

## Kids LiveWell

The National Restaurant Association teamed up with [www.healthydiningfinder.com](http://www.healthydiningfinder.com) to create the Kids LiveWell program.

Restaurants that participate in the voluntary program commit to offering healthful meal items for children.

~Twitter: <http://www.twitter.com/KidsLiveWell>

~Facebook: <https://www.facebook.com/kidslivewell>

~About the program:

<http://www.restaurant.org/Industry-Impact/Food-Healthy-Living/Kids-LiveWell-Program> ~Participating restaurants:

<http://www.restaurant.org/Industry-Impact/Food-Healthy-Living/Kids-LiveWell/Participating-Restaurants>

~Healthy Dining Finder site: <http://www.healthydiningfinder.com>

~Free phone app: <http://airmo.co/klw>

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.

- Offer at least one full children's meal (an entrée, side and beverage) that is 600 calories or less; contains two or more servings of fruit, vegetables, whole grains, lean protein and/or low-fat dairy; and limits sodium, fats and sugar (see next question for details on nutrition criteria);
- Offer at least one other individual item that has 200 calories or less, with limits on fats, sugars and sodium, and contains a serving of fruit, vegetables, whole grains, lean protein or low-fat dairy (see next question for details on nutrition criteria);
- Display or make available upon request the nutrition profile of the healthful menu options; and
- Promote/identify the healthful menu options.

Participating restaurants receive:

- Placement on [HealthyDiningFinder's Kids LiveWell website](#)
- Promotion of the Kids LiveWell program by the National Restaurant Association and Healthy Dining
- An icon that can be used on menus to indicate a healthful choice.