

CERTIFIED HEALTHY RESTAURANT RESOURCE GUIDE

Criterion

Resource

Foundational Resources*

Putting Health on the Menu: A Toolkit for
Creating Healthy Restaurant Programs

http://changelabsolutions.org/sites/default/files/Putting_Health_on_the_Menu_FINAL_%28CLS-20120530%29_20120120.pdf

Dietary Guidelines for Americans, 2020 (USDA)

https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

***Foundational resources apply to all criteria, and applicants should use these as guidance documents. Other resources are supplementary and may also be useful to applicants.**

1. Tobacco Control

This venue is smoke-free.

The Centers for Disease Control and Prevention (CDC):
<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6015a2.htm>

The Centers for Disease Control and Prevention (CDC):
http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/protection/improve_health/

This venue is tobacco-free (including vapor products).

Oklahoma State Department of Health:
<https://oklahoma.gov/health/health-education/chronic-disease-prevention/tobacco-prevention/e-cigarettes-and-other-vapor-products.html>

The Centers for Disease Control and Prevention (CDC):
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

2. Staff Training

Trains servers to offer water when seating patrons.

The Centers for Disease Control Prevention (CDC):
http://www.cdc.gov/healthyweight/healthy_eating/drinks.html

Shape Your Future:
<https://shapeyourfutureok.com/rethink-your-drink/choose-water/>

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Trains servers to not offer bread or chips before meals, unless requested by patrons.	The Blue Zones Project: http://bluezonesproject.s3.amazonaws.com/docs/certification/Certification_Overview.pdf
Trains servers not to offer or provide free refills of sugar-sweetened beverages (SSB), such as sodas, sweetened teas, coffee beverages (i.e. lattes).	The Centers for Disease Control and Prevention (CDC): http://www.cdc.gov/healthyweight/healthy_eating/drinks.html The Blue Zones Project: http://bluezonesproject.s3.amazonaws.com/docs/certification/Certification_Overview.pdf Shape Your Future: https://shapemyfutureok.com/rethink-your-drink/sugary-drinks/
Trains servers to only mention healthy sides when taking orders.	The Blue Zones Project: http://bluezonesproject.s3.amazonaws.com/docs/certification/Certification_Overview.pdf
Trains servers to tell patrons that to-go boxes are available if they are unable to finish their food or provide an “easy to-go” area, in which patrons can get their own to-go boxes.	The Blue Zones Project: http://bluezonesproject.s3.amazonaws.com/docs/certification/Certification_Overview.pdf

3. Regular Menu

The regular menu offers optional standard meals that have a maximum of 750 calories.	USDA’s food tracker is discontinued. Other free food tracker websites will work. Choose My Plate.gov: https://www.myplate.gov/
The standard meals contain a minimum of two servings of fruits and vegetables.	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/vegetables Choose My Plate.gov: https://www.myplate.gov/eat-healthy/fruits
Grains served on these or used in these meals are at least 51% whole grain or the first ingredient listed on the packaging is whole grain.	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/grains
Milk and yogurt used in these meals are low-fat or fat-free.	The Centers for Disease Control and Prevention (CDC): https://www.cdc.gov/cholesterol/prevention.htm#:~:text=Limit%20foods%20high%20in%20saturated,salt)%2C%20and%20added%20sugars Choose My Plate.gov:

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	https://www.myplate.gov/eat-healthy/dairy
Cheese used in these meals have no more than 7% of its calorie content from saturated fat.	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/dairy
There are no more than 0.5 grams of artificial trans-fat in these standard meals.	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/more-key-topics
These standard meals contain no more than 30% of total calorie content that comes from fat.	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/more-key-topics
These meals contain no more than 750 mg of sodium.	The Centers for Disease Control and Prevention (CDC): http://www.cdc.gov/salt/food.htm Choose My Plate.gov: https://www.myplate.gov/eat-healthy/more-key-topics

