

Healthier Restaurant Dining

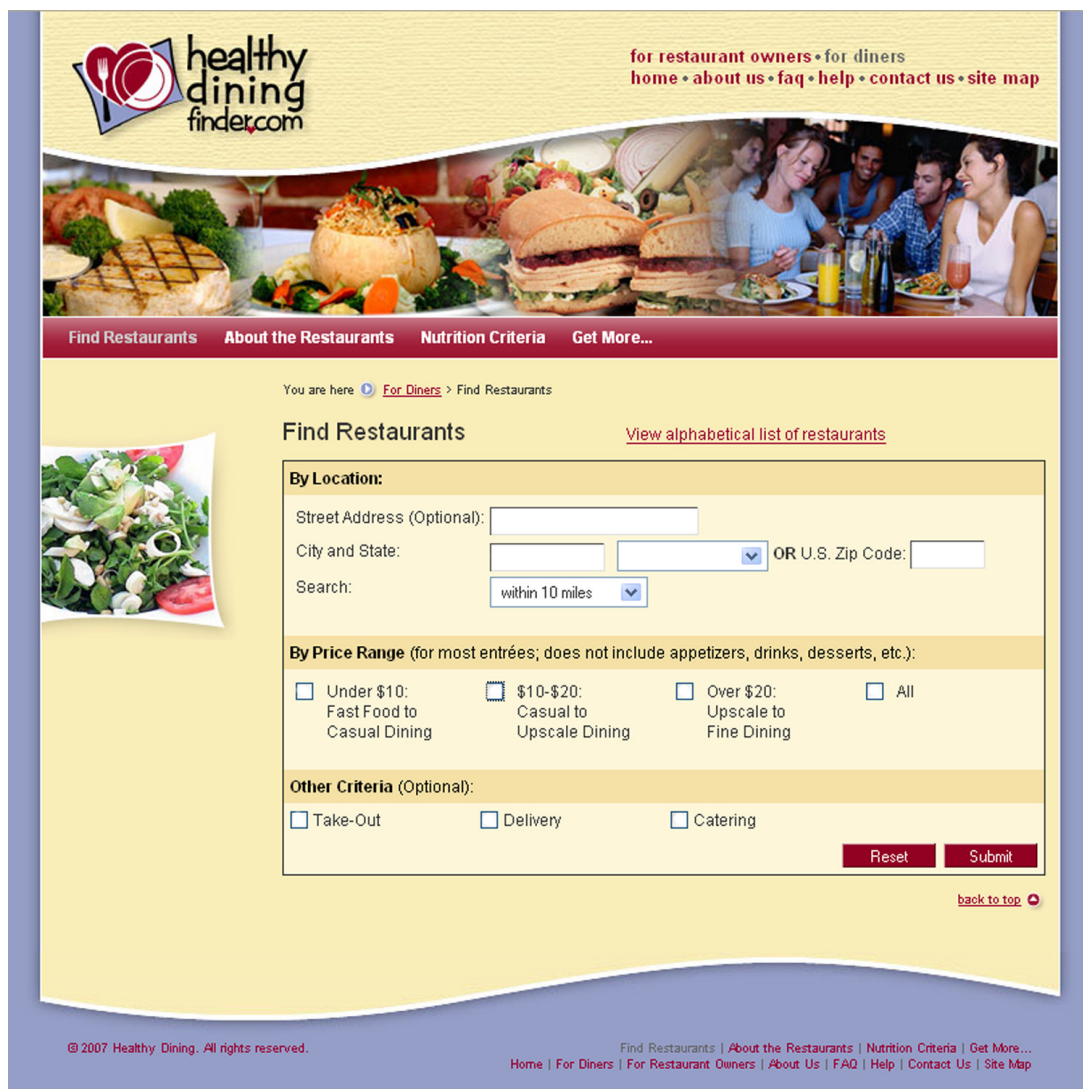
with



If you like to dine out and are trying to eat more healthfully, you know that identifying the healthier choices on a restaurant's menu isn't always easy. Portion size, incomplete menu descriptions, and "hidden" ingredients in sauces, marinades, and dressings often make it hard to know what you're getting nutritionally. Sometimes, even dishes that *seem* healthful, like grilled chicken or a salad, have more calories, fat, and sodium than you'd expect.

But now, California-based HEALTHY DINING, a team of dietitians and health professionals, has come to the rescue of those who like to eat out and want to make healthier choices.

