

Smürtti NEWS

**PROUD
TO BE A NEW**

**MEMBER OF
KIDS LIVEWELL**



The National Restaurant Association (NRA) launched the Kids LiveWell program in collaboration with Healthy Dining to help parents and children select healthful menu options when dining out. Restaurants that participate in the voluntary program commit to offering healthful meal items for children, with a particular focus on increasing consumption of fruit and vegetables, lean protein, whole grains and low-fat dairy, and limiting unhealthy fats, sugars and sodium. Parents and caretakers get accurate information to help them make informed decisions about their child's meal. More than 42,000 restaurant locations are part of Kids LiveWell. Healthy Dining's team of registered dietitians has worked with participating restaurants to identify and validate the menu choices that meet the Kids LiveWell criteria.

Learn more about the
NRA's programs at:
<http://www.restaurant.org/>

