



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



We know that when families dine out, parents are increasingly looking for healthier options for their children. In July 2011, the National Restaurant Association created the Kids LiveWell program to help restaurants highlight healthful meal choices and to connect parents with Kids LiveWell restaurants that make “the healthful choice the easy choice!”

The Kids LiveWell program was developed by the National Restaurant Association, in collaboration with Healthy Dining. Healthy Dining 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



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

Be the first to know of new participating restaurants and learn easy tips for your family!



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



[@KidsLiveWell](https://twitter.com/KidsLiveWell)



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

Kids LiveWell offers healthful and tasty kid-friendly fare



Kids LiveWell is a first-of-its-kind voluntary program that provides parents with a growing selection of healthful children's menu choices when dining out. The initiative focuses on increasing consumption of fruit and vegetables, lean protein, whole grains and low-fat dairy, and limiting unhealthy fats, sugars and sodium. Participants offer everything from seafood to salads and sandwiches. You can feel confident in knowing that when you select a Kids LiveWell meal, it meets specific nutritional criteria established by leading health organizations' scientific guidelines.

The Kids LiveWell program ...

▶ **200+ BRANDS enrolled**

- Casual dining
- Quick service
- Museums
- Theme parks
- Resorts

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

Restaurant.org/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. //

Celebrity chef 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



Kids LiveWell

is a great start to help empower
consumers — kids and parents especially —
with more healthier choices at restaurants. This
could provide a great push toward more healthi-
er offerings at restaurants; we hope this is a trend
toward new items and voluntary reformulations
in reducing food components and nutrients
that pose health concerns. And, the program's
intent is a good complement to the depart-
ment's MyPlate and Dietary Guidelines
messages — we need more choices
to help shift eating patterns to
healthier ones. //

Dr. Robert Post, deputy director,
U.S. Department of Agriculture,
Center for Nutrition Policy and Promotion



Looking for delicious and healthful
options for your kids when dining out?

Enjoy a Kids LiveWell meal!

Find Kids LiveWell restaurants near you —
download the FREE Kids LiveWell app to your Android or iPhone.



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



Thank you to our sponsors!



Healthful choices.
Happy kids.