

*Who is eligible for a
Healthy Dining Partner
Award of Excellence?*

Restaurants listed in this brochure have voluntarily completed our Healthy Dining Partner Award of Excellence application. To receive an award they must meet at least 80% of our required healthy food options.

These include:

- offering whole grain foods.
- offering at least 4 choices of fruits and/or vegetables.
- offering at least one meat, fish, poultry or meatless entree prepared using a lower fat cooking method.
- offering at least one low fat dessert.
- offering gravies, sauces, butter, etc. served on the side.

Upon request they provide:

- information about recipe ingredients.
- serve half size portions on regular menu items, allow sharing of entrees, or offer a menu for smaller appetites that is available to customers of all ages at all meals.
- milk as an alternative to cream for tea or coffee.
- milk or 100% juice as a beverage for children's meals.
- reduced or fat free salad dressings.
- at no extra cost, a substitute for french fries if served as part of an entree.

Thanks to the following organizations who provided resources to help create this guide.

**Carroll County Department of
Recreation and Parks**

Carroll County Health Department:

Chronic Disease Prevention Program

Cigarette Restitution Fund Program

Community Health Education

Nutrition Services

Carroll Hospice

Partnership for a Healthier Carroll County

Transitions Lifestyle Systems

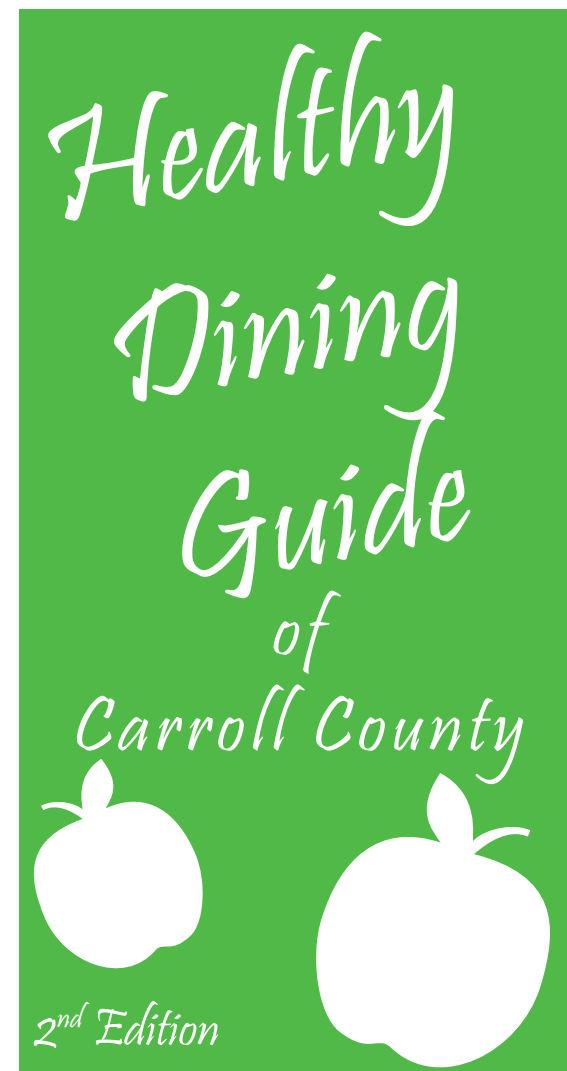
Thanks to the Maryland Clean Indoor Air Act (CIAA) of 2007, you can now enjoy eating out in a smoke-free environment. The CIAA went into effect on February 1, 2008 and prohibits smoking in virtually all indoor workplaces including bars and restaurants.

For more
information
about the CIAA
call:
410 876-4443.



100% SMOKE FREE

The Cigarette Restitution Fund Program provides free resources for quitting smoking. For more information call 410 876-4429.



Healthy Dining Partner

Award of Excellence

smoke-free • healthy dining



The Partnership for a Healthier Carroll County
The Carroll County Cigarette Restitution Fund

Healthy Dining Partner

Award of Excellence

smoke-free • healthy dining



The Partnership for a Healthier Carroll County
The Carroll County Cigarette Restitution Fund

Look for the Healthy Dining Partner Decal at these local restaurants:

