

Suggested Resources

www.eatright.org

- American Dietetic Association

www.mypyramid.gov

- United States Department of Agriculture

www.thedailyplate.com

- Calorie Counter, Diet Tracking, Food Journal, Nutrition Facts

www.sparkpeople.com

- Free online diet plans & healthy living community

www.healthydiningfinder.com

- Find local healthy restaurants

www.healthydenton.com

- Denton County Healthy Communities Coalition

References

- Recipe analysis provided by Texas Woman's University Nutrition and Food Science graduate students using Nutritionist Pro™ food labeling software by Axxya Systems
- Nutrition criteria provided by Colorado Department of Public Health and Environment and Live Well Colorado

Denton County Healthy Communities Coalition



City of Denton Heart Healthy Dining Guide



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About the Dining Guide

The *Denton Heart Healthy Dining Guide* was developed to provide guidance to healthier menu options at local dine-in and fast food restaurants.

Each menu option listed has been analyzed for nutritional content and carefully selected as a heart-healthy choice for the designated restaurant.

The following criteria has been used to denote a *menu item* as **“Heart Healthy”**:

- 700 Calories or Less (Entrée)
- 300 Calories or Less (Side dish)
- 30% Calories or less from Fat (25 g)
- 10% Calories or less from Sat Fat (8 g or less)
- 0.5g or Less Trans Fat
- 1500mg or less Sodium
 - * *Sodium has not been included with fast-food items due to processing & preservation*
- Entrée must contain 2 servings of the following...
 - * Whole grains * Fruit * Vegetable * Lean protein *



How to read the dining guide:

1. Any single menu item listed on this guide meets the criteria for a heart healthy item.
2. Look for any special ordering “Notes” in the notes column.
 - “**1/2**” Indicates **one-half** of the menu item meets the Nutrition Criteria. In this case, ask your server to box half the meal.
3. The No-Smoking symbol represents restaurants that are **100% smoke-free.**



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About the Denton County Healthy Communities Coalition

The Denton County Healthy Communities Coalition (DCHCC) is comprised of representatives from Denton County Health Department, City of Denton, local Universities, local hospital, health professionals, local business owners, and concerned citizens.

History

In 2002, this coalition identified the community need of “access to care” as its primary focus. In 2004, the coalition coordinated the effort that led to the opening of the People’s Clinic, a medical care clinic that provides patient care independent of the ability to pay. In 2007, this coalition reconvened to identify current needs.

Mission Statement

To improve the health of Denton County residents through disease prevention and health promotion

Current Initiative

Heart and Stroke Healthy City Recognition Program - The Texas Council on Cardiovascular Disease reviews cities every two years on 10 indicators for recognition at the following levels: Honorable mention, bronze, silver, or gold. Denton County missed honorable mention by four points during the last assessment. Our goal for this year is to achieve honorable mention with good progress toward the bronze level of achievement.

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Fast-Food Restaurants

	Arby's <ul style="list-style-type: none"> Junior or Regular Roast Beef Grilled Chicken Fillet Sandwich Baked Potato w/ Broccoli & Cheese Sourdough w/ Egg & Cheese Martha's Vineyard Salad or Santa Fe Grilled Chicken Salad + ½ Packet Light Buttermilk Ranch or Raspberry Vinaigrette Ham & Swiss Melt Sandwich
	Burger King <ul style="list-style-type: none"> Whopper Jr., with or without Cheese Tender grilled Chicken Sandwich Ham Omelet Sandwich BK Veggie Burger (No Cheese)
	Chick-Fil-A <ul style="list-style-type: none"> Char-grilled Chicken Cool Wrap Chick-Fil-A Chicken Sandwich, Wheat Bun Small 1 Folded Egg + Multigrain Bagel + Med Fruit Cup Hearty Breast of Chicken Soup + Side Salad w/ ½ Pkt Lt. Italian or Fat Free Honey Mustard + Small Fruit Cup
	Jack in the Box <ul style="list-style-type: none"> Hamburger or Cheeseburger Acapulco or Asian Grilled Chicken Salad (½ Pkt Asian Sesame, Low Fat Balsamic Vinaigrette or Light Ranch) Chicken Whole Grain Fajita Pita (no sauce) Breakfast Jack

