

The [name] Restaurant in [town], is participating in a program that encourages customers to make healthy choices from the menu. The program involves table signs that inform customers of small changes they could make to their order to make it healthier, such as the following: request low-fat salad dressing, low-fat milk, eliminate one or more high-fat ingredients, choose meat and fish that are grilled or baked instead of fried, whole wheat breads, and toppings on the side. The changes are things the restaurant would normally do anyway for their customers, but they just don't advertise them.

Dining away from home is both convenient and enjoyable, and since busy lives are a reality for most families, Americans are eating out more often than ever before. This trend is not likely to change, and the health of these individuals may suffer as a result. Studies show that foods eaten away from home tend to be higher in fat, calories and cholesterol and lower in other important nutrients than those eaten at home.

Having a healthy diet is one of the most important components of overall health, and is essential to maintaining a healthy weight. This is of utmost importance, because being overweight or obese increases one's risk of heart disease, type 2 diabetes, high blood pressure, stroke, breathing problems, arthritis, gallbladder disease, sleep apnea, osteoarthritis, and some cancers.

The [name] Restaurant has taken a great step toward helping customers reach their goals.

