolls Out Certified Healthy Cuisine

Fitglobetrotters rejoice! [Celebrity Cruise](#) Line is ushering in what we hope will be a new era of healthy eating while cruising.

Cruising can be a magnet for gluttonous eating, but Celebrity Cruises is going to change that through its just announced partnership with SPE Certified to expand healthy options. SPE Certified is a third-party that will scientifically validate the health benefits of the wellness cuisine on Celebrity.

Wow! This is Healthy?



Salmon Tartare is one of 60 new SPE Certified dishes on Celebrity Cruises

The program rolls out on March 30 on Celebrity's newest ship, Reflection with 60 SPE certified dishes on menus at the main restaurants. All of the dishes in the AquaSpa Café will be SPE certified. The program will be on all Celebrity ships by the end of the year. Examples of dishes include:

- *Salmon Tartare with Celery Root Puree, Trout Roe Caviar, Dill, Apple and Pumpernickel*

The salmon in this dish provide heart healthy omega 3 fats. The potassium in the salmon balances the sodium from the caviar. The addition of the celery root puree incorporates creaminess and additional nutrients.

- *Roasted Pork Loin with Smoky Red Cabbage, Butternut Squash and Cranberry Jus*

Loin is a lean cut of pork and instead of smoking the meat in a traditional way, smokiness is created by using a small amount of smoked sea salt when braising the cabbage. Butternut squash is a high fiber, low calorie alternative to the commonly served potatoes or sweet potatoes. Lastly, the pork and vegetables contribute potassium and the cabbage and cranberries add antioxidant flavonoids to the dish.

- *Seared Branzino with Parsnip Puree, Lentils, Spinach and Pomegranate*

The liquid from the cooking of the lentils is reduced and used as a base for the vinaigrette, which increases the nutrient content and cuts back on the oil required for the vinaigrette. Plant-based iron from the spinach and lentils is more easily absorbed with the presence of vitamin C from the pomegranate. The parsnip puree uses milk rather than any butter or cream to add a creamy element to the dish.

- *Molten Lava Cake*

The cake is served with caramelized banana, which adds potassium to the dish and helps balance the richness. In addition, the dark chocolate provides magnesium and antioxidant flavonoids from the cocoa powder.

“Consumers’ desire for healthy dining options has evolved from a small niche several years ago into the general mindset today, with developments like the ban of trans fats, nutrition labeling, and passionate dietary followings such as vegan, gluten-free and low-carb, so this was the ideal time to rethink our approach to healthy dining,” said Celebrity’s Culinary Director John Suley.

Born from the Latin phrase, *Sanitas Per Escam*, or “Health Through Food,” SPE Certified is a unique certification and consulting program designed to enhance the nutritional quality of meals without compromising taste. SPE’s team of experts include chefs, nutritionists and registered dieticians who collectively take an innovative and scientific approach to certifying dishes – essentially, giving them their seal of approval – based on a specific set of criteria, including seasonality, sourcing, sustainability, ideal portion size, and the assurance that every dish they certify is low in salt and saturated fats, low in processed ingredients, and dense with nutrients, including vitamins, minerals and antioxidants.