2008 Award Winners

A Gourmet Affair Deli & Catering

330 140 Village Rd.
Westminster, MD 21158
www.agourmetaffair.net

Baughers Family Restaurant

289 W. Main St.
Westminster, MD 21157
www.baughers.com

Belisimo's

2900 Baltimore Blvd.
Finksburg, MD 21048

8 Westminster Road
Westminster, Maryland 21157
www.belisimos.com

BIP-N-BOPS Pizza Shop

1620 West Old Liberty Rd.
Winfield, MD 21784

Brick Ridge

6212 Ridge Rd.
Mt. Airy, MD 21771
www.brickridge.com

The Buttersburg Inn

9 North Main St.
Union Bridge, MD 21791
www.thebuttersburginn.com

Casa Rico

400 N. Center St.
Westminster, MD 21157
www.casa-rico.com

Country Kitchen

112 E. Baltimore St.
Taneytown, MD 21787
www.countrykitchentaneytown.com

Dutch Corner Restaurant

3154 Main St.
Manchester, MD 21102

Forbidden City Chinese Restaurant

12-13 Carroll Plaza
Shopping Ctr
Westminster, MD 21157
www.forbiddencitychinese.com

The Greene Turtle


830 Market St.
Westminster, MD 21157

1604 Ridgeside Ct.

Mt. Airy, MD 21771
www.thegreenturtle.com

Greenmount Station

1631 N. Main St.
Hampstead, MD 21074
www.greenmountstation.com

 **Gypsy's Tearoom**
111 Stoner Ave.
Westminster, MD 21157
www.gypsystearam.com

Harry's Main Street Grille

65 West Main St.
Westminster, MD 21157

Kountry Kafe and Katering, LLC

3 Locust Lane
Westminster, MD 21157

Marina Cuisina Cafe

1522 Liberty Rd.
Eldersburg, MD 21784
www.marinacuisina.com

McDonald's of Westminster

520 Baltimore Blvd.
Westminster, MD 21157
www.mcdonalds.com

Panera Bread

6300 Georgetown Blvd.
Eldersburg, MD 21784

200 Clifton Blvd.
Westminster, MD 21157
www.panerabread.com

 **Pap Paps Pizza**
1720 Liberty Rd.
Eldersburg, MD 21784
www.pappaps.com

Plum Crazy Diner

15 Baltimore Blvd.
Westminster, MD 21157
www.plumcrazydiner.com

Richie's Diner

502 E. Baltimore St.
Taneytown, MD 21787

Salerno's

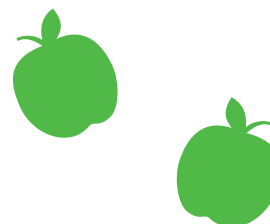
1043 Liberty Rd.
Eldersburg, MD 21784
www.salernos.com

Subway

444 WMC Dr., Suite 101
Westminster, MD 21158
http://westminstersubway.com

ZiPani Bread & Cafe

1311 Londontowne Blvd.
Sykesville, MD 21784



To learn more about the
Healthy Dining Guide contact:

The Partnership for a
Healthier Carroll County, Inc.

410 876-4965

www.healthycarroll.org

- or -

Carroll County Health Department
Cigarette Restitution Fund Program

410 876-4443

www.carrollhealthdepartment.dhmd.gov

Tips for Eating Healthy When You Dine Out

Experts offer the following tips to help
you make healthy choices when
you're eating out:


Before you leave home:

- Check the menu. Many chain restaurants post their menus and nutrition information on their websites.
- Use the National Restaurant Association's website, www.healthydiningfinder.com to find healthy dining options in your area.
- For information on healthy ethnic food choices, visit www.americanheart.org ("Tips for Eating Out")

At the restaurant:

- Limit bread, chips, or whatever is in the basket while you wait for your meal, or ask the waiter not to bring the basket.
- If you don't know what is in a dish, ask!
- Share a main dish with a friend, or take home half of your meal for tomorrow's lunch.
- Enjoy a salad and an appetizer in place of an entrée.
- Ask for light salad dressings or vinaigrettes.
- Have broth-based soups more often than cream soups.
- Order foods that are baked, broiled, roasted, or grilled more often than fried foods.
- Choose foods prepared without added cheese, creamy sauces and gravies.
- Have sauces, dressings, and condiments served on the side.
- Select grilled chicken or lean deli meat sandwiches without mayonnaise. Add flavor with mustard, lettuce and tomato.
- Hold the fries; substitute a side salad, baked potato or steamed vegetables.
- Drink unsweetened beverages, water, 100% fruit juice, or reduced fat milk.
- Split a dessert or order fruit or sorbet.

 Restaurant offers at least 2 vegetarian entrees.

 Restaurant identifies healthier choices on their menu