

The Mass in Motion Healthy Dining Program

Restaurants all over
town are making
the healthy choice
the easy choice.



Look for restaurants with this decal to find healthier choices, like smaller portions, and fresh fruit and vegetables as sides. See a full list of participating restaurants on our website.

EAT BETTER.

www.mass.gov/MassinMotion/HealthyDining



The **Mass in Motion Healthy Dining Program** works with local restaurants to make healthy food and drinks available.

Participating restaurants are helping to make healthy choices easier for you.

Visit **Healthy Dining** restaurants and look for:

- Fruit or vegetables as a side dish at no extra charge
- Non-fat or low-fat milk
- Free tap water with your meal
- Meals that are labeled low-fat, low-calorie, and low-sodium
- Smaller portions for a smaller price or the option to take half your meal to-go

