



# HEALTHY DINING MENU

The following items from our menu are featured in the book *Healthy Dining in Orange County*. Check-marks (✓✓ and ✓) provide an easy way to identify entrées that meet nutrition recommendations of leading health organizations for calories, fat, cholesterol, and/or sodium (see reverse side).



## INSALATA DI MARE TIEPIDA

*Warm seafood salad, shrimp, scallops, clams, mussels, calamari, and lemon vinaigrette.*

- ✓ CALORIES: Good Choice (575)                      CHOLESTEROL: High (460 mg)
- ✓ FAT: Good Choice (20 g)♥                      SODIUM: Moderate (850 mg)\*
- PROTEIN: 78 g, CARBOHYDRATE: 18 g, FIBER: 1 g

## GAMBERONI ALLA GRIGLIA 🍴

*Mesquite grilled jumbo freshwater prawns, garlic, olive oil, and herbs.*

*Served with roasted potatoes and steamed vegetables.*

- ✓✓ CALORIES: Excellent Choice (420)                      CHOLESTEROL: Moderate (170 mg)
- ✓ FAT: Good Choice (23 g)♥                      ✓✓ SODIUM: Excellent Choice (205 mg)\*
- PROTEIN: 22 g, CARBOHYDRATE: 32 g, FIBER: 4 g

## SALMONE ALLA BRACE – SPECIAL REQUEST 🍴

*Mesquite grilled salmon served with roasted potatoes and steamed vegetables.*

Request less oil for the potatoes (1/2 Tbs.) and no oil for the salmon.

- ✓ CALORIES: Good Choice (570)                      ✓ CHOLESTEROL: Good Choice (145 mg)
- ✓ FAT: Good Choice (23 g)♥                      ✓✓ SODIUM: Excellent Choice (125 mg)\*
- PROTEIN: 55 g, CARBOHYDRATE: 31 g, FIBER: 4 g

## TAGLIATA DI BUE ALLE ERBE AMARE – SPECIAL REQUEST

*Marinated flank steak, arugula, diced tomatoes, shaved Parmigiano Reggiano, and balsamic reduction. Request no oil for the steak and less dressing (1/2 oz. total).*

- ✓✓ CALORIES: Excellent Choice (375)                      ✓✓ CHOLESTEROL: Excellent Choice (75 mg)
- ✓ FAT: Good Choice (21 g)                      ✓ SODIUM: Good Choice (390 mg)\*
- PROTEIN: 42 g, CARBOHYDRATE: 3 g, FIBER: 1 g

## PAGLIA E FIENO AI POMODORI SECCHI ( 1/2 PORTION)

*Spinach and egg flat ribbon pasta, sun-dried tomatoes, asparagus, pecorino, garlic, and extra virgin olive oil. Analysis is for 1/2 portion.*

- ✓ CALORIES: Good Choice (565)                      ✓✓ CHOLESTEROL: Excellent Choice (10 mg)
- ✓ FAT: Good Choice (21 g)                      SODIUM: Moderate (765 mg)\*
- PROTEIN: 20 g, CARBOHYDRATE: 76 g, FIBER: 6 g

♥Primarily unsaturated fat  
\*If you request no added salt

🍴 at least 2 fruit/vegetable servings  
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# HEALTHY DINING in Orange County

Our restaurant is making it easy for you to order delicious dishes that are healthy. These selections have been analyzed by computer for nutrition content and are featured here and in the book *Healthy Dining in Orange County*.

The following check-mark system (✓✓ and ✓) identifies entrees that meet Healthy Dining's nutrition guidelines, which are based on recommendations by the U.S. Surgeon General and leading health organizations for calories, fat, cholesterol, and sodium.

## HEALTHY DINING ENTRÉE GUIDELINES

- CALORIES:** ✓✓ Excellent Choice: 0 to 450  
✓ Good Choice: 451 to 750
- FAT:** ✓✓ Excellent Choice: 0 to 15 grams  
✓ Good Choice: 16 to 25 grams
- CHOLESTEROL:** ✓✓ Excellent Choice: 0 to 75 mg  
✓ Good Choice: 76 to 150 mg
- SODIUM:** ✓✓ Excellent Choice: 0 to 300 mg  
✓ Good Choice: 301 to 600 mg

Menu items without check-marks beside the calorie, fat, cholesterol, or sodium category do not meet the guidelines listed above for that category. Values for protein, carbohydrates, fiber and more also appear for each item. Nutrition information is based on computerized analysis of restaurant recipes and represents approximations only. If "Special Request" is indicated, the nutrition information applies only when that dish is ordered and prepared according to the special instructions.

*Healthy Dining in Orange County* features detailed nutrition information for hundreds of healthy menu items served at popular area restaurants. It also includes recipes from chefs, money-saving coupons, and an extensive health tip section with practical advice and realistic guidelines for healthy dining.

Books are available through many bookstores, specialty and natural food markets, or *Healthy Dining* at [www.healthy-dining.com](http://www.healthy-dining.com) or (800) 953-DINE (3463).

