The Stark County Health Department and the Canton City Health Department, as part of (ACHIEVE) Live Well Stark County, offered free nutritional analysis of menu items to all food establishments in Stark County. Participating restaurants had a minimum of 25% of their menu nutritionally analyzed. Calorie counts for these items are posted at the point of purchase, so you can make an informed dining decision.

Funding for this program was made possible through a grant provided by the Ohio Department of Health

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For More Information Please Contact:

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www.starkhealth.org

Developed and Distributed by:

Stark County Health Department

ACHIEVE Action Communities for Health, Innovation, & EnVironmental ChangE

Bringing communities together to prevent chronic diseases & promote healthy lifestyles.

Live Well Stark County

Printed 9/09

Live Well Stark County

Stark County's Healthy Dining Guide

A Guide to Stark County's Restaurants Offering Healthy Dining Options

Stark County's Healthy Dining Guide

Live Well Stark County

The average American now dines out 4.2 times per week. As dining out has increased through the years, so has our obesity rate. Currently, 25% of the US population is considered obese. So, we can all benefit from making healthy dining choices. The following restaurants participated in a nutritional analysis program of their menus. They have calorie counts posted at the point of purchase, so you may make an informed dining decision. We hope you visit the following participating restaurants!

Alliance

Grinder's Above and Beyond

1820 West State Street 330-821-6665

Canton

Fisher Foods

1365 Cherry Ave NE 330-497-3000

Fishers Foods

1272 Harrison Ave SW 330-497-3000

5. Cholesterol
This is another form of fat measured in milligrams. Too much dietary cholesterol is another risk factor for heart disease. Limit intake to 300 milligrams daily. Use foods with 5% or less saturated fats and cholesterol. Avoid those with over 20% of the daily value.

6. Sodium
Research has suggested that a high sodium intake can be related to high blood pressure. The recommended daily allowance for sodium is 2300 milligrams per day. One teaspoon of table salt has approximately 2000 milligrams of sodium.

7. Total Carbohydrate
This is the amount of total carbohydrate per serving measured in grams. Carbohydrates are primarily found in starches, vegetables, fruits, sweets and milk. Carbohydrate counting is used in diabetes meal planning.

8. Dietary Fiber
Foods high in fiber are shown to be beneficial for weight control, diabetes, high cholesterol and some forms of cancer. Foods with five grams of fiber or more are considered "high fiber" foods.

9. Sugars
There are no daily reference values for sugars, but limit your daily intake.

10. Protein
Protein contains amino acids found in meat, poultry, fish, dairy, eggs, nuts, beans, grains and some vegetables. Protein needs are individualized, based on your height, weight, age and physical activity level.

11. Vitamins and Minerals
These are micronutrients measured in percentages. The goal is to consume 100% of each of these nutrients daily to prevent nutrition related diseases.

12. Percent Daily Values

This is the percentage of each nutrient recommended to meet the needs of the average person each day. Depending on the nutrient they are measured in grams or milligrams. The average person needs 2,000 calories per day, your dietary needs may vary.

Live Well Stark County

Nutrition Facts
Serving Size 1 potato (148g/5.3oz)

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 720mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	

Vitamin A 0%	• Vitamin C 45%
Calcium 2%	• Iron 6%
Thiamin 8%	• Riboflavin 2%
Niacin 8%	• Vitamin B_6 10%
Folate 6%	• Phosphorous 6%
Zinc 2%	• Magnesium 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Breaking Down Nutritional Labels

Reading nutrition labels can be difficult, especially if you don't know what to look for. The nutrition label provides a lot of information, but the key is to know how to use it to help you make healthy food choices.

1. Serving Size

This is the food's recommended serving size. It can include a weight measurement (for example: one cup) or a number of pieces of food (12 pretzels).

Serving per Container

This is the suggested number of servings. It is always important to look at these numbers because you may be eating more than you think!

2. Calories

This is the amount of calories per serving (using the correct serving size). Eating too many calories promotes weight gain. Caloric need is based upon the individual.

Calories from Fat

These are calories solely from fat. Choose foods with less than 30% of calories coming from fat.

3. Total Fat

This is the total fat per one serving in grams and in % Daily Value. Choose foods with less fat.

Saturated Fat

A diet high in saturated fat is a risk factor for coronary artery disease. Choose foods with 2 grams or less saturated fat.

4. Trans Fats

A diet high in trans fat has shown to increase cholesterol levels, which increases the risk of heart disease. If a food has the words "partially hydrogenated oil" on the label, then it contains trans fats.

Canton cont.

