



RASA HEALTHY DINER / DISCOVERY VITALITY PROJECT

PRIVATE & CONFIDENTIAL

The RASA DISCOVERY VITALITY HEALTHY DINER is a joint initiative between RASA and DISCOVERY to promote and educate restaurants and patrons on food nutrition and healthier cooking methods and menu options.

The programme will be rolled out on an exclusive basis to the 5 nominated national franchise brands and will be selected according to selection criteria and a participation fee payable to RASA.

Restaurants will submit a minimum of 5 menu items that will be reviewed under the SA nutritional food criteria document that will be provided to participating brands on selection and these brands will be featured on special websites –

Furthermore the restaurants will be able to use the RASA DISCOVERY VITALITY LOGO on their menus and in return DISCOVERY VITALITY will promote the healthy diner option to their customer base.

The programme is initially open to the following franchise brands

SPUR

OCEAN BASKET

KUAI

NANDOS

Col' CACCHIO'S

Phase two will allow further franchisors and small independents, from fast food to fine dining restaurants to make application to join the RASA DISCOVERY Healthy Dining Program.

We have developed this programme based on international trends and to introduce healthy food options on menus for those health conscience individuals, and to introduce education of nutrition and assistance with food labels that will soon be required to be published on menus.

This initiative is exciting and trend setting and these Franchise restaurants will be leading the industry setting standards and designing and developing exciting zestful menu items; food presentation; alternative cooking methods; product development and menu ideas

By joining the RASA DISCOVERY Healthy Dining Program to support the health and dietary and nutritional education of healthy food choices and to ensure that dining out will always be one of the most delicious parts of life.

It will also elevate cuisine fashion and encourage chefs and culinary artists to become more creative in developing taste tantalizing and dishes vibrant beautiful menus.

In America the WHI introduced Healthy Dining and successfully rolled out the project to develop Healthy Dining

The first phase of the program entailed outreach to the nation's largest chains. This phase was very successful, and then followed suite of phase 2 which now boasts nearly 60,000 restaurant locations that promote and have joined Healthy Dining Program. This project is still in the development phase.

So defiantly exciting times and opportunities for South African restaurants to get on the global map of healthy Cuisine.

Discovery Vitality staff panel of registered dietitians and master's level health/nutrition professionals will review and brainstorm the criteria with the relevant brands and then will asses and consults with each franchise restaurant to find menu items that meet the nutrition criteria that will be outlined in a document

specific to RASA DISCOVERY HEALTHY DINER and the panel will review all menu items before approving them .

PARTICIPATION COST is a fee of R50 000 payable upfront on acceptance of the project .

EXPECTED ROLL OUT DATE: we are flexible in terms of your next menu roll out with exception but by no later than SUMMER MENU 2010 around September 2010

REQUIREMENTS to provide a selection of recipes that will ultimately result in a selection of a minimum of 5 menu items across the menu incorporating a healthy kiddies menu ie starters mains salads breakfast

Should you agree the participation document must be signed within 7 days of receiving it

We look forward to your questions , payment, and participation in the programme

Wendy , Cathy and the Discovery Vitality Team



MEMBERSHIP AGREEMENT

Between
Registration number
(hereinafter referred to as "THE CLIENT")

Herein represented by _____ in her capacity as _____ who duly
authorised thereto.

And

THE RESTAURANT ASSOCIATION OF SOUTH AFRICA
Managed by
RASA Managements Services
(hereinafter referred to as RASA)

Herein represented by Wendy Alberts

NOW THEREFORE THE PARTIES AGREE AS FOLLOWS:

1. PREAMBLE

1.1 WHEREAS THE CLIENT wishes to be a member and to provide RASA members the following services enclosed herein

1.2 AND WHEREAS RASA is the representative body of the restaurant industry in South Africa,

1.3 AND WHEREAS THE CLIENT, is desirous of becoming the official supplier/ patron/ partner in assisting RASA in developing

1.4 AND WHEREAS RASA is desirous to promote THE CLIENTS services to the RASA Database ,

1.5 AND WHEREAS the Parties wish to record their agreement in writing for the avoidance of any doubt and to govern their contractual relationship.

2. INTRODUCTION

2.1 THE CLIENT PILOT SOFTWARE A PROVIDER OF POS TO RESTAURANT INDUSTRY

2.2 RASA

RASA is a non-profit organization that was formed in 2004 to act in the interest of the South African restaurateur and to ensure that there was a lobby and a voice to speak on his/her behalf. The sole purpose of RASA is to represent; develop; educate and ensure sustainability for the restaurant industry. RASA is the port of call by government for all consultations relating to the restaurant industry and includes the transformation of the industry through job creation, skills development and capacity building.

RASA is the information and communications hub that introduces and maintain ethical business and employment practices and introduces compliance to a regulatory framework.

Rasa members include independent restaurants, fast food outlets, coffee shops; casual dining; hospital canteens; mobile restaurants; QSR's and include membership for the major franchise groups namely Spur steak ranches; Mugg and Bean; Dulce; Ocean Basket; M&A; Mikes Kitchen; Adega; The Brazen Head; Global Wrapps; Wiessenhoff; Fournews and many many more.

