

Awards

**HFT GRILL**—  
779 North Colony Road

*Healthy options are highlighted on the menu, offer vegetarian options, vegan options and locally grown options*

**THE EATERY**—  
65 South Colony Road

*Healthy options are highlighted on the menu, offer vegetarian options and locally grown options*

**CAFÉ RA DOWNTOWN**—  
350 Center Street

*Offer vegetarian options*

**MICHAEL'S TRATTORIA**—  
344 Center Street

*Offer vegetarian options, organic options and locally grown options*

**IRON CHEF**—  
930 North Colony Road

*Healthy options are highlighted on the menu, offer vegetarian options and vegan options*

**CARINI'S RESTAURANT**—  
822 East Center Street

*Offer vegetarian options*

**J. CHRISTIANS**—  
9 North Main Street

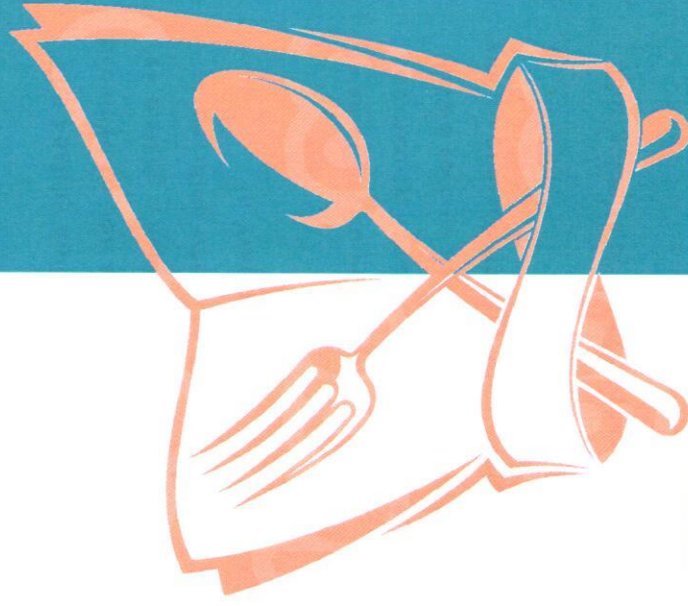
*Offer locally grown options*

**SIRINAN'S THAI & JAPANESE RESTAURANT**—  
900 North Colony Road

*Offer vegetarian options*

2015

**Healthy Dining Guide**  
Wallingford, CT



**For more information please contact:**

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**The Wallingford Health Department**

presents:

--2nd Edition--

**Healthy Dining Guide**



## Welcome

Welcome to the 2nd Edition of Wallingford's

### Healthy Dining Guide

The healthy dining guide had been provided to you as just that, a **guide**, to making a healthier choice when deciding *where* to dine out in Wallingford!

In an effort to promote a healthier community, local restaurants were asked to complete a menu review and to provide healthy food choices.

This guide is updated bi-annually.



Look for these window decals!

## Criteria

Restaurants listed in this brochure have voluntarily completed an application to take part in

"Healthy Dining Guide".

To be listed in the Guide, the restaurants must meet eighty percent of the criteria specified below.

### **OFFER THE FOLLOWING:**

- \* Whole grain foods
- \* At least 4 choices of fruits and/or vegetables
- \* At least 4 entrees prepared using low fat cooking methods
- \* At least 2 lower fat dessert choices
- \* A children's menu that offers at least 2 fruit and/or vegetable choices (excluding french fries)
- \* Reduced fat milk as a beverage

### **UPON REQUEST, THEY PROVIDE:**

- \* Information about recipe ingredients
- \* Portion controlled sizes for customers of all ages at all meals or half sized portions on regular menu items
- \* The opportunity to have half of a meal placed in a box for take out before being served
- \* Milk as an alternative to cream for tea or coffee
- \* A substitute for french fries if served as part of an entrée
- \* Reduced fat or fat-free salad dressing
- \* Gravy, sauce, dressing, butter, etc. served on the side

## Tips For Healthy Dining

### **The following advice is offered for healthy eating:**

- \* Stay away from the snack table, specifically the bread, chips, etc.
- \* Custom order your meal, ask for changes in how it's prepared
- \* Choose a side salad or other vegetable options in place of starchy sides
- \* Always ask that gravy and other sauce be on the side
- \* Be mindful, eat slowly and savor each bite
- \* Choose water or unsweetened drink options
- \* Order grilled, broiled or baked options over fried
- \* Skip the buffet, menu order and you eat less
- \* Skip dessert or split one with a friend

**Don't see  
your favorite restaurant  
on the list?**

**Encourage them to complete the Healthy Dining Guide Survey for the next edition!**