

Smart Eating 101

Dining Healthier Never Easier

(NAPSA)—If you're health-, weight- or nutrition-conscious or looking to improve your diet while still dining out, you may be interested in a new Web site to help you make smart choices, even when you don't eat at home. The site is www.HealthyDiningFinder.com.

Recent polls show that three out of four Americans say they want to dine out more healthfully. This and other healthy lifestyle trends have resulted in menus becoming more diverse than ever before—catering to many customers' desires for lower-fat, lower-calorie options and more high-fiber, fresh fruit and vegetarian selections.

Now the National Restaurant Association, representing America's restaurants, and Healthy Dining, a leader in restaurant nutrition, are taking their commitment to helping Americans enjoy eating out, while keeping both health and taste buds in mind, to the next level. Together, they are launching the new Web site that provides diners with up-to-date information about local healthy-dining choices.

The new site places within every computer user's reach a wealth of information about restaurants across the country that offer healthy dining selections. All visitors have to do is enter their city and state or zip code, along with their choice of cuisine and price range.

Looking for restaurants that deliver or cater? You can also



A new Web site can help you find delicious and nutritious restaurant meals.

search for those that do. For each participating restaurant, Healthy DiningFinder.com displays valuable nutrition information such as fat, calories, sodium and fiber. In some cases, ordering suggestions are also offered, such as "Request less cheese (1 oz.)" or "Request less oil ($\frac{1}{2}$ oz.)," that save on calories and fat yet don't compromise taste.

All types of restaurants are encouraged to participate, allowing the site to become a comprehensive information source for diners looking for good food, balanced diets and a healthy lifestyle. Visit www.HealthyDiningFinder.com to find out what's being served at a restaurant near you, and encourage your favorite restaurants to participate. Remember, restaurants are being added every week to this new search engine, so check back often.