



HEALTHY DINING

**Passionately contributing to a healthier America...
*in a delicious way!***

**By helping restaurants to prosper through “all things
nutrition” and by providing consumers with
science-based tools and resources to
support healthier decisions.**

Supply → Demand

“All Things Nutrition”



Team of restaurant industry-expert registered dietitians providing:

- Nutrient Analysis, Allergens/Gluten, Additives/Clean Plate, Menu Labeling Compliance, Consulting
- Cloud-based organization system for recipes, nutrition information, product labels, dietitian validated accuracy
- Thorough assessment of restaurant environment and offerings, rating and 3-5 year strategy development

Personalized Search for BEST Choices

250 restaurants – 50,000 locations
Evaluated and partially funded through NIH



Contact Us

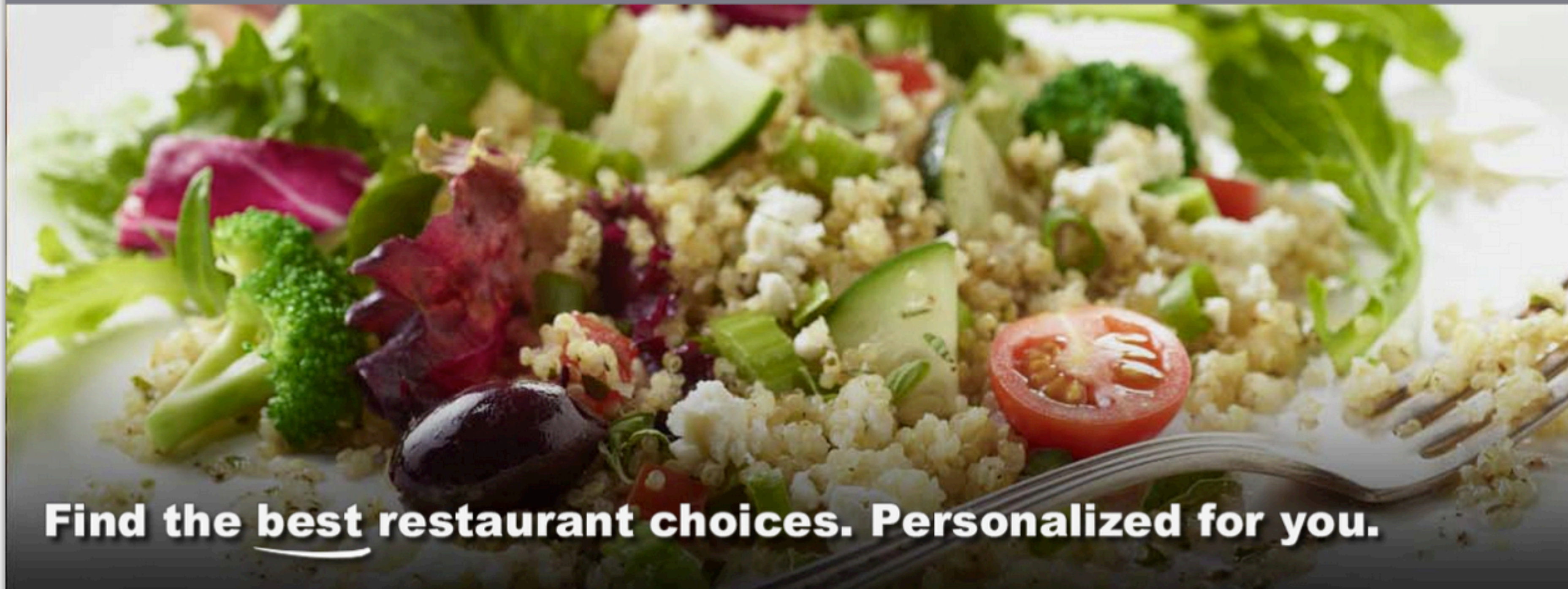


Healthy Dining Finder
Choose the Best – **Be Your Best!**

Get Weekly
Inspiration



[About](#) [Blogs, Recipes & More](#) [Kids LiveWell](#) [For Restaurants](#)



Find the best restaurant choices. Personalized for you.

