

HEALTHY RESTAURANT GUIDELINES

Quality of food

- ✓ Serve tap water to all customers (e.g. glass or pitcher)
- ✓ Offer healthy beverages (such as water, milk, chocolate milk, drinkable yogurt, soya beverages, coffee, tea, herb tea, vegetable juice)
- ✓ Limit selection of sweet beverages (such as regular and diet soft drinks, sweet beverages, sport drinks)
- ✓ Do not sell energy drinks
- ✓ Offer vegetables or salad as side dish (e.g. Club sandwich with salad, fish with mixed vegetables)
- ✓ Offer a selection of green or vegetable salads (e.g. salad bar)
- ✓ Offer a selection of healthy kids' meals (e.g. small spaghetti, wrap with veggies and dip, small burger)
- ✓ Avoid fried foods, serve foods that are baked, grilled, boiled, stewed, steamed
- ✓ Replace fries by mashed/baked potatoes or rice
- ✓ Serve sauce or salad dressings on the side (e.g. salads, burgers, steak)
- ✓ Offer whole grain products (e.g. whole grain bread or pasta)
- ✓ Replace processed meats by healthier cuts of meat (e.g. replace pepperoni on pizza by chicken, minced beef or shrimps, replace bacon by ham at breakfast)
- ✓ Offer healthy breakfast cereals (e.g. homemade oatmeal, granola with dried fruits and nuts, whole grain Cheerios, Life, Raisin Bran, Bran Flakes, Weetabix, Shreddies)
- ✓ Offer healthy breakfast options (e.g. Western omelette, eggs with baked beans, homemade pancakes with fruit sauce, homemade banana bread or muffin, bagel with cream cheese and fruits, yogurt with fruits and granola, bannick with blueberry sauce)
- ✓ Offer healthy deserts made with fruits or dairy products (e.g. cake with blueberry sauce instead of icing, buddin, fruit crisp, berry pudding, upside-down fruit cake, homemade oatmeal cookies, homemade milk pudding, fruit salad, apple sauce, yogurt with fruits and granola)

Portion sizes

- ✓ Reduce size of sweet beverages (e.g. 355ml, rather than 591 ml)
- ✓ Reduce plate and cup sizes (e.g. use 8' plates instead of 12', 8 oz cups instead of 12 or 16 oz)
- ✓ Offer choice of different portion sizes (e.g. full plate or ½ plate)
- ✓ Offer all deserts in small portions
- ✓ Avoid all-you-can-eat buffet

Layout and equipment

- ✓ Make healthy foods more visible in the restaurant (e.g. place salad bar in visible areas)
- ✓ Place unhealthy foods in less visible areas of the restaurant (e.g. place sweet beverages, desserts and fried foods out of sight of customers)
- ✓ Avoid junk food and sweet beverages near cash registry
- ✓ Avoid use of equipment from food companies (e.g. refrigeration equipment for sweet beverages or ice cream)

Price

- ✓ Reduce price of healthy foods and increase price of fast foods
- ✓ Offer menu of the day at affordable price (e.g. soup or salad, main dish and healthy desert)

Food safety and hygiene

- ✓ Maintain foods at adequate temperature (refrigerated: 0 to 4°C, frozen: -18°C or below, hot food: 60°C or above)
- ✓ Respect food safety and hygiene regulations
- ✓ Ensure all staff are trained in food safety and hygiene
- ✓ Ensure adequate hand washing

Protection of environment

- ✓ Avoid use of plastic bags for takeouts
- ✓ Use reusable dishes, utensils and cups
- ✓ Use biodegradable containers rather than Styrofoam or plastic (e.g. biodegradable takeout containers, paper plates)
- ✓ Avoid food waste (e.g. offer special of the day, give food surplus to charitable organizations before expiration)
- ✓ Recycle and compost

Health Promotion

- ✓ Promote healthier foods (e.g. restaurant Facebook page, placemats, posters, identify healthier options on the menu)