



Time for Change

Healthy Dining New Bedford is a voluntary program reaching out to restaurant owners, managers, and food establishments. Our goal is to reduce and reverse the national epidemic of obesity by introducing menu options that promote a healthy lifestyle.

Obesity is linked to an increase in diabetes, cardiovascular disease, cancer, and other chronic diseases. It can also escalate healthcare costs that affect everyone.

Make Change Happen

Join our movement toward a new and better lifestyle. Choosing healthy dining options at restaurants is nutritious and supports local businesses, which makes our community stronger.



A Healthier You

When you eat healthy, you feel healthy. It's as simple as that. By choosing healthier options, you help your family stay fit and strong. Healthy Dining New Bedford makes it easy for you to stay committed to your health.

Your Choices

You can be sure to find healthier alternatives at our participating Healthy Dining New Bedford restaurants. These may include some of the following choices:

- * Substitution of a salad or other vegetables for fried vegetables
- * Dishes in half portions or children's size portions
- * At least three sides of fruits and/or non-fried vegetables (except potatoes)
- * Items with "No Added Salt/Sugar" or "Reduced Salt/Sugar"
- * One percent/skim milk or water as the default beverage for children
- * At least three baked/grilled entree items for children

(Check out the restaurant application on our website for the entire list.)

"Better options, everyone wins."

Healthy Dining

Restaurants and their Customers

"It's refreshing to see restaurants offering salads as a side choice instead of the typical french fries."

– K. Ferreira

"I love having a grilled option to choose from on the menu...as opposed to breaded or fried."

– A. Bannister

"The sales of the Healthy Dining menu are nothing less than fantastic. There is a need for this. My guests love it! Thank you for bringing this program to New Bedford."

– Healthy Dining New Bedford Restaurant Manager

"This is a proud moment for our City and a proud moment for our restaurant. We are happy to be a part of it."

– Healthy Dining New Bedford Restaurant Manager



Our Goal

Healthy Dining New Bedford (HDNB) is a voluntary program in which food establishments participate by offering healthy meal options to their customers. Our goal is to promote better nutrition among the people of New Bedford.

How To Find Healthy Dining

Each restaurant in the program is presented with our HDNB heart decal (located on the back of this brochure). The seal is proudly displayed in their windows or doors, letting you know you can find nutritious options inside. Restaurants are joining the program throughout the year, so keep an eye out for our logo.

For a complete and updated list of all our participating HDNB restaurants, check out our website or Facebook page.



For more information, contact
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Find us on Facebook:
Healthy Dining New Bedford



SOUTHCOAST
HEALTH SYSTEM

www.southcoast.org



A Mass in Motion initiative sponsored by the Massachusetts Department of Public Health.

Healthy Dining New Bedford moving forward



**You're healthy when you
work out.**

**Be healthy when you
dine out.**

