

New dining guide aids health conscious

Carroll restaurants rated on nutrition standards

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The third edition of the Healthy Dining Guide of Carroll County goes a step further in

specifying which restaurants serve up the healthiest options.

For the first time, the guide places restaurants into gold, silver and bronze categories based

on requirements determined by The Partnership for a Healthier Carroll County, which produces the guide every two years.

The partnership

comprises many agencies that work together to connect other organizations and individuals in pursuit of a healthier community. Restaurants in Carroll are sent the Healthy Dining Partner applica-

tion, which they voluntarily fill out. The applicant must meet at least 80 percent of the required healthy food options to be listed in the guide.

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Guide

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Restaurants that received the bronze award meet 80-89 percent of the requirements, winners of the silver award meet 90-99 percent of the requirements and gold award winners meet 100 percent of the requirements.

Some of the requirements include offering whole grain foods, having at least four choices of fruits and/or vegetables, preparing at least one entree using a lower-fat cooking method, providing information about recipe ingredients, providing substitution options for French fries when served with an entree and serving items such as gravies, sauces and butter on the side of meals.

The guide also notes restaurants that offer at least two vegetarian options and mark healthy choices on their menus, and features tips on how to make better choices when eating out, such as asking for baked, broiled or roasted options and taking leftovers home rather than finishing a large dish in one sitting.

"Don't use eating out as an excuse to overeat," Darlene Flaherty, a registered dietician for the partnership, said.

The dining guide, which came out earlier this month, is available online and in pamphlet form at local gyms, health partners, libraries and other public places.

Dorothy Fox, spokeswoman for the Partnership, said 27 restaurants in Carroll County applied to the new guide, down from 32 in 2008, but one did not qualify. She said 14 of the 26 restaurants in the guide are new to this edition, and 17 of those received the gold award.

Fox said the Health Department sent out the appli-

GOLD AWARD RESTAURANTS

- A Gourmet Affair, Westminster
- Baldwins Station, Sykesville
- Bob Evans, Eldersburg and Westminster
- The Buttersburg Inn, Union Bridge
- Carroll Hospital Center Cafeteria, Westminster
- China Manor Restaurant, Hampstead
- County Kitchen, Taneytown
- Dutch Corner Restaurant, Manchester
- Forbidden City Chinese Restaurant, Westminster
- Gypsy's Tearoom, Westminster
- Harry's Main Street Grille, Westminster
- McDonald's, Eldersburg
- New Win Long, Eldersburg
- Rooney's Corner Café, Westminster
- Subway on WMC drive, Westminster and on Liberty Road in Eldersburg

cation to all Carroll County restaurants. After filling out the application, Flaherty follows up on the information by assessing the restaurant's menu.

The Buttersburg Inn in Union Bridge received the gold award and recognition for having at least two vegetarian entrees on its menu.

Restaurant co-owner Frank Tunzi said the restaurant tries to promote healthy foods and keep everything homemade.

"What you eat today is going to affect you tomorrow," Tunzi said.

Tunzi said the restaurant has a vegetarian menu, uses homegrown basil and parsley, and makes many things, such as onion rings, from scratch.

Co-owner Jim Rowe said he is also a nurse, so he knows that it is critical to offer healthy options. He

said the restaurant has been health conscious ever since opening, but has looked more closely at its menu during the last five years.

Baldwin's Station in Sykesville won the gold award and received recognition for having at least two vegetarian entrees on its menu.

Owner Stewart Dearie said, in general, people are becoming more conscious of what they eat, so he is providing his clients with what they want. The chefs at Baldwin's Station are proficient in dealing with dietary issues, Dearie said, and have catered to a variety of different dietary concerns, from people with food allergies to those who are vegan.

"You're not going to find that necessarily in a chain restaurant," Dearie said.

But some chain restaurants still met all of the

ONLINE

Healthy Dining Guide of Carroll

County: www.healthy-carroll.org and click on Healthy Dining Guide for a PDF of the third edition

health requirements.

Bob Evans in Westminster, for example, received a gold award and recognition for having at least two vegetarian entrees, as well as for labeling healthier choices on its menu.

Assistant General Manager Bill Coe said the restaurant features a "Fit from the Farm" menu. The dishes on that menu have 650 calories or less, contain 750 mg of less sodium, 35 percent or less total calories from fat, less than 10 percent total calories from saturated fat, 0g trans fat and no MSG based on a daily 2,000 calorie diet.

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