RASA operates as an independent business from offices in Fourways and we currently employ 14 staff, a sub-contacted legal division and have collaborated agreements with 12 complimenting associations.

We have an honorary Board of Directors of 12 key industry players and a working exco board of 4 members and 2 Directors.

Our membership base extends to 5 patron sponsors; 5 corporate sponsors, 50 accredited suppliers; 24 Friends of the Association; 12 lifelong members and 3871 members.

RASA self funds the Association by way of membership fees collected

SOCIAL UPLIFTMENT PROJECT R200 000

3.PURPOSE OF THE MOU

The purpose of this memorandum of understanding is to define the scope of cooperation between the client and RASA.

4.SCOPE AND COOPERATION

4.1 THE CLIENT will pay an annual membership fees to RASA, which will grant all the same rights and benefits afforded to THE AGREED MEMBERSHIP OF A:

RASA Patron /supplier / corporate member

4.2 THE CLIENT will be responsible for the following aspects:

4.2.1 Acquiring a membership with RASA

4.2.2 The client will provide RASA on a monthly basis the following:

- Information booklets
- Website links updates
- Website updates.
- The participation in the mentorship programme of THE ADOPT A TAVERN PROGAMME

- Training Academy contribution ITO training material and trainers set up maintenance (a separate agreement will cover the development of the RASA training acadams)
- A main website blog of 3 to 4 pages which will fit in with the themes and focus areas of each division of The clients business
- News page updates
- information for the Monthly newsletter
- joint marketing efforts to promote RASA and PILOTS relationship for the benefit of RASA members and the provision of marketing material and training material
- awareness posters
- signage
- Pamphlets
- Supplies or samples of product

4.3 RASA will provide the client access to the following choice of benefits in return for membership payment :

- Front Page Logo/Banner with direct link to patron website/web page where necessary
- Recruitment of applicants
- Training mentorship and venue exchange platform facility and content
- Negotiation of supplier deals infrastructures and ideas for development
- Assist with upliftment workshops
- Assistance with obtaining business tools
- Development of training content
- Assessment of venues
- Retraining where necessary
- Logo added under supplier category with information
- Add product to new product page
- Proposed project involvement of adopt a tavern
- Email newsletter to the base on product offering
- Suppliers Tasting / NP Days Product testing / reviews on new products
- Training Days
- Send a Pre-Launch of new products to the base
- Distribute pamphlets for insertion to welcome pack for new members
- Logo on all correspondence that RASA sends out to clients & industry
- Notification to new restaurants joined of association
- Distribution of a product survey to base costs exclude telephone and sms costs
- Attend Board Meetings / Board involvement - optional
- Access to database
- Customer surveys relevant to our industry
- Advertising at all RASA functions at agreed costs
- Offering on My Table
- Logo added under supplier category with information
- Web page with specials on
- Offer an exclusive price to RASA members
- Exchange of links on web
- Attending of shows and exhibitions with RASA small costs may be applicable.
- All other benefits that may relate to RASA membership

5.PAYMENT

5.1 THE CLIENT will pay annual membership fees to RASA of R200 000.00, which will grant all the same rights and benefits afforded to RASA Patron /suppliers / corporate members, as well as the use of RASA's active membership database for purposes of posting; surveying and promoting products; services to members and to identify possible new clients and opportunities to promote the industry and the participation in the RASA ADOPT A TAVERN CAMPAIGN

5.2 Payment excludes direct costs such as: Telephone/ Printing/ mms / sms / any other agreed costs for specific for projects, marketing developments branding posters , tv commercials and so forth

6. CONFIDENTIALITY

Both parties agree to confidentiality and the exchange of information and will sign a confidentiality agreement relating to the use of the RASA database and the exchange of the clients IP.

7. RELATIONSHIP BUILDING

7.1 The client agrees to meet and be in contact with RASA on a monthly basis to advise inform assist or contribute to Industry information in good faith of developing ongoing relationship with RASA' members and database both that of active members and non active members

7.2 All information must be supplied in a format to be agreed upon by the clients Marketing Manager and the CEO of RASA.

7.3 The marketing and use of any information supplied to database is subject to signing of a confidentiality agreement and is to be used exclusively by THE CLIENT to uplift the industry and not for any other promotion or business acquisition.

8. FAIR COMPETITION AND NON EXCLUSIVITY

RASA may source co operative partners and advertisements and/or sponsorships from complimenting partners for any RASA policy or PROGRAMME ,provided that it is done within the ambit of the agreement and consensus is reached between the client and RASA.

9. UPDATES TO THE MOU

9.1 The MOU can be updated as circumstances change, by mutual consent of both parties .

9.2 A new MOU will come into existence after the above parties have consented and signed the new understanding.

10. RENEWAL OF THE MOU AND OR CANCELLATION OF MEMBERSHIP

10.1 Membership will automatically renew and RASA will communicate a final decision on the renewal of the MOU for a further year by end of THE 11TH MONTH to ensure the continuation of MEMBERSHIP

10.2 should THE CLIENT wish to cancel the membership for whatever reason on termination of the years membership RASA requires 3 months written notice prior to expiry will be required or the client will have to pay for a further years membership.

