



# HEALTHY DINING in Orange County

Our restaurant participates in the **Healthy Dining** Program and is featured in the book **Healthy Dining in Orange County**. On the reverse side of this menu card, you will find a selection of great-tasting menu items created with health *and* tastebuds in mind!

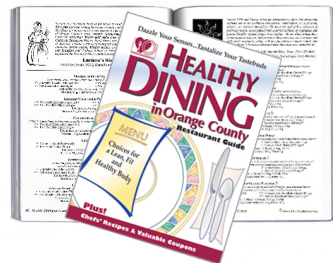
The following check-mark system (✓✓ and ✓) provides an easy way to identify entrées that meet nutrition guidelines based on recommendations by leading health organizations for calories, fat, cholesterol, and sodium.

## Healthy Dining Entrée Guidelines

- Calories: ✓✓ Excellent Choice: 0 to 450 calories  
✓ Good Choice: 451 to 750 calories
- Fat: ✓✓ Excellent Choice: 0 to 15 grams  
✓ Good Choice: 16 to 25 grams
- Cholesterol: ✓✓ Excellent Choice: 0 to 75 mg  
✓ Good Choice: 76 to 150 mg
- Sodium: ✓✓ Excellent Choice: 0 to 300 mg  
✓ Good Choice: 301 to 600 mg

If a menu item does not have a check-mark beside the calorie, fat, cholesterol, or sodium category, the item does not meet the guidelines listed above for that category. Nutrition information is based on computerized analysis of restaurant recipes and represents approximations only. If “Special Request” is indicated, the nutrition information applies only to dishes that are ordered and prepared according to the special instructions.

**Healthy Dining in Orange County** features detailed nutrition information for hundreds of healthy entrées served at popular area restaurants. It also includes recipes from local chefs, money-saving coupons, and an extensive health tip section with practical advice and realistic guidelines for dining healthy.



For more information,  
call (800) 953-DINE (3463)  
or visit [www.healthy-dining.com](http://www.healthy-dining.com)