

PARENT HEALTH BULLETIN



Pinellas County Health Department

Steps to a HealthierFL—Pinellas County

Healthy Choices Restaurant Program

Did you know that 62 percent of Florida residents are overweight or obese?



Did you know almost half of food dollars were spent away from home in the year 2005?



<http://apps.nccd.cdc.gov/brfss/>

This is why there is a need to tackle the obesity crisis in our community. Teaming up with local restaurants is a great way to ensure that health-conscious consumers can make the best and healthiest choice while dining. County Health Departments in the Tampa Bay area have introduced the “Healthy Choices Restaurant Program” to help you find local restaurants that offer sensible food solutions by offering “**Take Half Home**” or “**Cook to Order**” options. Member restaurants display the Healthy Choices Restaurant logo in their window. Look for the logo to see if your favorite restaurant is leading the effort to make a difference in the health of your community.

What do we look for in a potential Healthy Choices Restaurant member?



In order to qualify, menus must offer two or more of the following:



Heart Healthy (Low or Reduced Fat)



Take Half Home



Cook to Order (ex. offering grilled instead of fried or no butter added)



Vegetables, fruit, salad or rice instead of French fries

Look for the
“Healthy Choice Restaurant”
logo when dining out



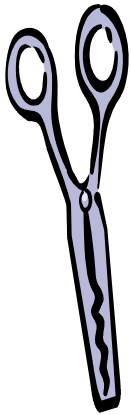
Healthy Choices restaurants are not required to change their menus to show that they offer these great alternatives. Just because healthy food options are not listed on the menu, it doesn't mean you have to settle for something not so healthy. Our restaurant participants suggest that you “**Just Ask**” for any of the listed offerings.

Go to www.pinellaswellness.com for a complete listing of participating restaurants.



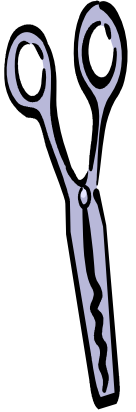
Ways to Cut 100 Calories When Dining Out

Whether you're whipping through the drive-thru or going out for a special occasion, try these ideas for cutting calories when dining out:



- Select an appetizer as your main dish; add soup, salad, or a vegetable side dish
- Choose a healthy option item designated by a symbol on the menu
- Ask for a half-portion or don't eat everything on your plate
- Use fresh lemon to season fish instead of tartar sauce
- Choose a side salad instead of fries when ordering fast food
- Skip the super-size promotions
- Select grilled chicken in place of breaded and fried.

- Limit yourself to one portion of bread, rolls or, better yet, save your appetite for your meal
- Ask for a cup of soup rather than a bowl
- Select minestrone or other broth-based soup over cream-based soup
- Ask for sauce and salad dressing on the side
- Order a vinaigrette dressing rather than a mayonnaise-based dressing
- Ask for no croutons and cheese on your salad
- Substitute steamed vegetables for the potato, rice or pasta side dish



Ways to Surround Your Family With Success:

Fill your kitchen with smart food choices:

- ⇒ Stock your cupboards with convenient low-calorie snacks like pretzels, rice cakes, low fat popcorn and graham crackers.
- ⇒ Pre-wash mini carrots, celery, grapes and apples for quick snacks.
- ⇒ Have dairy products on hand, such as, low-fat milk, yogurt and cheese.
- ⇒ Satisfy chocolate cravings with low-fat pudding cups or frozen fudge bars.



Enjoy your meals and feel fuller on fewer calories:

- ⇒ Serve dinner on appetizer plates to control portion sizes.
- ⇒ Eat at the dinner table. Talking with family members can help you avoid overeating before you feel full.
- ⇒ Slow down! Put your utensils down between bites to slow your eating pace.



<http://aom.americaonthemove.org>

Funding for this newsletter was supported by Cooperative Agreement Number 03135 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention, the Department of Health and Human Services, or the U.S. Government.

For information about Steps to a HealthierFL-Pinellas County visit our website: www.StepsFL.com or call (727) 820-4113