11. TERMS OF PAYMENT

THE CLIENT will pay an upfront membership fees to RASA upon submission of its membership form and receipt of the invoice

The membership fee is as per the RASA tariff and cannot be discounted or paid on terms.

12. TERMINATION

Without prejudice to any other remedies THE CLIENT may otherwise have in terms of this MOU or at law, either of the Parties shall be entitled to terminate the Agreement, by written Notice to the other, in the event that either of the Parties commits a breach of the terms and conditions of this MOU, and fails to remedy such breach, within 30 (thirty) calendar days after receiving Notice from the other party to the MOU.

13. DOMICILIUM AND NOTICES

13.1 Except as otherwise provided in this Agreement, the parties choose domicilium citandi et executandi ("domicilium") for the purposes of giving any notice, the payment of any sum, the services of any court process and/or notices, or other documents or communications of whatsoever nature, and for any purpose arising from this Agreement at the addresses set out below as follows:

13.2 THE CLIENT

Postal address:
Contact Person:
Telephone:
Electronic mail:

13.3 RASA

Postal address:P.O. Box 568, Douglasdale, 2165
Physical address: 20 BC Penguin Dr Douglasdale
Contact person: Wendy Alberts, CEO
Telephone: 011 705 2054 / 2251
Fax: 0866 901 979
Electronic mail: wendy@restaurant.org.za

13.3 Any notice required or permitted in terms of this Agreement shall be valid and effective only if in writing.

13.4 Any notice given and any payment made by one party to the other ("the addressee") which –
13.4.1 is delivered by hand during the normal business hours of the addressee at the addressee's domicilium for the time being shall be presumed, until the contrary is proved, to have been received by the addressee at the time of delivery.

13.4.2 is posted by pre-paid registered post from an address within the Republic of South Africa to the addressee at the addressee's domicilium for the time being, shall be presumed, until the contrary is proved, to have been received by the addressee on the fourth day after the date of posting;

13.4.3 is given by telefax shall be deemed (in the absence of proof to the contrary have been received within 1 (one) hour of transmission where it is transmitted during normal business hours of the receiving instrument and within 12 (twelve) hours of transmission where it is transmitted outside those business hours.

Thus done and signed at FOURWAYS on this ____ day of _____ 2010

RASA

THE CLIENT

Witness

Witness

PARTICIPATION AGREEMENT

Between
Registration number
(hereinafter referred to as "THE CLIENT")

Herein represented by _____ in her capacity as _____ who duly authorised
thereto.

And

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Managed by
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2. INTRODUCTION

2.1 THE CLIENT IS A RECOGNISED FRANCHISE COMPANY TO RESTAURANT INDUSTRY

2.2 RASA

RASA is a non-profit organization that was formed in 2004 to act in the interest of the South African restaurateur and to ensure that there was a lobby and a voice to speak on his/her behalf. The sole purpose of RASA is to represent; develop; educate and ensure sustainability for the restaurant industry. RASA is the port of call by government for all consultations relating to the restaurant industry and includes the transformation of the industry through job creation, skills development and capacity building.

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DISCOVERY VITALITY PROJECT R50 000

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4.2 THE CLIENT will be responsible for the following aspects:

4.2.1 Acquiring a membership with RASA

4.2.2 The client will provide DISCOVEY THE FOLLOWING

- A minimum of 5 menu items as per the accreditation document
- 3 of which must be main meals
- Information and logos as prescribed by discovery
- joint marketing efforts to promote RASA VITALITY HEALTHY DINER PROJECT and the honoring of the RASA VITALITY HEATHY DINER PROGRAMME TO PATRONS

4.3 RASA will provide the client access to the following choice of benefits in return for membership payment :

- Front Page Logo/Banner with direct link to patron website/web page where necessary
- Facilitation of the process
- Training mentorship and venue exchange platform facility and content
- Negotiation of supplier deals infrastructures and ideas for development
- Assist with workshops
- Assistance with obtaining nutritional information
- Marketing of venues through MY TABLE and JUST RESTAURANTS
- Attending of shows and exhibitions with RASA to promote the programme.
- All other benefits that may relate to RASA DISCOVERY PROJECT

5.PAYMENT

5.1 THE CLIENT will pay annual participation fee to RASA of R50 000.00, which will grant all the same rights and benefits afforded to RASA Patron /suppliers / corporate members, as well as the use of RASA's active membership database for purposes of posting; surveying and promoting products; services to members and to identify possible new clients and opportunities to promote the industry and the participation in the RASA DISCOVERY HEALTHY DINER CAMPAIGN

5.2 Despite direct participation with Discovery by way of introduction of this project through RASA the fee payable will still be applicable and payable to RASA for the development and conceptualisation of this project

6.CONFIDENTIALITY

Both parties agree to confidentiality and the exchange of information and will sign a confidentiality agreement relating to the use of the RASA database and the exchange of the clients IP.