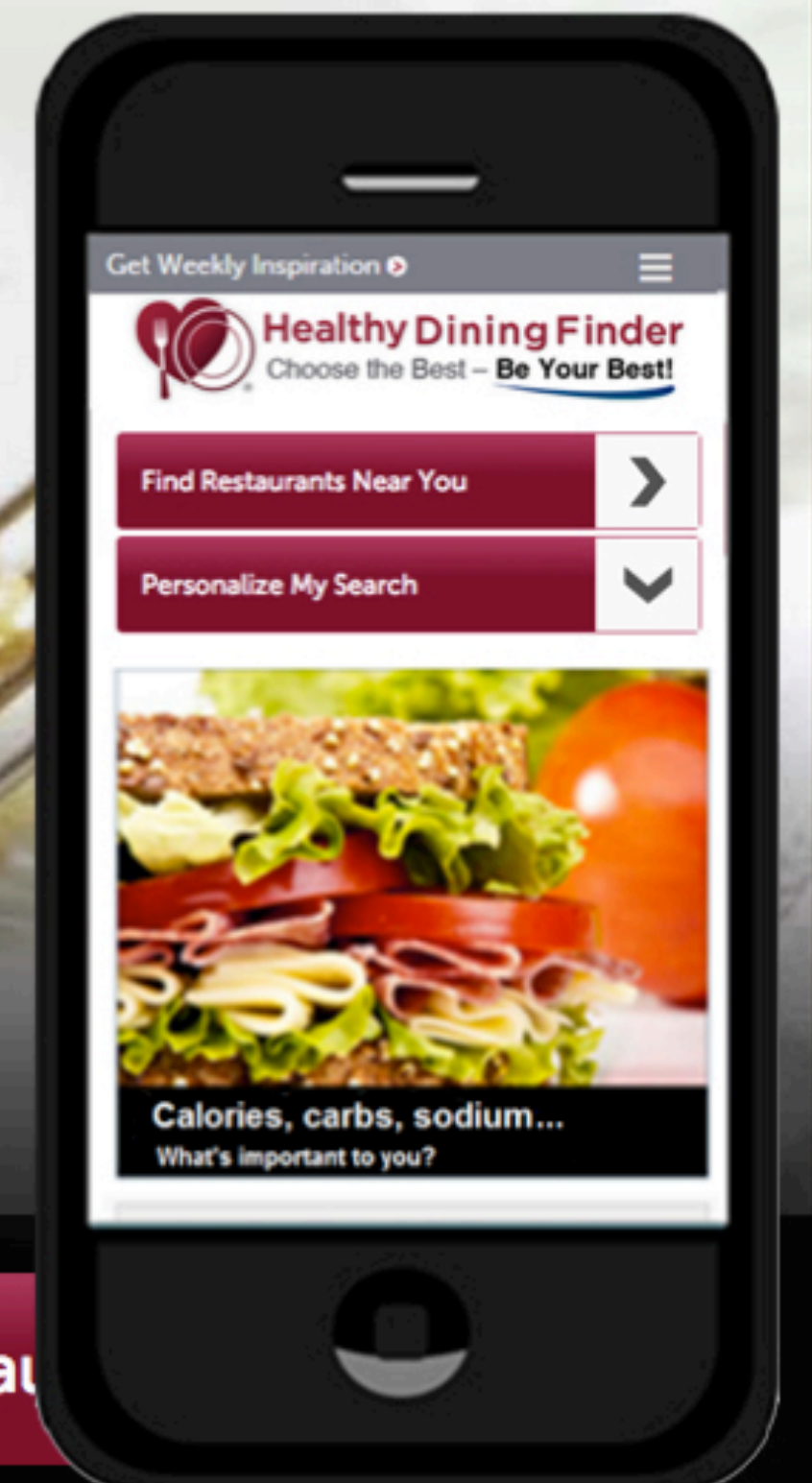
Street Address, ZIP or City, State



Personalize My Search



All Restau



Whole Grains on the Menu



Quinoa Salad



Whole Grains on the Menu



Omega Me Crazy Salmon

my fitTM
FOODS



Healthy Dining Finder
Choose the Best – Be Your Best!