4. Side Dishes

The regular menu has options of side dishes that have a maximum of 250 calories.	Choose My Plate.gov: https://www.myplate.gov/
One serving of fruits and/or vegetables;	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/fruits Choose My Plate.gov: https://www.myplate.gov/eat-healthy/vegetables
One serving of whole-grains;	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/grains
One serving of fat-free or low-fat dairy.	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/dairy
These side options contain no more than 30% of total calorie content that comes from fat.	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/more-key-topics
These side options contain no more than 7% of total calorie content that comes from saturated fat.	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/more-key-topics
These side options contain no more than 230 mg of sodium.	The Centers for Disease Control and Prevention (CDC): http://www.cdc.gov/salt/food.htm Choose My Plate.gov: https://www.myplate.gov/eat-healthy/more-key-topics

5. Children's Menu

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The children’s menu offers optional standard meals that have a maximum of 600 calories.	Choose My Plate.gov: https://www.myplate.gov/
These standard meals have a minimum of two servings of fruits and vegetables.	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/vegetables Choose My Plate.gov: https://www.myplate.gov/eat-healthy/fruits
Grains served on these or used in these meals are at least 51% whole grain or the first ingredient listed on the packaging is whole grain.	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/grains
Milk and yogurt used in these meals are low-fat or fat-free.	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/dairy
Cheese used in these meals have no more than 7% of its calorie content from saturated fat.	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/dairy
Calorie content of these meals contain 10% or less from added sweeteners.	The Mayo Clinic: http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-blog/kids-and-sugar/bgp-20056149 CDC: https://www.cdc.gov/healthyschools/nutrition/facts.htm#:~:text=Empty%20calories%20from%20added%20sugars,%2C%20pizza%2C%20and%20whole%20milk.
There are no more than 0.5 grams of artificial trans-fats in these meals.	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/more-key-topics
These standard meals contain no more than 30% of total calorie content that comes from fat.	Choose My Plate.gov: https://www.myplate.gov/eat-healthy/more-key-topics
These meals contain no more than 600 mg of sodium.	The Centers for Disease Control and Prevention (CDC): http://www.cdc.gov/salt/food.htm

6. Farm-to-Table Foods

This venue has access to locally grown foods, such as fruits, vegetables, and proteins, which are purchased and available for consumption:	Oklahoma Agritourism: https://oklahomaagritourism.com/activity/farm-table/1
	OSU College of Agricultural Sciences and Natural Resources: https://apps.dasnr.okstate.edu/SSL/agriculture.okstate.edu/academics/farm-to-fork/

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These foods are purchased and available every meal.	Center for Environmental Farming Systems: https://cefs.ncsu.edu/wp-content/uploads/research-based-support-for-local-food-systems.pdf?x47549
These foods are purchased and available biweekly.	Center for Environmental Farming Systems: https://cefs.ncsu.edu/wp-content/uploads/research-based-support-for-local-food-systems.pdf?x47549
These foods are purchased and available weekly.	Center for Environmental Farming Systems: https://cefs.ncsu.edu/wp-content/uploads/research-based-support-for-local-food-systems.pdf?x47549
These foods are purchased and available monthly.	Center for Environmental Farming Systems: https://cefs.ncsu.edu/wp-content/uploads/research-based-support-for-local-food-systems.pdf?x47549
These foods are purchased and available less than monthly.	Center for Environmental Farming Systems: https://cefs.ncsu.edu/wp-content/uploads/research-based-support-for-local-food-systems.pdf?x47549
7. Venue Specialty Offers	
This venue has menu options for specialty diets (i.e. vegetarian, vegan, gluten-free, etc.)	People for the Ethical Treatment of Animals: http://www.peta.org/living/food/chain-restaurants/
	The Vegetarian Resource Group: https://www.vrg.org/restaurant/top_restaurant_chains.php
	The Gluten Free Guide Headquarters: http://glutenfreeguidehq.com/chain-restaurants/
This venue clearly displays food allergen information on the menu (i.e. peanut, shellfish, soy, dairy, etc.)	Food Allergy Research and Education: https://www.foodallergy.org/
	Food Allergy Research and Education: https://www.foodallergy.org/living-food-allergies
This venue serves drinks in tall, narrow glasses (no larger than 16 oz.)	The Blue Zones Project:

