

Eat Smart! Ontario's Healthy Restaurant Program
Revised RESTAURANT NUTRITION STANDARD 2006

Section A: ON THE MENU

You offer:

(Circle one)

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| 1. Grain Products from at least two of the following. One must be a whole grain choice and/or a source of fibre. (excluding croissants, danishes, donuts, higher-fat muffins and vegetable/fruit bread-like products.) | YES | NO | N/A ¹ |
|--|-----|----|------------------|

Check all that apply (make a note if/when a whole grain is checked):

- Breads/rolls, bagels, chapatti, flour tortillas, lower-fat muffins, naan, pancakes, pita, pizza crust, roti shell, etc.
- Hot or cold cereal
- Pasta, noodles, couscous, or wrap made with dough (e.g. boiled perogi, Chinese dumpling)
- Rice, barley, bulgur, millet, baked corn tortillas, polenta or other grain products
- Please identify the whole grain choice(s):

¹Cultural restaurants with cuisines from that do not typically offer whole grain products may be exempted from offering a mandatory whole grain and/or source of fibre choice. These restaurants are still required to offer two Grain Product choices and must also provide either a seventh Vegetables and Fruit choice or a legume choice in the Meat and Alternatives category.

2. At least six² choices of Vegetables and Fruit

YES NO

(excluding garnishes, deep-fried vegetables, vegetables in cream/cheese/peanut/coconut sauce and pre-dressed salads with dressings that would not qualify in the salad dressing category)

Check all that apply:

- Fruit (1 piece) or fruit salad (125 mL minimum)
- 100% fruit or vegetable juice (125 mL minimum)
- Baked, boiled, mashed or roasted potato (125 mL minimum)
- Tomato sauce, e.g., on pasta (125 mL minimum)
- Stir-fried or pan-fried vegetables (125 mL minimum)
- Leafy green salad (250 mL minimum)
- Other vegetables e.g. non-cream based soup with vegetables, vegetable sandwich toppings, vegetable pizza toppings, other stir-fried vegetables and side-orders or a-la-carte choices (raw, boiled or steamed vegetables) (125 mL minimum)
- _____

²Restaurants exempted from offering a mandatory whole grain and/or source of fibre choice must provide either a seventh Vegetables and Fruit choice or a legume choice in the Meat and Alternatives category.

- Please identify the seventh vegetable if applicable:

3. Either 2%, 1% or skim milk, if milk is served as a beverage.

YES NO N/A

(2%, 1% or skim chocolate milk and fortified milk alternatives, such as fortified soy beverage, are acceptable.)

4. One, two or three meat, fish, poultry or alternative³ choice(s) prepared and served in a healthier way, if Meat and Alternatives are served. YES NO N/A

The *minimum number* of choices prepared and served in a healthier way that must be offered depends on the total number of Meat and Alternatives choices on the menu:

# of Meat and Alternatives choices on the menu	Minimum # of choices prepared in a healthier way that MUST be offered
1-4	1
5-12	2
13+	3

³Restaurants exempted from offering a mandatory whole grain and/or a source of fibre choice must provide either a seventh Vegetables and Fruit choice or a legume choice in the Meat and Alternatives category.

— Please identify the legume choice if applicable:

5. At least one healthier dessert choice such fresh or canned fruit, fruit salad, lower-fat milk products (e.g., yogurt, frozen yogurt, ice milk or milk pudding) or lower fat muffins, crepes, or waffles, if dessert is served. YES NO N/A

6. If a children’s menu is offered: YES NO N/A

(i) One children’s meal combination must include:

Choices from at least three of the four food groups in *Canada’s Food Guide to Healthy Eating*

- One of the three choices *must* be from the Vegetables and Fruit food group
- The meal combination must be prepared and served in a healthier way.
- (ii) If a beverage comes with a children’s meal, milk and 100% fruit juice must be listed as beverages options.

Section B: UPON REQUEST, you provide at no additional cost to the customer:

Note: There are nine original items on the Upon Request Restaurant Nutrition Standard. All remain the same except number four.

(Circle One)

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| 1. Milk as an alternate to cream for tea or coffee. | YES | NO | N/A |
| 2. Gravies, sauces and salad dressings served on the side whenever possible. | YES | NO | N/A |
| 3. A substitute for French fries if they are served as part of an entrée. The substitute could be baked potato, rice, vegetables or salad. | YES | NO | N/A |
| 4. Healthier salad dressings are available, if salad is served. | YES | NO | N/A |
| 5. Butter, margarine, sour cream or mayonnaise served on the side or not used on entrées, side dishes, vegetables or sandwiches. | YES | NO | N/A |
| 6. Removal of visible fat from meat and skin from poultry before serving. | YES | NO | N/A |
| 7. Information about recipe ingredients, whenever possible. | YES | NO | N/A |
| 8. A “menu for smaller appetites” and/or serve half-size portions or regular menu items. | YES | NO | N/A |
| 9. Vegetable sticks, salad, potato or rice instead of French fries in a child’s meal. | YES | NO | N/A |