

Mower Refreshed

Making healthy choices a priority

5 Tips for Refreshed Dining

1. **Eat a rainbow!** Brighten up your meal with fruits and vegetables, look for a variety of colors.
2. **Get grilled!** Choose grilled instead of breaded for great flavor and less fat and sodium.
3. **Engage!** Focus on others at your table. Fewer distractions mean more time to connect.
4. **Choose wisely!** Cut up to 200 empty calories (per drink) from your meal by choosing beverages without added sugar such as water, milk, coffee, or tea.
5. **Keep an eye on portions!** Eat until you are satisfied (not stuffed) and ask for recyclable or eco-friendly containers to bring home extras.

Looking for more tips
on healthy living in Mower County?

www.MowerRefreshed.org

Thank you to The Hormel Institute,
Mayo Clinic Health System &
the Statewide Health Improvement Program

What makes this spot a Refreshed Dining location?

Refreshed Dining establishments must meet at least 5 out of 8 of the following criteria:

1. Fresh fruits and vegetables (*local when possible*).
2. Variety of healthy options (*less fat, sodium, sugar*) at equal prices to less healthy identified on menu.
3. Options for reduced portion size advertised for customers to choose.
4. Discounts on fruit or vegetable offerings to promote Wellness Wednesdays (*ex. \$1 side salads/fruit cups or 5-10% off identified healthy choices on Wednesdays*).
5. Areas without TV/screens or other entertainment distraction. A bonus would be cards, games, etc. that promote interaction.
6. Eco-friendly and safe/healthy to-go containers (*paper products vs. Styrofoam, etc.*)
7. Allergy friendly and gluten-aware options (*clearly identified*).
8. Lean and/or vegetarian option/ability to easily adapt menu items to make vegetarian.

Encourage healthy dining by saying thanks to the servers & managers for providing refreshed options when you dine out!