7. RELATIONSHIP BUILDING

7.1 The client agrees to meet and be in contact with RASA on a monthly basis to advise inform assist or contribute to Industry information in good faith of developing ongoing relationship with RASA' members and database both that of active members and non active members

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Physical address: 20 BC Penguin Dr Douglasdale
Contact person: Wendy Alberts, CEO
Telephone: 011 705 2054 / 2251
Fax: 0866 901 979
Electronic mail: wendy@restaurant.org.za

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13.4.1 is delivered by hand during the normal business hours of the addressee at the addressee's domicile for the time being shall be presumed, until the contrary is proved, to have been received by the addressee at the time of delivery.

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13.4.3 is given by telefax shall be deemed (in the absence of proof to the contrary have been received within 1 (one) hour of transmission where it is transmitted during normal business hours of the receiving instrument and within 12 (twelve) hours of transmission where it is transmitted outside those business hours.

Thus done and signed at FOURWAYS on this ____ day of _____ 2010

RASA

THE CLIENT

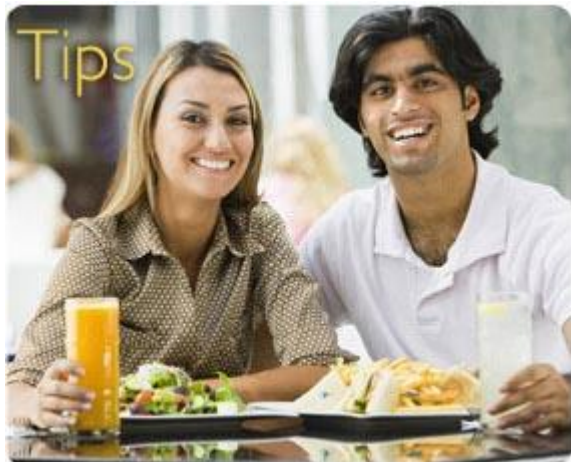
Witness

Witness

Tips for Healthy Dining

*
exctacted from WHI

Eating out has become an integral part of the American lifestyle. And though it's trickier to follow a healthful diet while dashing between business lunches and social dinners, it is possible, armed with motivation and information.



- Before ordering, ask your foodserver exactly how the dish is prepared and what ingredients are used. Even terms like “broiled,” “grilled” or “steamed” don’t guarantee a low-fat preparation. A dish may be steamed with added butter.
- Find out from your foodserver what else comes with your meal. If it’s served with fries or garlic mashed potatoes (usually made with generous amounts of butter), request a substitute. Recommended options include steamed brown rice or a plain baked potato, to which you might add a small amount of a high-fat topping – like butter, margarine or sour cream.
- Choose dishes flavored with herbs and spices rather than rich sauces, gravies or dressings. Or order such toppings on the side and use them sparingly.
- Be inventive! Look over the entire menu and put together a meal composed of several appetizers, side dishes, soups and/or salads.
- Beware of portion sizes. Options include sharing an entrée with your dining companion (you can still order two salads and selected side dishes) or taking a portion of your meal home.
- At buffets: survey all the selections before filling your plate. Make conscious and informed choices about the items you’re selecting. Don’t arrive at a restaurant over-hungry... you’ll be more susceptible to high-fat, high-calorie breads/spreads and appetizers that you might otherwise resist.
- Order a dinner salad or broth-based soup to begin your meal.
- Request an extra serving of vegetables as a side dish.
- Order meals that include vegetables or fruits as a major component. To keep fat and calories in check, request vegetables steamed without the addition of butter, oil or cream sauce.
- Ask for extra lettuce and tomato (or other vegetables) on sandwiches and burgers.
- Choose lower fat/lower calorie desserts such as fresh fruit, sherbet or sorbet, or angel food cake with fruit topping.

Below extracted from WHI, are ideas and examples set on international trends which has been based on many of the recommendations of leading health organizations. Healthy Dining's nutrition staff

1. Entrées (or full meals) must include at least one of the following:

- ✔ fruits and/or vegetables
- ✔ lean protein, i.e., skinless white meat poultry, fish/seafood (including salmon), tofu, etc.
- ✔ 100% whole grains

2. Menu items must meet the following three criteria:

Entrées (or full meals):

- ✔ 750 calories or less
- ✔ 25 grams of fat or less
- ✔ 8 grams of saturated fat or less

Appetizers, side dishes and desserts:

- ✔ 250 calories or less
- ✔ 8 grams of fat or less
- ✔ 3 grams of saturated fat or less

If a menu item exceeds only **one** of these criteria (fat, saturated fat, or calorie) by a small margin, that item may be included on the website.

Whenever possible, menu items that are lower in sodium and cholesterol are featured.

3. Deep fried items (i.e., egg rolls, chicken fingers, tostada shells, etc.) are excluded from the website, except for very small amounts of garnishes, such as wonton strips.