HEALTHY DINING's signature website, www.HealthyDiningFinder.com, helps you find restaurants that offer a selection of HEALTHY DINING options and view corresponding nutrition information: calories, fat, saturated fat, protein, carbohydrates, cholesterol, sodium, sugar, fiber, and fruit/vegetable servings.



The screenshot shows the website's search interface. At the top left is the logo for healthydiningfinder.com. To the right of the logo are navigation links: "for restaurant owners • for diners", "home • about us • faq • help • contact us • site map". Below the logo is a banner image showing a variety of healthy dishes like a grilled fish fillet, a bowl of soup, and several sandwiches, alongside a group of people dining at a restaurant. A navigation bar below the banner contains links: "Find Restaurants", "About the Restaurants", "Nutrition Criteria", and "Get More...".

The main content area has a breadcrumb trail: "You are here > [For Diners](#) > Find Restaurants". The heading "Find Restaurants" is followed by a link: "[View alphabetical list of restaurants](#)".

The search form is titled "By Location:" and includes the following fields:

- Street Address (Optional): [text input]
- City and State: [text input] [dropdown menu] OR U.S. Zip Code: [text input]
- Search: [text input] [dropdown menu set to "within 10 miles"]

The "By Price Range" section is titled "(for most entrées; does not include appetizers, drinks, desserts, etc.):" and contains four checkboxes:

- Under \$10: Fast Food to Casual Dining
- \$10-\$20: Casual to Upscale Dining
- Over \$20: Upscale to Fine Dining
- All

The "Other Criteria (Optional):" section contains three checkboxes:

- Take-Out
- Delivery
- Catering

At the bottom right of the form are "Reset" and "Submit" buttons. A "back to top" link is located at the bottom right of the page.

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You'll find everything from fast food to upscale dining on the site. The posted menu items meet HEALTHY DINING's nutrition criteria: entrées or full meals must include lean protein, fruits and/or vegetables, or whole grains; and they may not contain more than 750 calories, 25 grams of fat, and 8 grams of saturated fat (and many of the featured dishes weigh in at much less). For appetizers, side dishes and desserts, the cut-offs are scaled down to 250 calories, 8 grams of fat, and 3 grams of saturated fat. Fried foods are generally not included, and no more than two red meat dishes are listed for any restaurant. HEALTHY DINING's registered dietitians review and approve all the menu items before the items are posted on the site.

Some featured dishes include a "Special Request," a simple modification in the preparation that reduces the amount of calories, fat, and often sodium. Examples include reductions in the amount of cheese, oil, sauce, or dressing. The website always notes the specific amount in a Special Request:

Example from



Grilled Chicken Sandwich - SPECIAL REQUEST									
Grilled chicken breast topped with tomato slices, served on a bun. Request a side of fruit (<i>included in analysis</i>) instead of French fries.									
Calories	Fat (g)	Sat Fat (g)	Cholest (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Fruit/Veg (cups)
460	16	2.5	85	1470*	46	3	11	33	1

When you order according to the Special Request instructions, the nutrition profile for the dish corresponds with the posted nutrition information.

HealthyDiningFinder.com makes it easy to find healthier choices at your favorite restaurants. And you may even discover restaurants you haven't tried or are avoiding because you don't think they offer healthy menu items. Do you find yourself wading through charts of numbers to find the healthier options at restaurants' websites? Then you'll love that HEALTHY DINING's dietitians have done the work for you. This website offers the best choices compiled in one centralized resource.

HealthyDiningFinder.com launched in March 2007. More than 55,000 restaurant locations are listed, including many of the largest and most popular restaurants in the country. More restaurants are joining all the time. If your favorite restaurant isn't included, you can access a "refer-a-restaurant" note and give it to the restaurant's owner or manager. It's available at: <http://healthydiningfinder.com/site/diners/getmore/handouts.php>.

HealthyDiningFinder.com is a win-win for restaurants and diners alike. If your favorite restaurant does not make it easy for you to identify its healthier choices or offer nutrition information, speak up! As more consumers voice their requests,

restaurants will respond with a greater variety of delicious, healthful choices and nutrition information.

In the fall, HealthyDiningFinder.com will sport a new look and feel, as well as advanced search functions, an “Ask the Dietitian” column, and more. So visit the site often and watch it grow!

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