Raisin Rack

4629 Cleveland Ave NW 330-966-1515

Jackson Township

3 Brothers Corner Tavern

7192 Fulton Rd NW 330-833-8333

91 Wood Fire Oven

5570 Fulton Dr 330-497-9111

Fisher Foods

5215 Fulton Dr NW 330-497-3000

Gregory's Family Restaurant

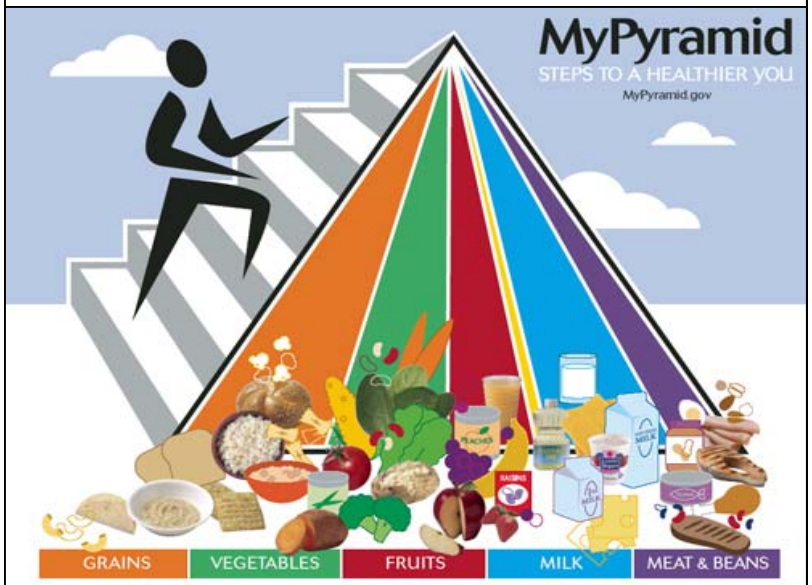
2835 Whipple Ave NW 330-477-1296

When choosing a meal, remember the average recommended daily allowance is 2,000 calories.

Stark County's Healthy Dining Guide

Live Well Stark County

You may have noticed a change in the old food pyramid that we were all familiar with. The USDA has expanded the four food groups to six. Also, they expanded the number of servings to meet the caloric need of most people. To learn more about the food pyramid visit, www.mypyramid.com.



If you would like to know what your specific nutritional needs are, then visit http://www.mypyramid.gov/mypyramid/index.aspx. Enter your age, sex and physical activity level to receive a quick customized food guide.

Plain Township

Fisher Foods

4403 Cleveland Ave NW 330-497-3000

Grinder's Above and Beyond

3114 Whipple Ave NW 330-477-5411

Healthy Dining Tips

- Make careful menu selections. Pay attention to the descriptions on the menu. Avoid the words fried, battered, creamy, etc.
- Drink water with your meal. A large cola has 425 calories!
- "Undress" your food. Ask for dressings, sauces and condiments on the side.
- Watch portion size. Share meals or take half home.
- Watch your salt intake.
- Avoid buffets — even healthy ones such as salad bars.
- Eat slowly.
- Remember the big picture. If you are going to splurge on a big meal, eat healthy the rest of the day.

Stark County's Healthy Dining Guide

Live Well Stark County

North Canton cont.

BAM Healthy Cuisine
1310 North Main St 330-494-7136

Blimpie
1601 North Main St 330-244-9184

Cheese 'N' Crackers
1430 W Maple St 330-497-9344

Fisher Foods
8100 Cleveland Ave NW 330-497-3000

Grinder's Above and Beyond
1671 North Main St 330-497-4800

Perry

Fisher Foods
4401 West Tuscarawas St 330-497-3000

Louisville

Grinder's Above and Beyond
500 W Main St 330-875-9700

Massillon

Fishers Foods
2216 Lincoln Way East 330-497-3000

Stephanie's Garden of Eden
8719 Navarre Rd SW 330-879-9798

Minerva

Grinder's Above and Beyond
404 E Lincolnway 330-868-7824

North Canton

91 Wood Fire Oven
1983 East Maple St 330-498-9191

FISHERS
WE TREAT YOU LIKE PART OF THE FAMILY.

GRINDERS
ABOVE & BEYOND

Raisin Rack
NATURAL FOOD MARKET

BLIMPIE
America's Sub Shop

3 BROTHERS
Corner Tavern

B.A.M
HEALTHY CUISINE

GREGORY'S
FAMILY RESTAURANT

91
Wood Fired Oven

CHEESE n CRACKERS
DELI

STEPHANIE'S
Garden of Eden
A UNIQUE APPROACH TO FLORAL DESIGN