Who is eligible for a Healthy Dining Guide Award of Excellence?

Restaurants listed in this brochure have voluntarily completed an application to be a part of the Wallingford Healthy Dining Guide. To receive an award, local restaurants must meet at least 80% of the following criteria that apply to their menu:

These include offering:

- Whole Grain foods
- At least 4 choices of fruits and/or vegetables
- At least 4 entrees prepared using lower-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/coffee
- A substitute for french fries if served as part of an entree
- Reduced or fat-free salad dressing
- Gravies/sauces/dressings/butter etc. served on the side

Scoring Criteria

<table>
<thead>
<tr>
<th>Award</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronze Award</td>
<td>80-89%</td>
</tr>
<tr>
<td>Silver Award</td>
<td>90-99%</td>
</tr>
<tr>
<td>Gold Award</td>
<td>100%</td>
</tr>
</tbody>
</table>

For more information on healthy living around town, be sure to visit the Activate Wallingford website!

http://www.activatewallingford.org

website designed by: LT Design

Wallingford Health Department

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Healthy Dining Guide
of Wallingford, Connecticut

1st edition, 2011-2013

Special thanks to:
Leah Mezick, BS
Public Health Intern
Look for this Healthy Dining Guide Window Decal in these Wallingford restaurants:

**Gold Awards:**
- **Dad’s Restaurant**
  740 North Colony Rd.
  ✓ Vegetarian
  ✓ Organic
  ✓ Local

- **Jeannies Breakfast and Lunch**
  833 East Center Street
  ✓ Marked Menu
  ✓ Vegetarian
  ✓ Vegan
  ✓ Organic
  ✓ Local

- **Iron Chef**
  930 North Colony Rd.
  ✓ Vegetarian
  ✓ Vegan

- **That New Place**
  71 North Turnpike Rd.
  ✓ Vegetarian
  ✓ Vegan
  ✓ Organic
  ✓ Local

- **Lee Garden**
  950 Yale Avenue
  ✓ Marked Menu
  ✓ Vegetarian
  ✓ Vegan

**Bronze Awards:**
- **Carini’s Restaurant & Pizzeria**
  822 East Center St.
  ✓ Vegetarian

- **MJ Dukes Famous Philly Cheese Steak**
  648 North Colony Rd.
  ✓ Vegetarian
  ✓ Local

- **Neptune’s House**
  1086 North Colony Rd.

- **Café Ra**
  350 Center Street
  ✓ Vegetarian
  ✓ Vegan

**Make Healthy Choices When Dining Out**

Experts offer the following advice for healthy eating regardless of where you choose to go:

- Stay away from the bread/chips/complimentary options put on the table
- Don’t be afraid to custom order your meal or ask for changes in how it is prepared
- Choose a side salad, baked potato, or other vegetable options in place of fries
- Split entrée’s with friends or take home half of the meal
- Always choose to have gravies, sauces, and dressing on the side
- Eat mindfully—slow down and savor each bite you take
- Choose water or unsweetened drink options with your meal
- Choose grilled, broiled, or baked options over the fried alternatives
- Skip desert or split one with a friend