

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, (excluding deep fried or vegetables in dressing or sauces)
- at least two entrées prepared using a lower-fat cooking method
- at least one lower-fat dessert
- reduced fat milk, if offered as a beverage



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-fat 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

Awards of Excellence are based solely on the nutritional quality of the menu, independent of the requirements of the Carroll County Bureau of Environmental Health.

Look for the Healthy Dining Partner decal at these restaurants:

Amante Pizza and Pasta 
21 Liberty Road, Sykesville, MD 21784
www.amantepizzasykesville.com

Blue Bistro  
330 One Forty Village Road
Westminster, MD 21157
www.bluebistrocatering.com

Brick Ridge 
6212 Ridge Road, Mt. Airy, MD 21771
www.brickridge.com

Bud's at Silver Run
4115 Littlestown Pike, Westminster, MD 21158
www.budsatsilverrun.com

The Buttersburg Inn  
9 North Main Street, Union Bridge, MD 21791
www.thebuttersburginn.net

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

Concetta's Mainstreet Bistro 
231 S. Main Street, Mt. Airy, MD 21171

Dutch Corner Restaurant  
3154 Main Street, Manchester, MD 21102
www.dutchcornerrestaurant.com

Firehouse Subs 
625 Baltimore Blvd., Westminster, MD 21157
www.firehousesubs.com

Greenmount Station Restaurant 
1631 N. Main Street, Hampstead, MD 21074
www.greenmountstation.com

Gypsy's Tearoom  
111 Stoner Avenue, Westminster, MD 21157
www.gypsystearoom.com



Harry's Main Street Grille   
65 West Main Street,
Westminster, MD 21157
www.harrysmainstreetgrille.com

IHOP Restaurant   
1001 Twin Arch Road, Mt. Airy, MD 21771
www.ihop.com

Kountry Kafe & Katering, LLC  
3 Locust Lane, Westminster, MD 21157

Ledo Pizza   
405 N. Center Street, Westminster, MD 21157
www.LedoPizza.com

Maggie's Restaurant
310 East Green Street, Westminster, MD 21157
www.maggieswestminster.com




New Win Long  
1912 Liberty Road, Eldersburg, MD 21784
newwinlong.com

Papa Joe's Mexican Restaurant   
250 Englar Road, Westminster, MD 21157
www.papajoeswestminstermd.com





Rafael's Restaurant 
32 West Main Street, Westminster, MD 21157
www.rafaelsrestaurant.com

Smokehouse at Antrim* 
30 Trevanion Road, Taneytown, MD 21787
www.antrim1844.com

*Menu changes daily based on fresh, local ingredients. Call for information or specific dietary requests: 410-756-6812

Subway   
444 W.M.C. Drive, Suite 101
Westminster, MD 21158
www.subway.com

Symbol key

-  Restaurant offers at least 2 vegetarian entrées
-  Restaurants use locally produced foods
-  Healthy options identified on the menu
-  Family friendly, healthier options available for kid's meals

Tips for Eating Healthy when Eating Out

Before you leave home:

Check the menu. Many restaurants post their menus and nutrition information on their web sites. For additional information see the National Restaurant Association's web site, healthydiningfinder.com - select "Kids LiveWell" for information about healthy meals for children.

At the restaurant:

- If you don't know what is in a dish, ask.
- Limit bread, chips, or whatever is in the basket while you wait for your meal, or ask the waiter not to bring the basket.
- Share a main dish with a friend, or take home half of your meal.
- 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 on whole grain bread without mayonnaise. Add flavor with mustard, lettuce and tomato.
- Hold the fries; have a side salad, baked potato or steamed vegetables instead.
- Drink unsweetened beverages, water, 100% fruit juice, or reduced fat milk.
- Split a dessert or order fruit or sorbet.

Healthy Dining Partner

Award of Excellence



The Partnership for a Healthier Carroll County

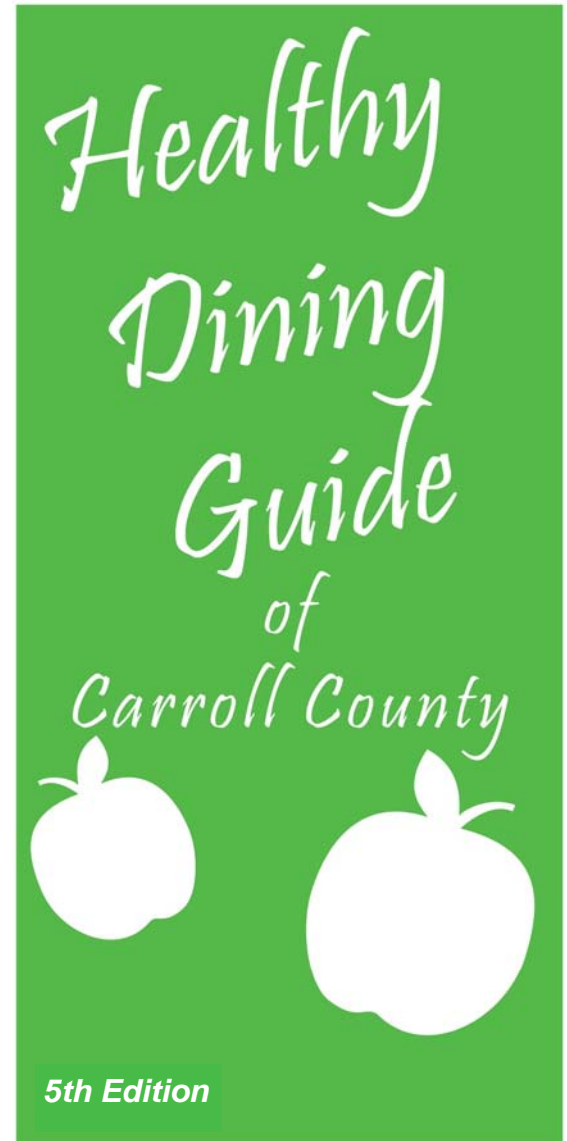
Presented by the Chronic Disease Prevention and Intervention Leadership Team, which focuses on reducing rates of chronic illnesses including obesity, diabetes, and heart disease among Carroll County residents. This program promotes The Partnership's goal of improving the health of the community by providing consumers with information they need to make better choices when eating out.



*Connecting people. Inspiring action.
Strengthening community.*

535 Old Westminster Pike, Suite 102
Westminster MD 21157
410-871-7645

For more information visit
HealthyCarroll.org



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