

Healthy Habits from leadership class

Restaurants signify nutritional meals

WILLIAMSBURG – Just in time for swimsuit season, the 2011 Leadership Historic Triangle Class has made it easier to eat out healthy.

The Healthy Habits Restaurant Program helps restaurants identify their healthy menu items and portion sizes.

The restaurants, which meet dietician-designed criteria, are recognized as Historic Triangle Healthy Habits Participating Restaurants and can be identified by window decals and logos on their websites and printed materials.

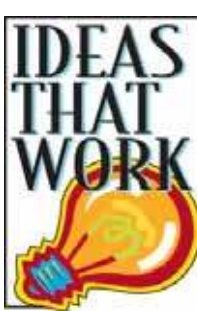
The restaurants offer items that are low in carbs, fats and salt, and high in fiber. Alternative side dishes, such as steamed or raw veggies or fresh fruit, give you a break from french fries. The menus may highlight reduced portions or a healthy kids menu.

Restaurants may also work with a registered dietician to review their menu and offer advice on ways to include healthier items. The class has provided the program at no cost to the restaurants.

The restaurant program is one component of the Historic Triangle Healthy Habits Program. The initiative was launched by the 2011 LHT Class to educate residents about the

RESTAURANTS

- Applebee's
- Berret's Seafood Restaurant & Taphouse Grill
- Carrot Tree Kitchens Williamsburg, Yorktown
- Dudley's Farmhouse Grille
- Food for Thought
- Francesco's
- Great Wolf Lodge's Loose Moose Grill
- Green Leaf New Town, Williamsburg
- Green Mountain Coffee Cafe
- Kingsmill Resort's Eagles, Marina Bar & Grille and Regattas Cafe
- Qdoba
- Riverwalk Restaurant, High Tide Bar & Grill
- Sal's By Victor
- Second St, An American Bistro
- Wasabi
- Williamsburg Inn Regency Room
- Williamsburg Lodge Restaurant
- Tuscany's Coffee House
- Jamestown Settlement Cafe



importance of healthy living for the sustainability of the community, and to highlight tools available to make healthy lifestyle choices easily and on any budget.

The other programs are Fitness Market events at local farmers markets and a recipe exchange that distributes healthy, budget budget-friendly recipes.

Leadership Historic Triangle is sponsored by the Greater Williamsburg Chamber & Tourism Alliance.

More — Visit www.historictrianglehealthyhabits.org or www.facebook.com/HistoricTriangleHealthyHabits. Interested restaurants can e-mail hthh2011@gmail.com.

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