More about the criteria:

Calories:

The Food and Drug Administration (FDA) uses 2,000 calories per day as a reference level for nutrition labeling. Healthy Dining's upper limit of 750 calories for **one meal** represents about 37% of total calories for the day - reasonable, because a restaurant meal is generally the largest of the day. Most of the menu items featured on this site have significantly fewer than 750 calories.

Fat:

The USDA's 2005 Dietary Guidelines recommend that total fat be limited to 20 to 35% of calories. Assuming 2,000 calories per day, the recommended fat intake for a full day is between 44 and 78 grams. The Healthy Dining fat guideline for **one meal** is 25 grams or less. Most of the menu items featured on this site have considerably fewer than 25 grams of fat.

Saturated Fat:

The USDA's 2005 Dietary Guidelines recommend that saturated fat be limited to 10% of total calories. Assuming 2,000 calories per day, the maximum recommended saturated fat intake for a full day would be 22 grams. Healthy Dining's saturated fat guideline for **one meal** is set at 8 grams or less of saturated fat for the meal, again assuming the restaurant meal accounts for the largest of the day's meals. Most of the menu items featured on this site contain significantly fewer than 8 grams of saturated fat.

Are these items "healthy"?

The menu items featured on this website are among the best choices (based on the criteria identified above) available at each participating restaurant for the majority of individuals looking to improve their diets.

However, please note that:

1. Daily nutritional needs vary, and it is each individual's personal responsibility to choose foods that meet his or her unique nutritional needs. Consult your physician and/or dietitian for guidance.
2. Many of the dishes listed on this website are high in sodium, and they are, therefore, inappropriate for those individuals who want or need to limit sodium intake. Sodium values are listed, so that such individuals can make informed choices.
3. Some dishes listed may be higher in other nutrients – such as protein, sugar, carbohydrates, or even fiber – than is appropriate for individuals with certain dietary restrictions.
4. The FDA has very strict criteria for any food or meal designated as "healthy." Most of the menu items featured on this site **do not** meet the FDA criteria for "healthy," and neither the restaurants nor Healthy Dining claims that the featured items meet the FDA's criteria for "healthy." The criteria for this website focus on calories, fat and saturated fat, whereas the FDA's criteria for "healthy" also include cholesterol and sodium. So that a sufficient variety of items can be listed, the criteria on this site do not include cholesterol and sodium. However, values for sodium and cholesterol are posted, so that consumers can make informed choices.

Healthy Fast Food

Tips for Making Healthier Fast Food Choices

* extracted fro WHI



America has been called a "fast food nation" and for good reason. Everyday, one out of four Americans eats fast food. If you are eating out, fast food restaurants are often the cheapest option, but unfortunately, not usually the healthiest one. Eating just one fast food meal can pack enough calories, sodium and fat for an entire day, but the quick-and-cheap temptation can be hard to resist.

As an informed customer, you can make healthier choices and still enjoy the convenience of fast food restaurants.

In This Article:

- Make healthier choices
- Guides to healthy choices
- Burger fast food
- Fried chicken
- Mexican fast food
- Subs, sandwich & deli
- Asian fast food
- Italian fast food
- Higher quality fast food
- References & resources

Learning to make healthier choices at fast food restaurants

Making healthier choices at fast food restaurants is easier if you prepare ahead by checking guides that show you the nutritional content of meal choices at your favorite restaurants. Free downloadable guides help you evaluate your options. If you have a special dietary concern, such as diabetes, heart health or weight loss, the websites of national non-profits provide useful advice. You can also choose to patronize restaurants that focus on natural, high quality food.

If you don't prepare ahead of time, common sense guidelines help to make your meal healthier. For example, a seemingly healthy salad can be a diet minefield when smothered in high-fat dressing and fried toppings, so choose a salad with fresh veggies, grilled toppings and a lighter dressing. Portion control is also important, as many fast food restaurants serve enough food for several meals in the guise of a single serving.

Top tips for healthy eating at fast food restaurants

Make careful menu selections – pay attention to the descriptions on the menu. Dishes labeled deep-fried, pan-fried, basted, batter-dipped, breaded, creamy, crispy, scalloped, Alfredo, au gratin or in cream sauce are usually high in calories, unhealthy fats or sodium. Order items with more vegetables and choose leaner meats.

Drink water with your meal. Soda is a huge source of hidden calories. One 32-oz Big Gulp with regular cola packs about 425 calories, so one Big Gulp can quickly gulp up a big portion of your daily calorie intake. Try adding a little lemon to your water or ordering unsweetened iced tea.

“Undress” your food. When choosing items, be aware of calorie- and fat-packed salad dressings, spreads, cheese, sour cream, etc. For example, ask for a grilled chicken sandwich without the mayonnaise. You can ask for a packet of ketchup or mustard and add it yourself, controlling how much you put on your sandwich.

Don't be afraid to special order. Many menu items would be healthy if it weren't for the way they were prepared. Ask for your vegetables and main dishes to be served without the sauces. Ask for olive oil and vinegar for your salads or order the dressing "on the side" and spoon only a small amount on at a time. If your food is fried or cooked in oil or butter, ask to have it broiled or steamed.

