



Healthy-eating standard

Plenty of restaurants claim to offer healthy food. **Emmanuel Verstraeten**, the owner of **Rouge Tomate**, has launched SPE Certified, a program that he hopes will become the LEED standard.

SPE, *sanitas per escam* in Latin, means “health through food.” The logo on a menu certifies that ingredients are locally sourced, high in nutrition and low in fat. The process goes way beyond farm to table: Butter and cream are verboten, except for a smattering in desserts. Grilling and deep frying? Also off-limits (grilling can introduce carcinogens).

The SPE staff performs a deep nutritional analysis and specifies everything from calorie counts to portion size. “We engineer our dishes to ensure a maximum of nutrition and satiety,” said **Nil Sönmez**, chief operating officer.

It all sounds a bit dry, but the company’s motto, “Above all, taste matters,” is meant to convey that the recipes are still delicious. “We want people to make the choice to eat healthy and not regret it,” said Ms. Sönmez.

The SPE team works with chefs to create three certified dishes each season for \$3,600 annually. Eateries that have signed on include **Seasonal Restaurant & Weinbar**, **Danji** and East Hampton’s **Maidstone**.

—VALERIE BLOCK