Sodium is not factored into fast food items due to use for processing & preservation

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Fast-Food Restaurants

	Kentucky Fried Chicken <p>Select any of the following plus 1 side:</p> <ul style="list-style-type: none"> One Original Chicken Breast, 2pc, No Skin or Breading Tender Roast Sandwich, no sauce Roasted Chicken Salad, Fat Free Ranch or Light Italian Fish or Chicken Strip Snacker Wings Any Style, 3 piece <p>Sides: Green Beans; Mashed Potatoes (No Gravy), 3" Corn on Cob, Sweet Corn, Mean Greens, 3 Bean Salad</p>
	McDonald's <ul style="list-style-type: none"> McChicken Hamburger + ½ Small Fries Grilled Snack Wrap (Any) Premium Salad with Grilled Chicken w/1 Packet Low Fat Balsamic Vinaigrette, Italian or Sesame Ginger Egg McMuffin English Muffin, Grape Jam + Scrambled Eggs (2)
	Pizza Hut <ul style="list-style-type: none"> 2 Slices of 12" Medium Thin-N-Crispy or 12" Medium Fit-N-Delicious (Any Type) 1 Slice Medium Pan or Hand Tossed (Any Type)
	Sonic  *Smoking status varies by location
	<ul style="list-style-type: none"> Jr. Burger Grilled Chicken Salad, Fat Free Italian (whole packet) Grilled Chicken Wrap
	Wendy's <ul style="list-style-type: none"> Jr. Hamburger or Cheeseburger Grilled Chicken Go Wrap Mandarin Chicken Salad, with Almonds, no Noodles + ½ Packet Oriental Dressing

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General Tips for Healthy Dining

Here are some handy “Heart Healthy” eating tips for eating out, regardless of where you are!

- Order salad dressings and other sauces on the side.
- Note that the Sodium level criteria of 1.5g has been applied to meals which are prepared from restaurants. The typical/recommended daily intake is between 2—4g per day.
- Drink water, diet soda, or unsweetened tea or coffee instead of regular soda or alcoholic beverages.
- Share appetizers, entrees, or desserts with a friend.
- Order steamed vegetables as a side dish instead of fries or bread.
- Choose foods made with whole grains. Examples include whole-wheat bread and dishes made with brown rice.
- Look for items on the menu that are baked, grilled, dry-sautéed, broiled, poached, or steamed. These cooking techniques use less fat in the food preparation and are generally lower in calories.
- Remember, don't deprive yourself of the foods you love. All foods can fit into a well-balanced diet.
- Take half of your meal home. The second half can serve as a second meal! (Two meals for the price of one: What a deal!)
- Stop eating when you are full — listen to the cues of your body gives you!

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Dine-In Restaurants

Restaurant	Notes
<i>Chili's Bar & Grill</i> * items are a la carte	
<ul style="list-style-type: none"> • Chicken noodle soup bowl • Southwestern vegetable soup bowl • Margarita grilled chicken • Guiltless Salmon • Chicken fajita pita • Steak fajita pita 	Sweet Shots for those with a sweet tooth... <ul style="list-style-type: none"> • Dutch apple • Strawberry wave • Cinnamon roll
<i>The Cupboard</i>	
 <ul style="list-style-type: none"> • Southwestern Chicken • Tuna Salad Sandwich • Veggie wrapper → 	Use 1/2 the cheese
<i>Fuzzy's Taco Diner</i>	
<ul style="list-style-type: none"> • Baja tacos • Shrimp, egg, & cheese breakfast taco • Veggie salad • Beef quesadilla • Chicken sandwich 	* Order dressing on the side & request 1/2 the cheese for all items
<i>Greenhouse Restaurant & Bar</i>	
<ul style="list-style-type: none"> • Chicken sandwich • Portabella sandwich • Black bean chalupas → • Chef salad • 1/2 Rainbow trout w/ steamed veggies 	Use 1/2 the cheese