Watch portion size - an average fast food meal can run as high as 1000 calories or more, so choose a smaller portion size, order a side salad instead of fries, and don't supersize anything. At a typical restaurant, a single serving provides enough for two meals. Take half home or divide the portion with a dining partner. Sharing might make dessert (or something else indulgent) more of an option.

Watch your salt. Fast food restaurant food tends to be very high in sodium, a major contributor to high blood pressure. Don't add insult to injury by adding more salt.

Avoid buffets – even seemingly healthy ones like salad bars. You'll likely overeat to get your money's worth. If you do choose buffet dining, opt for fresh fruits, salads with olive oil & vinegar or low-fat dressings, broiled entrees and steamed vegetables. Resist the temptation to go for seconds, or wait at least 20 minutes after eating to make sure you're really still hungry before going back for more.

Eat mindfully. Pay attention to what you eat and savor each bite. Chew your food more thoroughly and avoid eating on the run. Being mindful also means stopping before you are full. It takes time for our bodies to register that we have eaten. Mindful eating relaxes you, so you digest better, and makes you feel more satisfied.

Remember the big picture – Think of eating out in the context of your whole diet. If it is a special occasion, or you know you want to order your favorite meal at a nice restaurant, make sure your earlier meals that day are extra healthy. Moderation is always key, but planning ahead can help you relax and enjoy your dining out experience while maintaining good nutrition and diet control.

Guides can help you make healthier meal choices

Many fast food chains post nutritional information on their websites. Unfortunately, these lists are often confusing and hard to use. Instead you can go to other websites that provide health and nutrition information, but in easier to follow formats. Some even publish comparison downloadable guides or inexpensive pocket guides. Learn how to make a healthier meal selection at your favorite restaurant:

RASA HEALTHY DINER/ MYTABLE– allows you to search for restaurants offering a selection of healthier menu options and view the nutrition data for selected items. You can search for area restaurants or a specific restaurant. This guide is particularly convenient and easy to use. Look up any of the major chain restaurants and find out how to make healthier choices. For more information, see below.

Guides for your individual needs

There are many websites geared toward how to make healthy choices at restaurants depending on your specific dietary needs, whether it is for diabetes, cancer, heart disease, or weight management. See below for specific listings.

Healthier fast food at burger chains



Figuring out healthier options at your favorite fast food burger chain can be tricky. A typical meal at a burger joint consists of a "sandwich", some fries and a drink, which can quickly come in at over 1700 calories for something like Burger King's Triple Whopper with a large fries and a 16 oz. soda. A better option would be a regular single patty burger, small fries, and water, which is about 500 calories. Alternatively you may enjoy a veggie burger smothered in grilled onion and mushrooms. Or if you want a large beef burger, then skip the fries and soda and have a side salad and water instead.

The Big Burger Chains

Less Healthy choices

1. Double-patty hamburger with cheese, mayo, special sauce, and bacon
2. Fried chicken sandwich
3. Fried fish sandwich
4. Salad with toppings such as bacon, cheese, and ranch dressing
5. Breakfast burrito with steak
6. French fries
7. Milkshake
8. Chicken "nuggets" or tenders
9. Adding cheese, extra mayo, and special sauces

Healthier choices

1. Regular, single-patty hamburger without mayo or cheese
2. Grilled chicken sandwich
3. Veggie burger
4. Garden salad with grilled chicken and low-fat dressing
5. Egg on a muffin
6. Baked potato or a side salad
7. Yogurt parfait
8. Grilled chicken strips
9. Limiting cheese, mayo, and special sauces

Healthier fast food at fried chicken chains



Although certain chains have been advertising “no trans fats” in their food, the fact is that fried chicken can pack quite a fattening punch. According to the restaurant’s nutrition info, just a single Extra Crispy Chicken breast at KFC has a whopping 440 calories, 27 grams of fat, and 970 mg of sodium. A healthier choice is the drumstick, which has 160 calories, 10 grams of fat, and 370 mg of sodium. Alternatively, if you like the breast meat, take off the skin and it becomes a healthy choice at 140 calories, 2 grams of fat, and 520 mg of sodium.

Some tips for making smarter choices at fast food chicken restaurants:

The Big Fried Chicken Chains

Less healthy choices

1. Fried chicken, original or extra-crispy.
2. Teriyaki wings or popcorn chicken
3. Caesar salad
4. Chicken and biscuit “bowl”
5. Adding extra gravy and sauces

Healthier choices

1. Skinless chicken breast without breading
2. Honey BBQ chicken sandwich
3. Garden salad
4. Mashed potatoes
5. Limiting gravy and sauces

Healthy fast food: Mexican chains



Fast food chains that specialize in tacos or burritos can be caloric minefields or they can be a good option for finding healthy fast food. Rice, beans, salsa and a few slices of fresh avocado can make a very healthy meal. But adding cheese, sour cream and tortilla chips can turn even a good meal unhealthy. Be sure to also remember portion control since these types of restaurants can have enormous menu items (eat half and take the rest for another meal).