Whole Grains on the Menu

Asian Quinoa & Rice Bowl



ARCOGA'S
GRILLE HOUSE & SPORTS BAR



Healthy Dining Finder
Choose the Best – **Be Your Best!**

Whole Grains on the Menu

Fit Fare® Banana Pecan Pancake Breakfast



Healthy Dining Finder
Choose the Best – **Be Your Best!**

Whole Grains on the Menu

Vegetarian Burger



Whole Grains on the Menu

Teriyaki Chicken Bowl
with Brown Rice



SAMURAI SAM'S
TERIYAKI GRILL

Whole Grains on the Menu

California Veggie Pizza with Goat
Cheese on Whole Grain Crust



Healthy Dining Finder
Choose the Best – Be Your Best!

Whole Grains on the Menu



Superfood Blueberry Chia Hot Cereal

au bon pain.
the bakery café



Healthy Dining Finder
Choose the Best – Be Your Best!

Tabouli & Melon Salad



Healthy Dining Finder
Choose the Best – **Be Your Best!**

Quinoa & Pico Salad



Healthy Dining Finder
Choose the Best – Be Your Best!

Whole Grains on the Menu



Kids' Whole Grain Spaghetti



Healthy Dining Finder
Choose the Best – **Be Your Best!**

Whole Grains on the Menu



Kids' Turkey Sliders with Whole Grain Buns





A Taste of Healthy Dining Finder

latest news, coupons, recipes & special offers



Don't Give Up the Grains

Celebrate Whole Grains Month this September by swapping common carbs with nutritious whole grains. Use these recipes to boost your weight loss and overall performance.

[Read More](#)



Quick Chicken Piccata with Whole Grain Linguine

This chicken piccata recipe is guaranteed to make your usual weeknight something special!

[Read More](#)



The Skinny on Eating More Whole Grains

Incorporating more whole grains into your diet doesn't have to be a difficult transition. These tips will help you gradually make the switch to the nuttier flavor and heartier texture of whole grains.

[Read More](#)

**HEALTHY DINING'S
e-newsletter
to inspire
consumers to eat
eat healthier in
restaurants.**



Try this Tabbouleh

This Mediterranean side dish made with whole grains, fresh herbs and olive oil is not only heart healthy...it's delicious!

[Read More](#)



Whole Grains: The What, Why & Where to Find Them

What is a whole grain? Is it wheat? Whole wheat? And where does gluten fit in? If you're among the many Americans who are confused by these terms, today we're setting the record straight!

[Read More](#)



What You May Have Missed

[The Top Choice is... The Light Buffalo Chicken Pita at Pita Pit](#)

[Grilled Goodness at Outback](#)

[Dietitian Picks at Weathervane Seafoods](#)

2 Major Nutrition Forces

May 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	Menu Labeling Compliance: Accurate nutrition information available for ALL menu items at ALL locations				19	20
21					26	27
28						

BlankCalendarTemplate.org

#2: Consumer Demand – Lifestyle Preferences

Mark - athlete

Jen - vegetarian

Julia – no soy, no dairy;
no more than 60 g carbs



Tina – on a diet

Marge – high
blood pressure

Noah – life
threatening
nut allergy

John - diabetes

WHOLE GRAIN “DISRUPTION”

The Past:

“Mindless” eating = Sales Reports & Profits =
Supply = Demand = Lack of Healthfulness

Now & The Future:

Transform “mindless” to MINDFUL eating with INSPIRATION =
Sales Reports & Profits = Supply = Demand

Perfect Timing!

Consumer interest
Restaurant interest
Menu Labeling

**So, what can
you do?**

**Ask for Whole Grains...Order Whole Grains...
Share the Healthy Taste of Whole Grains!
(every order – every bite – makes a difference)**

Anita Jones-Mueller, MPH

Anita@HealthyDiningFinder.com

805.693.1100