

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

Restaurants listed in this brochure have voluntarily completed our Healthy Dining Partner application. To receive an award they must meet at least 80% of the required healthy food options that apply to their menu.

These include offering:

- whole grain foods.
- at least 4 choices of fruits and/or vegetables.
- at least one entrée prepared using a lower fat cooking method.
- at least one lower fat dessert.
- a children's menu that has at least one fruit or vegetable (excluding fries).
- reduced fat milk if offered as a beverage

Upon request they provide:

- information about recipe ingredients.
- half size portions on regular menu items, allow sharing of entrées, 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.
- a substitute for french fries if served as part of an entrée.
- gravies, sauces, butter, etc. served on the side.

Restaurants that score

- 80%-89% earn a Bronze Award
- 90%-99% earn a Silver Award
- 100% earn a Gold Award

Prevention and Wellness Healthy Dining Guide Action Team Members

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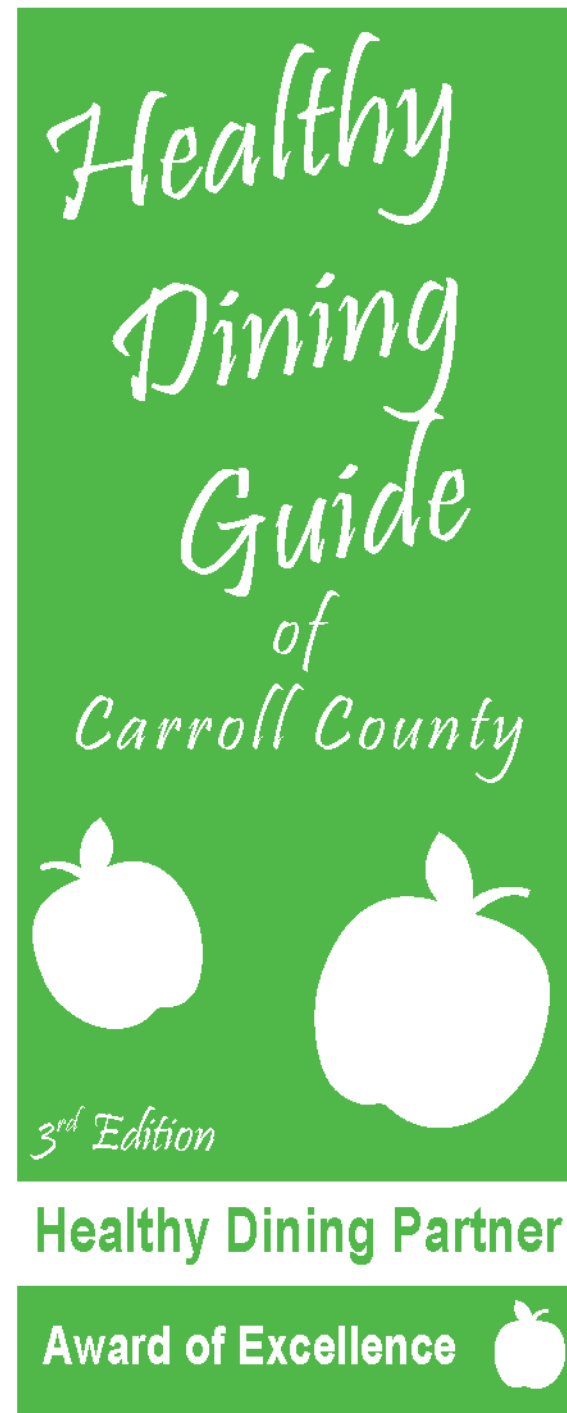
Dot Fox

The Partnership for a Healthier Carroll County



**The Partnership
for a Healthier Carroll County**

To learn more about the initiatives of the Prevention and Wellness Leadership Team
410-871-6373
www.HealthyCarroll.org



The Partnership for a Healthier Carroll County

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

Award of Excellence



The Partnership for a Healthier Carroll County

This program promotes The Partnership's goal of improving the health of the community by providing consumers with the information they need to make better choices when eating out. In Carroll County, only 33% of adults eat fruits and vegetables at least 5 times daily and 31% of adults are obese. (MD BRFSS 2008) The target for the county is that 50% of adults eat at least 5 fruits and vegetables a day and no more than 16% of adults would be obese. (*Healthy People 2010*)

Award Winners

Bronze Awards:

Belisimos

2900 Baltimore Blvd.
Finksburg, MD 21048
www.belisimos.com

&

4111 Lower Beckleysville Rd.
Hampstead, Maryland 21074
www.belisimos.com

Papa Joe's Mexican Restaurant

27 East Main Street, Rear
Westminster, MD 21157
www.papajoeswestminster.com

The Greene Turtle

830 Market St.
Westminster, MD 21157
www.thegreenturtle.com

Silver Awards:

Brick Ridge

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

Doughertys Eatery & Ice Cream Parlor

454 East 10th St.
Taneytown, MD 21787

CLOSED

Kountry Kafe and Katering, LLC

3 Locust Lane
Westminster, MD 21157

Pizza Hut

11 South Cranberry Rd.
Westminster, MD 21157
www.pizzahutpizza.com

Timeout Sports Grille

400 North Center St.
Town Hall of Westminster
Westminster, MD 21157
www.timeoutssportsgrille.com

CLOSED

Gold Awards:

A Gourmet Affair

330 140 Village Rd.
Westminster, MD 21157
www.agourmetaffair.net

Baldwins Station

7618 Main St.
Sykesville, MD 21784
www.baldwinsstation.com

Bob Evans

1211 Liberty Road
Eldersburg, MD 21784
www.bobevans.com

&

206 Malcolm Dr.
Westminster, MD 21157
www.bobevans.com

The Buttersburg Inn

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

Carroll Hospital Center Cafeteria

200 Memorial Ave.
Westminster, MD 21157
intra.carrollhospitalcenter.org

China Manor Restaurant

2315 C/D Hanover Pike
Hampstead, MD 21074
www.chinamanormd.com

Country Kitchen

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

Dutch Corner Restaurant

3154 Main St.
Manchester, MD 21102
www.dutchcornerrestaurant.com

Forbidden City Chinese Restaurant

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

Gypsy's Tearoom

111 Stoner Ave.
Westminster, MD 21157
www.gypsystearoom.com

Harry's Main Street Grille

65 West Main St.
Westminster, MD 21157

McDonald's

1755 Liberty Rd.
Eldersburg, MD 21784
www.mcdonalds.com

New Win Long

1912 Liberty Rd. Store 4
Eldersburg, MD 21784

Rooney's Corner Café

172 East Main St.
Westminster, MD 21157
www.rooneyscornercafe.net

CLOSED

Subway

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

&

1912 Liberty Rd.
Eldersburg, MD 21784
www.subway.com

Restaurant offers at least 2 vegetarian entrées.

Restaurant identifies healthier choices on their menu

*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.