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	http://bluezonesproject.s3.amazonaws.com/docs/certification/Certification_Overview.pdf
This venue offers healthier meals and/or side dishes at a lower cost than the less healthy meals and/or side dishes.	See Foundational Resources
This venue offers half portion options of smaller portions at a lower cost on the menu.	See Foundational Resources
This venue allows adults to order off the kid's menu.	See Foundational Resources
This venue offers at least two free healthy cooking classes per year for community members.	The Blue Zones Project: http://bluezonesproject.s3.amazonaws.com/docs/certification/Certification_Overview.pdf

8. Menu Labeling

This venue has a symbol on its menu to indicate where the healthier items are or has a specified section on the menu for the healthier items. **	The Food and Drug Administration (FDA): https://www.fda.gov/food/food-ingredients-packaging
This venue uses an appropriate method of nutrition analysis for the menu, such as nutrient databases, cookbooks, etc.	The Food and Drug Administration (FDA): https://www.fda.gov/food/food-ingredients-packaging
This venue provides nutrition information to consumers/patrons via print, internet, or in-store marketing, including menus.	The Food and Drug Administration (FDA): https://www.fda.gov/food/food-ingredients-packaging
This venue ensures that no identified healthy entrees exceed the FDA permitted levels of total fat, saturated fat, or sodium.	The Food and Drug Administration (FDA): https://www.fda.gov/food/food-ingredients-packaging
This venue features healthy menu items in print marketing (such as flyers or brochures) or in other marketing media (such as radio, television, etc.) at least monthly.	The Food and Drug Administration (FDA): https://www.fda.gov/food/food-ingredients-packaging

9. Responsible Beverage Service Training

This venue serves low-point beer and/or alcoholic beverages:	Oklahoma Department of Mental Health and Substance Abuse Services: https://oklahoma.gov/odmhsas.html
	ODMHSAS Regional Prevention Coordinators: https://oklahoma.networkofcare.org/mh/services/subcategory.aspx?tax=RX-8250&cid=&targetgrp=
	ODMHSAS Responsible Beverage Sales and Service Training: https://oklahoma.gov/odmhsas/learning-and-education/training-institute/rbss.html

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We have provided our serving staff with the ODMHSAS RBS Training:	<p>ODMHSAS Responsible Beverage Sales and Service Training: https://oklahoma.gov/odmhsas/learning-and-education/training-institute/rbss.html</p> <p>Oklahoma Department of Mental Health and Substance Abuse Services: https://oklahoma.gov/odmhsas/prevention/communities/2m2l.html</p>
10. Employee Wellness	
The staff are offered health insurance.	<p>Health Affairs: https://www.healthaffairs.org/topic/151</p>
The staff are offered opportunities for breaks when working a shift of four hours or more.	<p>United States Department of Labor (US DOL): http://www.dol.gov/whd/state/meal.htm</p>
The staff are provided healthy meals and/or side dishes at a lower cost than less healthy meals and/or side dishes.	<p>United States Department of Labor (US DOL): http://www.dol.gov/whd/regs/compliance/whdfs2.htm</p>

The following entities can be contacted for additional assistance regarding any of the criteria:

- Community Analysis and Linkages - Community Development Services, OK State Dept. of Health.
CenterTA@health.ok.gov
- County Health Department Health Educators – <https://oklahoma.gov/health-old/county-health-departments.html>
- Tobacco Settlement Endowment Trust Healthy Living Grantees – <https://tset.ok.gov/content/healthy-lifestyle-grants>