

**Application for
Eastern Highlands Health District
Healthy Dining Certification**
For
HEAL* & Healthy Heart



I agree that the HEALTHY DINING menu standards, as checked on the form below, will be incorporated into the restaurant's service and that implementation of such standards shall be subject to inspection by EHHD. In recognition of these HEALTHY DINING standards, EHHD will award a Healthy Hearts Certificate. It is agreed that the HEALTHY DINING certification is to be recognized and valid for display only when the standards identified below are in practice in the restaurant. **BOTH guidelines must be met in order to receive certification.**

Name of Restaurant: _____ FAX: _____
 Phone: _____ Email: _____
 Address: _____
Street/PO Box City Zip
 Owner/Manager Name: _____
 Signature: _____ Date: _____

FOR OFFICE USE
Confirmed: _____
Certificate sent: _____
Follow-up _____

HEAL* Fruit and Vegetable Standards *Healthy Eating Active Living		Initial Standards Accepted (both required)
1. Offer FRESH uncooked fruit/s and/or vegetable/s as a SIDE ITEM for any meal		
2. Offer FRESH uncooked fruit/s and/or vegetable/s as an A LA CARTE item		
GUIDANCE FOR FRESH FRUITS AND VEGETABLE STANDARDS: Provide patrons with options for fresh, uncooked fruits and vegetables with <i>no dressings, sauces, salt, butter, oil, margarine, or sugar added.</i> Examples of fruits and vegetables that can be served are below.		
Fresh fruits can include but are not limited to:		Fresh vegetables can include but are not limited to:
Bananas Apples Grapes		Carrots Celery Broccoli
Melon Pears Strawberries		Tomatoes Salad with mixed greens
Oranges Peaches Pineapple		Zucchini Cauliflower Cucumber

Healthy Heart Portions				Initial Standards Accepted (at least one)
1. Offer portion sizes on the menu that are aligned with the American Heart Association recommendations (see below) with the price adjusted for the reduced serving size				
2. Develop <i>and</i> POST A POLICY for those who prefer to SHARE A DINNER				
3. Allow for HALF-PORTIONS of entrée meals to be placed in a 'to-go' box or 'doggie bag' in the kitchen at time of plate preparation <i>and</i> post this policy on tables or in the menu				
GUIDANCE FOR PORTION SIZES: Provide patrons with serving sizes that are in line with the American Heart Association recommendations by any of the ways listed above. Fruits and vegetables (including salads with dressing on the side) are allowable in unlimited amounts. "Healthy Portion" informational cards are available from EHHD as a table tent or menu insert. Portion size recommendations are below.				
Meats/Fish	Pasta or Rice (cooked)	French Fries	Cheese	Bagel or bread
3 cooked ounces	½ cup – side dish 1 cup – main dish	2.4 ounces (about 20 shoestring)	1 ounce or less	1 ounce or 1 slice as a side dish

Return to: EHHD 4 South Eagleville Rd. Mansfield, CT 06268
 website: www.ehhd.org email: ehhd@ehhd.org
 phone: (860) 429-3325 fax: (860) 429-3321