Several chains, like Taco Bell and Baja Fresh, have “healthy” menu options that feature less fat and fresher ingredients.

The Big Taco Chains

Less healthy choices

1. Crispy shell chicken taco
2. Refried beans
3. Steak Chalupa
4. Crunch wraps or gordita-type burritos
5. Nachos with refried beans

Healthier choices

1. Grilled chicken soft taco
2. Black beans
3. Shrimp ensalada
4. Grilled “fresco” style steak burrito
5. Veggie and bean burrito
6. Limiting sour cream or cheese

6. Adding sour cream or cheese

Healthy fast food: Sub sandwich chains



Americans love all types of sandwiches: hot, cold, wrapped, foot long. Usually eaten with a salad instead of fries. The ads promote the health benefits of sandwich shops. Easier said than done... studies have found that many people tend to eat more calories per meal at a sub shop than at McDonalds. This may be because people feel so virtuous eating “healthy” like the ads promise, that they reward themselves with chips, sodas, or extra condiments.

You can make healthier choices at a deli or sub shop but you need to use some common sense.

Subs, Sandwich and Deli Choices

Less healthy choices

1. Foot-long sub
2. High-fat meat such as ham, tuna salad, bacon, meatballs, or steak
3. The “normal” amount of higher-fat (Cheddar, American) cheese
4. Adding mayo and special sauces
5. Keeping the sub “as is” with all toppings
6. Choosing white bread or “wraps” which are often higher in fat than normal bread

Healthier choices

1. Six-inch sub
2. Lean meat (roast beef, chicken breast, lean ham) or veggies
3. One or two slices of lower-fat cheese (Swiss or mozzarella)
4. Adding low-fat dressing or mustard instead of mayo
5. Adding extra veggie toppings
6. Choosing whole-grain bread or taking the top slice off your sub and eating it open-faced

Healthy Asian food



Asian cultures tend to eat very healthfully, with an emphasis on veggies, and with meat used as a “condiment” rather than being the focus of the meal. Unfortunately, Americanized versions of these ethnic foods tend to be much higher in fat and calories – so caution is needed. But here’s a great tip for all Asian restaurants – use the chopsticks! You’ll eat more slowly, since you can’t grasp as much food with them at one time as you can with your normal fork and knife.

Asian Food Choices

Less healthy choices

1. Fried egg rolls, spare ribs, tempura
2. Battered or deep-fried dishes (sweet and sour pork, General Tso's chicken)
3. Deep-fried tofu
4. Coconut milk, sweet and sour sauce, regular soy sauce
5. Fried rice
6. Salads with fried or crispy noodles

Healthier choices

1. Egg drop, miso, wonton, or hot & sour soup
2. Stir-fried, steamed, roasted or broiled entrees (Shrimp chow mein, chop suey)
3. Steamed or baked tofu
4. Sauces such as ponzu, rice-wine vinegar, wasabi, ginger, and low-sodium soy sauce
5. Steamed brown rice
6. Edamame, cucumber salad, stir-fried veggies

Healthy Italian fast food

The anti-carbohydrate revolution has given Italian food a bad rap, but Italian is actually one of the easiest types of cuisine to make healthy. Stay away from fried, oily or overly buttery, as well as thick crust menu items, and you can keep your diet goals intact.

Watch out for the following terms, which are common culprits of high fat and calories: alfredo, carbonara, saltimbocca, parmigiana, lasagna, manicotti, stuffed (all have heavy amounts of cream and cheese). Generally Italian places have lots of veggies in their kitchen so it's easy to ask to have extra veggies added to your meal.



Italian and Pizza Restaurant Choices

Less healthy choices

1. Thick-crust or butter-crust pizza with extra cheese and meat toppings
2. Garlic bread
3. Antipasto with meat
4. Pasta with cream or butter-based sauce
5. Entrée with side of pasta
6. Fried ("Frito") dishes

Healthier choices

1. Thin-crust pizza with half the cheese and extra veggies
2. Plain rolls or breadsticks
3. Antipasto with vegetables
4. Pasta with tomato sauce and veggies
5. Entrée with side of veggies
6. Grilled ("Griglia") dishes

Chains with natural, high quality fast food

Some fast food restaurants are working hard to make their food both healthier and tastier. One example is Chipotle, where their motto is "Food with Integrity". The objective is to serve food that is better tasting, comes from better sources, is better for the environment, better for the animals, better for the farmers, and in turn this produces food that is better for us to eat. **Unfortunately their portion sizes are still huge, so be sure to always pay attention to calories and fat content.** The stated goals are:

Natural, high quality, healthier, fresher food

Naturally raised meat: All of the pork and chicken and more than half of the beef that is served at Chipotle is naturally raised. This means the animals were not given any antibiotics, growth hormones, their feed is all vegetarian with no animal by-products, and they have more space to move around. The animals receive care, rather than chemicals. Not only is meat raised this way healthier, it also tastes better! Most animals raised for meat spend their lives in Concentrated Animal Feed Operations (CAFOs) where they are crowded

Natural, high quality, healthier, fresher food

very closely together, requiring animals to be given antibiotics to keep infection from spreading.

