

Nutrition Menu Project Guidelines

PAGE 1: A colorful and creative cover with a title that illustrates the healthy food at the restaurant.

PAGE 2: An introduction by the owner/chef of the restaurant with his/her philosophy and why certain foods are being served, and how eating at your restaurant will be a healthy experience.

PAGES 3-4: Ten or more entrees (main course dishes)

- 2 Fish entrees
- 2 Meat entrees
- 2 Vegetarian entrees
- 4 or more additional items of your choice

Each menu item must include a 2 sentence (or more) description which includes:

- ❖ All ingredients used
- ❖ The method of cooking (only steamed, baked, grilled, barbequed, roasted, boiled, or stir fried in a wok are allowed. NO pan fried or deep fried foods are allowed on this menu).
- ❖ Any special reasons why it is a healthy choice.

Include food items that are:

- ✓ Low in fat
- ✓ Nutrient dense (more than two nutrients)
- ✓ High in fiber
- ✓ Have healthy oils (olive, canola)

Make the menu creative and COLORFUL!

PAGES 5-7: Include items usually found in a menu: salads, soups, desserts, and beverages (no alcoholic beverages).

Other Information: You may use a computer to generate your menu, or you may do it NEATLY by hand using markers and colored pencils. Another option is to cut pictures out of magazines and paste them on your menu.

