



HealthyDiningfinder.com

Dietitian-approved menu choices from fast food to fine dining



**Love to eat at restaurants?
Watching your weight?
Health-conscious?**

Now there's an easy way to:

- Find healthier menu options at all kinds of restaurants and
 - View the nutrition information for those items

HEALTHY DINING'S program is the largest-ever restaurant nutrition initiative. Close to 60,000 restaurant locations nationwide participate. HEALTHY DINING'S signature website, HealthyDiningFinder.com, features healthier choices and corresponding nutrition information (calories, fat, etc.) from restaurants that span from fast food to fine dining. The Centers for Disease Control and Prevention (CDC) provided initial funding for the development of this website.

Facts

- It's often difficult to identify "better for you" choices from menu descriptions alone.
- HealthyDiningFinder.com displays restaurants' healthier choices, sometimes with "Special Request" information that lowers the calorie and fat content.

From Users

"I love this website! Many restaurants do not have websites with nutrition information, and if they do, it is tedious to "manually" search for healthy options. Thank you!"

– **Melissa P.**

"I'm so glad I found your website. I gave up going out because of my high cholesterol and diabetes. Now I have some choices of restaurants. I will use your website often. Thank you so much."

– **Sandy G.**

Start your search at

HealthyDiningfinder.com