Dairy products with no rBGH: The cheese and sour cream contains no recombinant bovine growth hormone (rBGH) a synthetic hormone that is injected into the cow to artificially increase milk production and which ends up in the milk products that we eat when used.

Using organic produce: Organic foods are grown without synthetic artificial fertilizers, herbicides or pesticides, which not only protects the soil and water quality but also provides us with foods that taste better, have more nutrients, and are free of potentially harmful chemicals.

Produce from local farms: Support organic and sustainable farming methods and purchase produce from local sources, which keeps the food as fresh as possible since it does not travel thousands of miles from the farm to the restaurant.

Zero trans-fats: No trans-fats (hydrogenated oils) in the frying oils. Trans-fats increase blood cholesterol which leads to a higher risk of heart disease (heart attacks, strokes). Recently several major U.S. cities (including New York City and Philadelphia), as well as in the state of California, have banned the use of trans-fats in restaurants.

The Chipotle website chronicles their progress in achieving these goals, which is limited by availability. With more demand for higher quality, healthier food, it is becoming more worthwhile for farmers to meet these standards and availability is increasing.

Higher food quality does not mean that all the menu items are healthy.

Many of the menu items at Chipotle and similar restaurants are enormous, stuffed with too many calories, and too much fat. Choose wisely and /or split an order with a friend. Other good examples are Au Bon Pain and Panera, which both now use only all natural chicken in all of their sandwiches, salads and wraps. No preservatives so better taste, lower sodium and less fat than the chicken they had offered previously. All products at Au Bon Pain and Panera have zero grams artificial trans-fat. Both chains also offer a variety of vegetarian options each day.

Burgerville and Burgermeister, regional chains on the west coast, serve burgers made from naturally raised meat that is from local sources.

Related articles



[Healthy Eating](#)

Easy Tips for Planning a Healthy Diet & Sticking to It



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Making Fast, Healthy, and Delicious Meals

More Helpguide Articles:

- [Nutrition for Children and Teens:](#) Helping Your Kids Develop Healthy Eating Habits
- [Healthy Dietary Fats:](#) The Truth About Fat, Nutrition, and Cholesterol
- [Healthy Weight Loss and Dieting:](#) How to Lose Weight and Keep It Off

References and resources for Healthy Fast Food

Special dietary needs at fast food restaurants

[Your guide to eating out](#) – many useful tips to help you eat healthier when dining out. (American Diabetes Association)

[Restaurant eating tips](#) – Enjoy the foods you love without a calorie overload (American Cancer Society)

[Tips for eating out](#) – Covers suggestions and substitutions for most kinds of restaurant foods (American Heart Association)

[Dining out and losing weight](#) – With these do's and don'ts, there's no need to fear a meal out. Links to a wide range of articles (Weight Watchers)

Guides to Healthy choices at fast food restaurants

[Healthy dining finder](#) – This comprehensive website provides nutritional analysis for hundreds of popular restaurants. Alphabetical listings help you find the healthiest choices at your favorite eatery. ([Healthy Dining Program](#))

[Stop&Go Fast Food Nutrition Guide](#) offers "practical advice to help you navigate the fast food wilderness". The 146-page colored coded guide to 70 popular chains is a free download (if you register with your name and Email) that you can view on your computer. If you want a hard copy, you can purchase the book for \$11.94 with shipping. (Steven Aldana, PhD)

Healthy fast food articles in Nutrition Action Healthletter

These detailed illustrated reports (All PDF) are available to non-subscribers ([Center for Science in the Public Interest](#)). CSPI's economical monthly newsletters are an award-winning source of information on restaurant and supermarket foods

- [Is that a snack ...or a spurge](#) – Nutritional guide to calorie, fat and sodium content of menu choices at 5 chains including Chipotle, Sbarro and Panera.
- [Italian Restaurant Food: Belly-ismo](#) – Discusses the best menu choices for the most popular Italian restaurant chains, as well as tips for healthy Italian food dining in general.
- [Chinese Restaurant Food – Wok Carefully](#) – Analysis of the nutritional value of take out Chinese food and includes three suggestions for making your restaurant Chinese dinner more healthy.
- [Fresh Mex Study](#) – Talks about the best and worst choices at some of the biggest Mexican chains - Chipotle, Baja Fresh, Rubios, and La Salsa.
- [Beyond Fast Food "Fast Casuals" Come Of Age](#) - Provides guidance on selecting healthy choices when dining at "fast casual" restaurants, such as Au Bon Pain, Panera, and Briazz.

Nutritional information from popular fast food restaurants

- [Burger King](#) (PDF)
- [McDonald's](#) (PDF) – no specific information
- [Wendy's](#) (PDF)
- [KFC](#) (PDF)
- [Taco Bell](#) (PDF) – particularly hard to read
- [Panera](#) (PDF) – 7 pages - hard to read
- [Chipotle](#) (PDF)
- [Au Bon Pain](#)

