



HEALTHFUL CHOICES HAPPY KIDS

Help spread the news about the award-winning Kids LiveWell program from the National Restaurant Association.

We know that when families dine out, parents increasingly are looking for healthful options for their children. The National Restaurant Association created Kids LiveWell to help restaurants highlight healthful meal choices and to connect parents with Kids LiveWell restaurants that make the healthful choice the easy choice.

Kids LiveWell was developed in collaboration with Healthy Dining, which provides reputable third-party verification, as well as consultation services with registered dietitians to help restaurants create items that meet the Kids LiveWell criteria. Find menu items at HealthyDiningFinder.com.



The Kids LiveWell program

155+ brands enrolled

- Casual dining
- Quickservice
- Museums
- Theme parks
- Resorts

More than **42,000 locations** across the U.S.

ALSO ...



Be sure to look for the Kids LiveWell logo and/or apple icon to identify qualifying menu items.



Find Kids LiveWell options near you — download the free Kids LiveWell app for iPhone and Android.



To learn more, visit
Restaurant.org/KidsLiveWell



[Facebook.com/KidsLiveWell](https://www.facebook.com/KidsLiveWell)



@KidsLiveWell

"Kids have got to live well, and that's where we're going. They're our future. Sysco, the NRA and Kids LiveWell; the independent operators [and] all the chain restaurants have to get on board and help us make sure that kids eat healthy, exercise and understand about food."

Chef and Food Network host Robert Irvine

"Thank you for all that's being done through your [Kids LiveWell] initiative to try to help our kids live a healthier future, what works is what you're doing to feed kids and help them eat healthier. What works is cooperation."

President Bill Clinton
speaking at the
2012 National Restaurant Association
Restaurant, Hotel-Motel Show

VISIT
HealthyDiningFinder.com
for a complete list of
restaurants and menu items



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come from
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**NUTRITIONAL
CRITERIA ...**

The National Restaurant Association and Healthy Dining verify that Kids LiveWell items meet specific nutritional criteria established by leading health organizations' scientific guidelines.

A Kids LiveWell meal provides the following:

- 600 calories or less
- \leq 35% of calories from total fat
- \leq 10% of calories from saturated fat
- $<$ 0.5 grams trans fat (artificial trans fat only)
- \leq 35% of calories from total sugar
- \leq 770 mg of sodium
- Each meal must contain two sources of either fruit, vegetables, whole grains, lean protein or low-fat dairy

Individual and side items are also eligible for the Kids LiveWell program if they include:

- 200 calories or less
- \leq 35% of calories from total fat
- \leq 10% of calories from saturated fat
- $<$ 0.5 grams trans fat (artificial trans fat only)
- \leq 35% of calories from total sugars (added and naturally occurring)
- \leq 250 mg of sodium
- Each individual side must contain a source of either fruit, vegetables, whole grains, lean protein or low-fat dairy